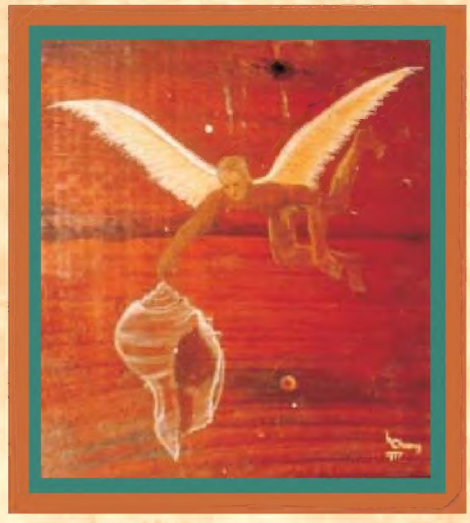
Begin now to be what you will be hereafter.
~ St. Jerome ~

WISDOM *for the Soul*



FIVE MILLENNIA OF PRESCRIPTIONS FOR SPIRITUAL HEALING

Compiled & edited by
Larry Chang

Wherever you are is the entry point.
~ Kabir ~

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The lips of the wise are as the doors of a cabinet; no sooner are they opened, but the treasures are poured before you. Like unto trees of gold arranged in beds of silver, are wise sentences uttered in due season.

~ Khemetic Saying ~

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The words that enlighten the soul are more precious than jewels.
~ Hazrat Khan ~

WISDOM *for the Soul*

FIVE MILLENNIA OF PRESCRIPTIONS FOR SPIRITUAL HEALING

Compiled & Edited by
Larry Chang

You have come here to find what you already have.
~ Buddhist aphorism ~

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WASHINGTON

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Wisdom for the Soul:

FIVE MILLENNIA OF PRESCRIPTIONS FOR SPIRITUAL HEALING

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Be the candle or the mirror that reflects it.
~ Edith Wharton ~

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GUIDE TO USAGE

NAMES : For the most part, authors are referred to in the text by the names they are most widely known, with birth and/or other names listed in the index. For example, Juan de Ypes is shown as John of the Cross, and indexed as such. Chinese and Japanese names adhere to their order of family name first, then given name, throughout. Romanization of Chinese names follows the pinyin system.

ABBREVIATIONS USED:

b.	born
BCE	Before the Common Era
c.	circa (about)
C.	Century
CE	Common Era
d.	died
fl.	flourished
Ibid.	from the same source
ed(s).	editor(s)
tr(s).	translator(s)

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Contents

Acknowledgments	5
Guide to Usage	6
Disclaimer	8
Introduction	9
Table of Subjects	17
Biographical Index	771
About the Author	819

Give your ears, hear the sayings,
Give your heart to understand them;
It profits to put them in your heart.
~ Amenemope ~

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Disclaimer

This book is designed to provide access to utterances and expressions of opinion that may enlighten and inform. While the reader may derive comfort and relief from their perusal, it is not intended to replace consultation with the appropriate professionals for medical conditions.

'Tis the good reader that makes the good book; a good head cannot read amiss: in every book he finds passages which seem confidences or asides hidden from all else and unmistakably meant for his ear.
~ Ralph Waldo Emerson ~

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Introduction

Another book of quotations? Indeed there are numerous excellent extant anthologies of quotations, but these tend to be very broad, with a bias toward classical and well-known authors. This anthology focuses on the inner life, on personal development and self-actualization. The quotations have been selected to inspire, enlighten and encourage, and they have been arranged by category and by author in chronological order. The resulting timeline of thought in itself is useful and instructive as it demonstrates very clearly the evolution of consciousness evident in the contemporary thinking on particular subjects. One or more quotations in each classification will be sure to strike a responsive chord in the reader.

> Better than a thousand sayings composed of meaningless statements is a single meaningful statement on hearing which one becomes calm.
> ~ Buddha, c. 563-483 BCE ~
> *The Dhammapada*, Thomas Cleary, tr., 1994

> The words that enlighten the soul are more precious than jewels.
> ~ Hazrat Khan, 1882-1927 ~

In the stress of modern life, we seek solutions, or at least some insight from whatever quarter, that may relate or throw light on the challenges we may be facing. We can take some small comfort in realizing that there is no need to reinvent the wheel.

> Employ your time in improving yourself by other men's writings, so that you shall gain easily what others have labored hard for.
> ~ Socrates, 469-399 BCE ~

We have a legacy of recorded thought spanning some five millennia in various world cultures that addresses every conceivable condition that has faced the individual. Somebody somewhere has probably been there, done that already. We can refer to what they have thought and said of the experience, and we can learn from them. There is something here for everyone.

> The Logos is digging a channel for water to reach the next generation.
> During every generation there is one who brings the word of God;
> Still the sayings of those who have come before are helpful.
> ~ Jalaluddin Rumi, 1207-1273 ~
> Mathnawi III, 2537-2538
> *The Pocket Rumi Reader*, Kabir Helminski, ed.

> All truly wise thoughts have been thought already thousands of times; but to make them truly ours, we must think them over again honestly, till they take root in our personal experience.
> ~ Johann von Goethe, 1749-1832 ~

> The wisdom of the wise and the experience of the ages are perpetuated by quotations.
> ~ Benjamin Disraeli, 1804-1881 ~

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Like many before me, I have been a compulsive collector of quotations for years and sought a convenient way in which to organize them for ready reference for my own use. As a counselor, I offered them as suggestions for clients to clarify particular issues before them. I more often than not found that someone had already expressed so cogently and concisely, and oftentimes poetically, the precise intangible I struggled to describe.

> All of us encounter, at least once in our life, some individual who utters words that make us think forever. There are men whose phrases are oracles; who can condense in one sentence the secrets of life; who blurt out an aphorism that forms a character, or illustrates an existence.
> ~ Disraeli ~

> I love quotations because it is a joy to find thoughts one might have, beautifully expressed with much authority by someone recognized wiser than oneself.
> ~ Marlene Dietrich, 1901-1992 ~

It became so I had difficulty in conducting meaningful exchanges without peppering them, perhaps unbearably pedagogically at times, with references to what someone else had said. I am at my most pedantic in e-mail correspondence where I have fingertip access to the files on my hard drive. In this way, my own inadequacies of thought and expression are camouflaged and compensated for, creating the spurious impression of great erudition.

> I quote others only the better to express myself.
> ~ Michel de Montaigne, 1533-1592 ~

> I always have a quotation for everything – it saves original thinking.
> ~ Dorothy Sayers, 1893-1957 ~
> *Have His Carcass*

> Next to being witty yourself, the best thing is being able to quote another's wit.
> ~ Christian Nestell Bovee, 1820-1904 ~
> *Thoughts, Feelings and Fancies*, 1857

> If I quote liberally, it is not to show off book learning, which at my stage of life can only invite ridicule, but rather to bathe in this kinship of strangers.
> ~ Tuan Yi-Fu, 1930- ~
> *Who Am I? An Autobiography of Emotion, Mind, and Spirit*, 1999

Due to faulty memory or sluggish synapses, however, I tended to mangle even well-known and noble utterances. This collection is as much for my own convenience, and delectation, as for anyone else's, to save me untold embarrassment. As the exercise of handling these quotations was in itself an occasion of learning and a revelation, contributing greatly to filling conspicuously rudimentary gaps in my literary education, I cannot lay claim to Pearson's vindication:

> Misquotation is the pride and privilege of the learned. A widely read man never quotes accurately, for the obvious reason that he has read too widely.
> ~ Edward Hesketh Gibbons Pearson, 1887-1964 ~
> Introduction, *Common Misquotations*, 1937

While I would not expect the reader to indulge me in misquoting within these pages, stranger things have been known to happen. Like in the children's game of telephone, I am merely repeating what someone repeated of what someone else said. If my sources got it wrong somehow, or incorrect attributions appear, then I apologize ahead of time. If inaccuracies are brought to my attention, corrections will be made in future editions. Likewise, I will readily surrender any of the lines for

which I claim authorship, not necessarily because I never originated them but in deference to earlier, more illustrious sources.

> I often quote myself; it adds spice to my conversation.
> ~ George Bernard Shaw, 1856-1950 ~
> in *Reader's Digest*, 1943

One-line biographies of the authors, and citations of sources, are included where possible. Readers' curiosity may be aroused to delve further into the life and work of the authors. Their inclusion here may act as an introduction, a doorway to infinite universes of thought and delight.

> It is a good thing for an uneducated man to read books of quotations. The quotations, when engraved upon the memory, give you good thoughts. They also make you anxious to read the authors and look for more.
> ~ Winston Churchill, 1874-1965 ~
> *My Early Life*, 1930

I cannot better outline and describe the process of making this collection than by quoting (what else?) someone else:

> One could say of me that in this book I have only made up a bunch of other men's flowers, providing of my own only the string to tie them together.
> ~ Montaigne ~

The string I have provided, homespun and rough-drawn though it may be, differs from the selective criteria of most traditional collections in that it eschews and omits expressions of unhelpful criticism, carping and cynicism, however trenchant and witty. It is intended to parcel together related themes for the purpose of self-analysis, elucidation and empowerment. Its preponderant worldview reflects the perennial philosophy and accepts a reality of our own creation, our experience of it based on our prevailing attitude. This attitude is infinitely malleable and subject to our control, hence it is the basis of our empowerment.

There is an inordinate amount of material available, and I have been through a great deal of it – still only scratching the surface – filtering for negativity and unhelpfulness. Many were called but relatively few were chosen. Of what remained, only those quotations characterized by clarity of thought, lyricism or sonority, or possessed of that distinctive authoritative ring, were selected for inclusion. All spoke directly to me, some albeit in a whisper, but they are all imbued with a high degree of authenticity.

> A man will turn over half a library to make one book.
> ~ Samuel Johnson, 1709-1784 ~

In the same way that we sometimes hunger for, nay, crave, a particularly well-prepared dish, so we have a need to feast on choice selections of words and well-turned phrases that our souls may be nourished.

> A quotation at the right moment is like bread in a famine.
> ~ *Talmud*, 2nd-5th C. CE ~

Some quotations will be found to fit as easily in one category as another, and the reader may very well question their assignment. To mitigate this somewhat, cross-indexing is provided but ultimately the choices were based on my own subjective responses for which I take full responsibility. Another studied departure is the inclusion of quotations from less familiar sources, tending to encompass, more than heretofore, thinkers and writers of non-western cultures, of people of color, from the

earliest recorded Khemetic civilization to the present time. Creating a forum for unfamiliar and seldom heard voices makes it a more inclusive, more global representation.

> Voices previously drowned out … can have special meaning in the struggle to eradicate inequality.
> ~ Allan Hutchinson ~

Despite this intention, however, the preponderance of Western authors is not surprising given the limitations and a priori bias of selecting from available writings in English. In some instances, quotations have been rendered as well in their original languages.

> All men are interdependent. Every nation is an heir of a vast treasury of ideas and labor to which both the living and the dead of all nations have contributed. Whether we realize it or not, each of us lives eternally "in the red." We are everlasting debtors to known and unknown men and women.
> ~ Martin Luther King, Jr., 1929-1968 ~
> *The Words of Martin Luther King, Jr.*, Coretta Scott King, ed., 1983

What began as a divertissement soon took over to become an obsession with no apparent end in sight. I am still discovering words of wisdom; new profundities are being uttered every day. Perhaps I have inadvertently stumbled upon the ultimate perpetual motion machine, as future editions of indeterminate number will have to reflect and include latterly revealed and newly minted expressions of wisdom. The criteria for selection will evolve and the categories themselves will tend to proliferate as hitherto undefined distinctions of psycho-spiritual subtleties become established.

> The majority of those who put together collections of verses or epigrams resemble those who eat cherries or oysters: they begin by choosing the best and end by eating everything.
> ~ Sébastien Chamfort, 1741-1794 ~

There are a number of ways this anthology can be used. The first and most obvious is as a reference to many of the world's great quotations, providing quick access to part of humanity's greatest legacy: recorded thought. They are cross-referenced and indexed by subject and author.

> The lips of the wise are as the doors of a cabinet; no sooner are they opened, but the treasures are poured before you. Like unto trees of gold arranged in beds of silver, are wise sentences uttered in due season.
> ~ Khemetic Saying ~
> *Temt Tchaas: Egyptian Proverbs*, Muata Ashaya Ashby, ed., 1994

> The teachings of elegant sayings
> Should be collected when one can.
> For the supreme gift of words of wisdom,
> Any price will be paid.
> ~ Nagarjuna, fl. c. 1st-2nd C. CE ~

> The wisdom of the wise and the experience of the ages is preserved, into perpetuity, by a nation's proverbs, fables, folk wisdom, maxims, aphorisms and quotations.
> ~ William Feather, 1889-1981 ~

The art of thinking is practiced by all of us with greater or lesser facility. Language is the medium in which we think. There is much we can learn from the words selected by others, how they combined them and the effect they have on us. In this way, we refine and clarify our own thinking process.

> When ideas fail, words come in very handy.
> ~ Johann von Goethe, 1749-1832 ~

If we have a need to communicate the results of this process to another human being, we need to be able to express what we think in a way that convinces them of what we think. Reference to what has been said before is often an effective way to do this, for the recipient commonly shares in the same literary legacy.

> An apt quotation is like a lamp which flings its light over the whole sentence.
> ~ L. E. Landon ~
> *Romance and Reality*, 1848

> A quotation in a speech, article or book is like a rifle in the hands of an infantryman. It speaks with authority.
> ~ Brendan Francis ~

Researchers, speakers and writers will find much to mine here, but everyone, regardless of station or calling, likes to relate to what others have said and quote whatever amplifies or supports our thinking. It adds another dimension, gives validity and increases the legitimacy of what we say if we are able to allude, however obliquely, to some prior well-turned, but hopefully not well-worn, utterance.

> A book that furnishes no quotations is, *me judice*, no book – it is a plaything.
> ~ Caroline Ponsonby Lamb, 1785-1828 ~
> *Crochet Castle*

> I hate quotations. Tell me what you know.
> ~ Ralph Waldo Emerson, 1803-1882 ~
> *Journals of Ralph Waldo Emerson*, 1863

> By necessity, by proclivity – and by delight, we all quote.
> ~ Emerson ~

> All minds quote. Old and new make the warp and woof of every moment. There is no thread that is not a twist of these two strands … The highest statement of new philosophy complacently caps itself with some prophetic maxim from the oldest learning.
> ~ Emerson ~

The second way to utilize *Wisdom for the Soul* is as a field guide to varying experiences and states of mind. It can be both diagnostic and prescriptive, allowing us to identify and better understand the ineffable human spirit, to self-treat whatever sense of dissatisfaction or dis-ease may come upon us; it may suggest a regimen to follow or an antidote to apply. If Anger is our current challenge, we may wish to assess how others have dealt with their own, and then be directed to consider the remedies of Acceptance, Composure, Equanimity or Forgiveness. Cross-references to therapeutic elements to restore or enhance spiritual tone are listed as Syntonic, while toxic or injurious elements as classed as Dystonic.[1] Each quotation may be regarded as a mind pattern for the replication of neuropeptides, those amino acids produced by the body and that control the emotions and immune system.

---

[1] Neuropeptides provide the physiological basis for the emotions … The striking pattern of neuropeptide receptor distribution in mood-regulating areas of the brain, as well as their role in mediating communication through the whole organism, makes neuropeptides the obvious candidates for the biochemical mediation of emotion. It may be too that each neuropeptide biases information processing uniquely when occupying receptors at nodal points with the brain and body. If so, then each neuropeptide may evoke a unique "tone" that is equivalent to a mood state.

- Candace Pert, "Neuropeptides: The Emotions and Bodymind," in *Noetic Sciences Review*, No.2, Spring 1987

> This messenger molecule (neuropeptide) and cell-receptor communication system is the psychobiological basis of mindbody healing, therapeutic hypnosis, and holistic medicine in general.
> ~ Ernest Rossi ~
> *The Psychobiology of Mind-Body Healing*

Let the buyer beware, however:

> Almost every wise saying has an opposite one, no less wise, to balance it.
> ~ George Santayana, 1863-1952 ~

A cursory consultation may leave the reader questioning or confused. The sections on Questioning and Uncertainty could prove helpful here or may lead the reader from Conflict and Struggle through Acceptance of Change and Paradox to a Decision or Solution arrived at with Determination while maintaining the Integrity of Self.

As with holistic therapies, we will discover that we may have to treat the whole person rather than deal with isolated symptoms. Resonating with ideas from different classifications, we make out our own prescriptions, individually and specifically suited to our condition and temperament. Ultimately, we each have to listen to our own inner voice, follow our own innate wisdom, but in this we can be guided and reminded by the voices of prophets and ordinary folk alike.

> All verbal teachings are just to cure diseases. Because diseases are not the same, the remedies are also different ... True words are those that actually cure sickness; if the cure manages to heal, then all are true words. If they can't effectively cure sickness, all are false words. True words are false words when they give rise to views. False words are true words when they cut off the delusions of sentient beings. Because disease is unreal, there is only unreal medicine to cure it.
> ~ Baizhang Huaihai, 749-814 ~

It will do no good, however, to arrive at the most accurate and percipient diagnosis and to prescribe the most efficacious remedy, if we do not apply it. Some change of thought and behavior has to be initiated. As with everything else, the more we put into it is the more we will get out of it.

> Nothing ever becomes real till it is experienced – even a Proverb is no proverb to you till your Life has illustrated it.
> ~ John Keats, 1795-1821 ~
> Letter to George and Georgiana Keats, 1819 March 19

> Proverbs are always platitudes until you have personally experienced the truth of them.
> ~ Aldous Huxley, 1894-1963 ~
> *Jesting Pilate*

> No matter how full a reservoir of *maxims* one may possess, and no matter how good one's *sentiments* may be, if one has not taken advantage of every opportunity to *act*, one's character may remain entirely unaffected for the better.
> ~ William James, 1842-1910 ~

The third way that I would suggest for the reader to use this book is as a guide to contemplation and meditation. As with other inspirational texts, a selection could be chosen each day, at random or in any order, and used as a focus of attention. No particular religion, belief system or practice is required or is here being recommended. Care has been taken to avoid quotations that favor any

particular religious tradition over any other. In keeping with the self-empowering focus of the collection, deistic, transcendent and devotional readings have been excluded.

> The only way to read a book of aphorisms without being bored is to open it at random and, having found something that interests you, close the book and meditate.
> ~ Prince Charles-Joseph de Ligne, 1735-1814 ~
> *Mélanges militaires, littéraires et sentimentaires, 1795-1811*

The random selection of a quotation from the collection by each member of a workshop or focus group could become a means of introduction, an icebreaker, as that member shares with the rest of the group what that quotation means to her or him, and how it relates to them personally – a wisdom circle, if you will. In this way, encapsulated wisdom becomes disseminated, amplified and experienced in application.

It is my fervent hope that readers will derive as much enlightenment and enjoyment out of this anthology as I have had in compiling it. I trust that it will be found to reflect more closely, not Chesterton's, but rather Evans' observation:

> You could compile the worst book in the world entirely out of selected passages from the best writers in the world.
> ~ G. K. Chesterton, 1874-1936 ~

> Wisdom is meaningless until your own experience has given it meaning … and there is wisdom in the selection of wisdom.
> ~ Bergen Evans, 1904-1978 ~

If nothing else, sit back and enjoy. I've had so much enrichment – and fun. I hope you do too.

> Like your body your mind also gets tired so refresh it by wise sayings.
> ~ Hazrat Ali, 599-661 ~
> in *Peak of Eloquence - Nahjul Balagha: Sermons and Letters of Imam Ali Ibn Abi Talib*, Sayed Ali Reza, tr., 1984

> One of the joys of reading is the ability to plug into the shared wisdom of mankind.
> ~ Ishmael Reed, 1938- ~

After all,

> Life itself is a quotation …
> ~ Jorge Luis Borges, 1899-1986 ~
> in Jean Baudrillard, *Cool Memories*, 1987

All truly wise thoughts have
been thought already
thousands of times; but to
make them truly ours, we must
think them over again
honestly, till they take root in
our personal experience.
~ Johann von Goethe ~

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Table of Subjects

ABILITY 21
ACCEPTANCE 22
ACCOMPLISHMENT / ACHIEVEMENT / EXCELLENCE 26
ACTION / EFFORT 28
ACTUALIZATION / FULFILLMENT 31
ADVERSITY 36
AFFIRMATION / APPROVAL 41
AGE / AGEING 44
ANGER 47
APPEARANCE / FORM 49
APPRECIATION 52
ART 55
ATTACHMENT 60
ATTENTION / AWARENESS 62
ATTITUDE 69
AUTONOMY / CONTROL 73
AVOIDANCE / DENIAL / REFUSAL 77
BALANCE 79
BEGINNING / ENDEAVOUR 83
BEING / ESSENCE / SOUL 86
BELIEF / RELIGION 90
BREAKTHROUGH / EPIPHANY / TURNING POINT 98
CAUSE 102
CELEBRATION 107
CENTERING 108
CHANGE 111
CHAOS / UNCERTAINTY 116
CHARACTER 119
CHOICE / VOLITION 122
COLLABORATION / SYNERGY 125
COMMITMENT / DEDICATION 128
COMMUNICATION 131
COMPARISON / COMPETITION 134
COMPASSION / EMPATHY / KINDNESS 136
COMPLACENCY 141
COMPOSURE / PEACE / TRANQUILITY 143
CONFIDENCE 147
CONFLICT / OPPOSITION 149
CONFORMITY 152
CONGRUENCE / RESONANCE 156
CONNECTION / INTERBEING / INTERDEPENDENCE 159
CONSCIENCE 164
CONTINUITY 166
CONVICTION / PRINCIPLE 170
COST 172
COURAGE 174
CREATIVITY / DISCOVERY / INNOVATION 178
CRITICISM / JUDGMENT 183
DANCE / MOVEMENT 188
DARING / CHALLENGE 190
DEATH / DYING 193
DECISION / DECISIVENESS 200
DEFEAT 202
DEFERMENT / DELAY 204
DELUSION 208
DEPENDENCE 214
DEPRESSION / DESPAIR / DISTRESS 216
DESIRE 218
DETACHMENT 222
DETERMINATION / PERSISTENCE / RESOLVE 224
DIFFERENTIATION / DIVISION / SEPARATION 228
DILIGENCE 232
DIRECTION 234
DISCIPLINE 236
DISCLOSURE / VERACITY 238
DISPATCH 242
DISTRACTION / DIVERSION 243
DIVERSITY / MULTIPLICITY 246
DREAMS / DREAMING 250
ELOQUENCE / POETRY 256
ENGAGEMENT / INTEGRATION / INVOLVEMENT 257
ENJOYMENT / PLEASURE 260
ENLIGHTENMENT / REALIZATION / TRANSCENDENCE 263
EQUANIMITY 267
ETHICS / MORALITY 272
EVIL 275
EXAMPLE 278
EXPECTATION / HOPE 280
EXPEDIENCE 283
EXPERIENCE 284

EXPLORATION 287
EXPRESSION 290
FAILURE / ERROR 292
FAITH 297
FAULT 300
FEAR 303
FEELING / EMOTION 306
FLEXIBILITY / FLOW / FLUX 311
FOCUS / INTENTION 314
FORGIVENESS 318
FRIENDSHIP 322
GIVING / SERVING 327
GOAL / IDEAL / PURPOSE 333
GOODNESS / VIRTUE 338
GREED 340
GRIEF / SORROW 342
GROWTH / EXPANSION 344
GUILT 348
HABIT 349
HAPPINESS / CONTENTMENT 351
HASTE / IMPATIENCE 356
HATE 358
HAVING / POSSESSING 360
HEALTH / HEALING 363
HUMILITY / MODESTY 372
HUMOR / LAUGHTER 374
IDEA / OPINION 378
IDENTITY 381
IMAGINATION 384
IMPERMANENCE 387
INACTION 391
INDIVIDUALITY 393
INDULGENCE / TEMPTATION 398
INFLUENCE / EFFECT 400
INGENUITY 407
INITIATIVE 408
INNOCENCE 409
INSANITY 411
INSECURITY / RISK 413
INSIGHT / INSTINCT / INTUITION 416
INSPIRATION 420
INTEGRITY 422
INTROSPECTION / SELF-KNOWLEDGE 427
JEALOUSY / ENVY 431
JOURNEY / PATH 433
LAZINESS 438
LEARNING 440
LEGACY 446
LIBERATION / LIBERTY / FREEDOM 449
LIFE / LIVING 455
LILA / LEISURE 458
LIMITATION 462
LISTENING 468
LITTLE 470
LOGOS 474
LONELINESS 478
LOQUACITY 480
LOVE - AGAPE 482
LOVE - EROS 487
MANIFESTATION 494
MEANING 497
MEANS 502
MEDITATION 503
MEMORY 509
MIND 511
MODERATION 516
MUSIC 518
ONENESS / UNITY / WHOLENESS 521
OPENNESS / RECEPTIVITY 529
OPPORTUNITY 532
OPPRESSION 535
OPTIMISM / POSITIVISM 536
PARADOX 538
PARTNERSHIP / MARRIAGE 540
PASSION 544
PATIENCE 547
PERSPECTIVE 549
POLARITY / CONTRAST 553
POSSIBILITY / POTENTIAL 557
POWER 562
PRACTICE 566
PREPARATION / READINESS 569
PRESENCE 571
PRUDENCE 579
QUESTIONING / DOUBT 581
REALITY 585
RECIPROCITY / REFLECTION 589
REGRET 595
RELATIONSHIP 596
RELATIVITY 601
RELEASE 604
RENEWAL 609
RESPECT 613
RESPONSIBILITY 614
RESTRAINT 618
RETREAT / WITHDRAWAL 620
REVENGE 622
SEEKING 624
SELF 628
SELF-RELIANCE 633
SENSIBILITY / SENSUALITY 636
SEX / SEXUALITY 640
SHADOW 644
SILENCE / STILLNESS 647
SIMPLICITY 651
SINCERITY / AUTHENTICITY 655

Copyrighted material

SKILL / TALENT / RESOURCES ---------- 658
SOLITUDE ---------- 661
SOLUTION ---------- 666
SPIRITUALITY ---------- 669
SPONTANEITY ---------- 674
STRENGTH ---------- 676
STRUGGLE ---------- 678
SUBMISSION / SURRENDER ---------- 680
SUCCESS ---------- 682
SUFFERING ---------- 685
SURVIVAL ---------- 693
SYNTHESIS ---------- 694
TACT / DISCRETION ---------- 696
TEACHING ---------- 698
THINKING / THOUGHT ---------- 701
TIME ---------- 706
TODAY ---------- 710
TOLERANCE ---------- 713
TRANSFORMATION ---------- 715
TRUST ---------- 718
TRUTH ---------- 720
UNCONSCIOUS / SUBCONSCIOUS ---------- 726
UNDERSTANDING ---------- 728
VALUE / WORTH ---------- 730
VICE ---------- 734
VISION / VISUALIZATION ---------- 735
WAR / AGGRESSION / VIOLENCE ---------- 740
WEALTH / PROSPERITY ---------- 744
WISDOM ---------- 748
WONDER / MYSTERY ---------- 752
WORK ---------- 757
WORRY ---------- 762
ZEAL / ZEST ---------- 765

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ABILITY

Related States & Conditions: Accomplishment/Achievement/Excellence, Action/Effort, Actualization/Fulfillment, Creativity/Discovery/Innovation, Expression, Ingenuity, Initiative, Manifestation, Means, Power, Skill/Talent/Resources, Strength

Syntonic: Affirmation/Approval, Collaboration/Synergy, Confidence, Courage, Daring/Challenge, Decision/Decisiveness, Desire, Determination/Persistence/Resolve, Diligence, Discipline, Dispatch, Expedience, Flexibility/Flow/Flux, Focus/Intention, Learning, Openness/Receptivity, Practice, Preparation/Readiness, Self-Reliance

Dystonic: Complacency, Conformity, Defeat, Deferment/Delay, Dependence, Distraction/Diversion, Failure/Error, Fear, Haste/Impatience, Inaction, Laziness, Limitation

For the things we have to learn before we can do them, we learn by doing them.
~ Aristotle, 384-322 BCE ~
Nicomachean Ethics, II, 1, 1103a, in *The Basic Works of Aristotle*, Richard McKeon, ed., 1941

Natural abilities are like natural plants, that need pruning by study; and studies themselves do give forth directions too much at large, except they be bounded in by experience.
~ Francis Bacon, 1561-1626 ~

You learn to speak by speaking, to study by studying, to run by running, to work by working; in just the same way, you learn to love by loving.
~ Francis de Sales, 1567-1622 ~

Great ability develops and reveals itself increasingly with every new assignment.
~ Baltasar Gracián y Morales, 1601-1685 ~
Oráculo manual y arte de prudencia, 1647

Ability hits the mark where presumption overshoots and diffidence falls short.
~ John Henry Newman, 1801-1890 ~

Man's greatness consists in his ability to do and the proper application of his powers to things needed to be done.
~ Frederick Douglass, 1817-1895 ~

Unless you try, you don't know what you can't do.
~ Henry James, 1843-1916 ~

No one knows what is in him till he tries, and many would never try if they were not forced to.
~ Basil W. Maturin, 1847-1915 ~
Laws of the Spiritual Life, 1916

The world cares very little about what a man or woman knows; it is what a man or woman is able to do that counts.
~ Booker T. Washington, 1856-1915 ~

To find out what one is fitted to do, and to secure an opportunity to do it, is the key to happiness.
~ John Dewey, 1859-1952 ~

One of the greatest discoveries a man makes, one of his great surprises, is to find he can do what he was afraid he couldn't do.
~ Henry Ford, 1863-1947 ~

It's amazing what ordinary people can do if they set out without preconceived notions.
~ Charles Kettering, 1876-1958 ~

Do not let what you cannot do interfere with what you can do.
~ John Wooden, 1910- ~

We all have ability. The difference is how we use it.
~ Stevie Wonder, 1950- ~

Put yourself in a state of mind where you say to yourself, "Here is an opportunity for me to celebrate like never before, my own power, my own ability to get myself to do whatever is necessary."
~ Anthony J. Robbins, 1960- ~

We don't know who we are until we see what we can do.
~ Martha Grimes ~
in *Writer's Handbook*

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ACCEPTANCE

Related States & Conditions: Affirmation/Approval, Appreciation, Compassion/Empathy/Kindness, Congruence/Resonance, Equanimity, Love-Agape, Oneness/Unity/Wholeness, Openness/Receptivity, Reciprocity/Reflection, Tolerance, Understanding

Syntonic: Connection/Interbeing/Interdependence, Detachment, Engagement/Integration/Involvement, Flexibility/Flow/Flux, Forgiveness, Friendship, Humor/Laughter, Learning, Listening, Optimism/Positivism, Patience, Preparation/Readiness, Respect, Synthesis, Trust

Dystonic: Avoidance/Denial/Refusal, Comparison/Competition, Conflict/Opposition, Criticism/Judgment, Delusion, Differentiation/Division/Separation, Fear, Fault, Hate, Jealousy/Envy, Revenge, War/Aggression/Violence

Open yourself to the Tao, then trust your natural responses; and everything will fall into place.
~ Laozi, 570-490 BCE ~

Life is a series of natural and spontaneous changes. Don't resist them – that only creates sorrow. Let reality be reality. Let things flow naturally forward in whatever way they like.
~ Laozi ~

Be content with your lot; one cannot be first in everything.
~ Aesop, fl. c. 550 BCE ~

Against necessity, against its strength, no one can fight and win.
~ Aeschylus, 525-456 BCE ~

He who submits to fate without complaint is wise.
~ Euripides, c. 485-406 BCE ~

The ideal man bears the accidents of life with dignity and grace, making the best of circumstances.
~ Aristotle, 384-322 BCE ~

The beauty of the soul shines out when a man bears with composure one heavy mischance after another, not because he does not feel them, but because he is a man of high and heroic temper.
~ Aristotle ~

The greatest devotion, greater than learning and praying, consists in accepting the world exactly as it happens to be.
~ Hasidic Saying ~

Flow with whatever is happening and let your mind be free. Stay centered by accepting whatever you are doing. This is the ultimate.
~ Zhuangzi, c. 369-c. 286 BCE ~

He who cannot do what he wants must make do with what he can.
~ Terence, c. 190-159 BCE ~

Accept whatever is brought upon you, and in
changes that humble you, be patient.
For gold is tested in the fire, and acceptable men in
the furnace of humiliation.
~ Joshua ben Sira, 2nd C. BCE ~
in *Apocrypha*, Sirach (Ecclesiasticus) 2:4-5, RSV 1957

Let us follow our destiny, ebb and flow. Whatever may happen, we master fortune by accepting it.
~ Virgil, 70-19 BCE ~

Don't be surprised,
Don't be startled;
All things will arrange themselves.
Don't cause a disturbance,
Don't exert pressure;
All things will clarify themselves.
~ Huainan Zi, 1st C. BCE ~

What it is forbidden to be put right becomes lighter by acceptance.
~ Horace, 65-8 BCE ~

The fates lead him who will – him who won't, they drag.
~ Seneca, c. 4 BCE-65 CE ~

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Seek not that the things which happen should happen as you wish; but wish the things which happen to be as they are, and you will have a tranquil flow of life.
~ Epictetus, 50-120 ~

Make the best of what is in our power, and take the rest as it naturally happens.
~ Epictetus ~

Adapt yourself to the life you have been given; and truly love the people with whom destiny has surrounded you.
~ Marcus Aurelius, 121-180 ~
The Spiritual Teachings of Marcus Aurelius, Mark Forstater, tr., 2000

Accept whatever comes to you woven in the pattern of your destiny, for what could more aptly fit your needs?
~ Marcus Aurelius ~

Vex not thy spirit at the course of things; they heed not thy vexation. How ludicrous and outlandish is astonishment at anything that may happen in life.
~ Marcus Aurelius ~

Every morning a new arrival ...
A joy, a depression, a meanness ...
Welcome and entertain them all!
~ Jalaluddin Rumi, 1207-1273 ~

If you bear the cross unwillingly, you make it a burden, and load yourself more heavily; but you must bear it.
~ Thomas à Kempis, c. 1380-1471 ~

Greatness of soul consists not so much in soaring high and pressing forward, as in knowing how to adapt and limit oneself.
~ Michel de Montaigne, 1533-1592 ~

Things without remedy, should be without regard; what is done, is done.
~ William Shakespeare, 1564-1616 ~

If you are wise, live as you can; if you cannot, live as you would.
~ Baltasar Gracián y Morales, 1601-1685 ~

If we cannot get what we love, we must love what is within our reach.
~ French Saying ~

Since we cannot get what we like, let us like what we can get.
~ Spanish Saying ~

What cannot be altered, must be borne, not blamed.
~ Thomas Fuller, 1608-1661 ~

Do not weep; do not wax indignant. Understand.
~ Baruch de Spinoza, 1632-1677 ~

When we see ourselves in a situation which must be endured and gone through, it is best to meet it with firmness, and accommodate everything to it in the best way practicable. This lessens the evil, while fretting and fuming only increase your own torments.
~ Thomas Jefferson, 1743-1826 ~

Let us take things as we find them: let us not attempt to distort them into what they are not ... We cannot make facts. All our wishing cannot change them. We must use them.
~ John Henry Newman, 1801-1890 ~

For after all, the best thing one can do when it's raining is to let it rain.
~ Henry Wadsworth Longfellow, 1807-1882 ~

Do not despise your situation; in it you must act, suffer and conquer. From every point on earth we are equally near to heaven and to the infinite.
~ Henri-Frédéric Amiel, 1821-1881 ~

Be willing to have it so; acceptance of what has happened is the first step in overcoming the consequences of any misfortune.
~ William James, 1842-1910 ~

Things cannot always go your way. Learn to accept in silence the minor aggravations, cultivate the gift of taciturnity and consume your own smoke with an extra draught of hard work, so that those about you may not be annoyed with the dust and soot of your complaints.
~ William Osler, 1849-1919 ~

We win half the battle when we make up our minds to take the world as we find it, including the thorns.
~ Orison S. Marden, 1850-1924 ~

Take what you get till you get what you want.
~ Jamaican Saying ~

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Life is not always what one wants it to be, but to make the best of it, as it is, is the only way of being happy.
~ Jennie Jerome Churchill, 1854-1921 ~

Rowing against the tide is hard and uncertain. To go with the tide and thus take advantage of the workings of the great natural force is safe and easy.
~ Ralph Waldo Trine, 1866-1958 ~

One completely overcomes only what one assimilates.
~ André Gide, 1869-1951 ~

Always fall in with what you're asked to accept. Take what is given, and make it over your way. My aim in life has always been to hold my own with whatever's going. Not against: with.
~ Robert Frost, 1874-1963 ~

We cannot change anything unless we accept it. Condemnation does not liberate, it oppresses.
~ Carl Jung, 1875-1961 ~
Psychological Reflections, Jolande Jacobi & R. F. Hull, eds., 1953

Almost any event will put on a new face when received with cheerful acceptance, and no questions asked.
~ Henry S. Haskins, b. 1875 ~
Meditations in Wall Street, 1940

Each day of human life contains joy and anger, pain and pleasure, darkness and light, growth and decay. Each moment is etched with nature's grand design – do not try to deny or oppose the cosmic order of things.
~ Morihei Ueshiba, 1883-1969 ~
The Art of Peace, John Stevens, tr.,1992

You have to accept whatever comes and the only important thing is that you meet it with courage and with the best that you have to give.
~ Eleanor Roosevelt, 1884-1962 ~

Everything in life that we really accept undergoes a change. So suffering must become love. That is the mystery.
~ Katherine Mansfield, 1888-1923 ~

First ask yourself: What is the worst thing that can happen? Then prepare to accept it. Then proceed to improve on the worst … When we have accepted the worst, we have nothing more to lose. And that automatically means – we have everything to gain.
~ Dale Carnegie, 1888-1955 ~

Life has no other discipline to impose, if we would but realize it, than to accept life unquestioningly. Everything we shut our eyes to, everything we run away from, everything we deny, denigrate, or despise, serves to defeat us in the end. What seems nasty, painful, evil, can become a source of beauty, joy, and strength, if faced with an open mind. Every moment is a golden one for him who has the vision to recognize it as such.
~ Henry Miller, 1891-1980 ~

Peace of mind is that mental condition in which you have accepted the worst.
~ Lin Yutang, 1895-1976 ~
The Importance of Living, 1937

I not only bow to the inevitable, I am fortified by it.
~ Thornton Wilder, 1897-1975 ~

My advice to you is not to enquire why or whither, but just enjoy your ice cream while it's on your plate.
~ Wilder ~

Accept yourself as you are. Otherwise you will never see opportunity. You will not feel free to move toward it; you will feel you are not deserving.
~ Maxwell Maltz, 1899-1975 ~

In the face of an obstacle which is impossible to overcome, stubborness is stupid.
~ Simone de Beauvoir, 1908-1986 ~

The secret to success is to learn to accept the impossible, to do without the indispensable, and to bear the intolerable.
~ Nelson Mandela, 1918- ~

Peace of mind comes from not wanting to change others, but by simply accepting them as they are. True acceptance is always without demands and expectations.
~ Gerald Jampolsky, 1925- ~
Love Is Letting Go of Fear, 1979

Don't try to force anything. Let life be a deep let-go. See God opening millions of flowers every day without forcing the buds.
~ "Osho" Rajneesh, 1931-1990 ~
Dying for Enlightenment, 1979

A serene acceptance of *what is* promotes health, but by keeping the mind clear it also puts a person in a better position to change things that need changing.
~ Bernie Siegel, 1932- ~
Love, Medicine & Miracles, 1986

Only one thing can be guaranteed and that is the principle of accepting the challenges of life, of society in the same way as nature does.
~ Wole Soyinka, 1934- ~
Interview by John Agetua in *When the Man Died: Views, Reviews, and Interview on Wole Soyinka's Controversial Book*, 1975

Life works when you choose what you've got.
~ Werner Erhard, 1935- ~

Life is difficult. This is a great truth, one of the greatest truths. It is a great truth because once we truly see this truth, we transcend it. Once we truly know that life is difficult – then life is no longer difficult. Because once it is accepted, the fact that life is difficult no longer matters.
~ M. Scott Peck, 1936-2005 ~
The Road Less Travelled, 1978

It just ain't possible to explain some things. It's interesting to wonder on them and do some speculation, but the main thing is you have to accept it – take it for what it is, and get on with your growing.
~ Jim Dodge, 1945- ~

There are people who live lives little different than the beasts, and I don't mean that badly. I mean that they accept whatever happens day to day without struggle or question or regret. To them things just are, like the earth and sky and seasons.
~ Celeste de Blasis, 1946- ~

The transition from rebellion to acceptance has an extremely important consequence … in which we start seeing life as a training school … to teach us what we need to learn.
~ Piero Ferrucci, 1946- ~

Accept what comes to you totally and completely so that you can appreciate it, learn from it, and then let it go.
~ Deepak Chopra, 1947- ~
Journey Into Healing: Awakening the Wisdom Within You, 1994

Accept – then act. Whatever the present moment contains, accept it as if you had chosen it. Always work with it, not against it. Make it your friend and ally, not your enemy. This will miraculously transform your life.
~ Eckhard Tolle, 1948- ~
The Power of Now: A Guide to Spiritual Enlightenment, 1999

Most of my major disappointments have turned out to be blessings in disguise. So whenever anything bad does happen to me, I kind of sit back and feel, well, if I give this enough time, it'll turn out that this was good, so I shouldn't worry about it too much.
~ William A. Gaines, 1971- ~

Acceptance is the answer to all my problems today … I can find no serenity until I accept that person, place, thing, or situation as being exactly the way it is supposed to be.
~ Alcoholics Anonymous ~

Acceptance is not submission; it is acknowledgement of the facts of a situation. Then deciding what you're going to do about it.
~ M. Kathleen Casey ~

We walk through so many myths of each other and ourselves: we are so thankful when someone sees us for who we are and accepts us.
~ Natalie Goldberg ~
Writing Down the Bones, 1986

Resistance causes pain and lethargy. It is when we practice acceptance that new possibilities appear.
~ Unknown ~

There is no limit to truths. We should be prepared to master all of them. In being prepared to accept any and all truths … just as it comes, without trying to change it to suit our needs, we become free of the anxiety that comes from the urge to change and control. By master I mean receive with our full minds, open and without resistance. It doesn't mean that you know everything. Rather, it means that you may not know anything at all in a situation, but you have become so open to the infinite possibilities that you can approach and accept anything. Even pain. We have to be just as willing to touch and acknowledge the pain as we are to feel the joy. Why? Because one doesn't exist without the other.
~ Angel Kyodo Williams ~
Being Black: Zen and the Art of Living with Fearlessness and Grace, 2000

ACCOMPLISHMENT / ACHIEVEMENT / EXCELLENCE

Related States & Conditions: Actualization/Fulfillment, Creativity/Discovery/Innovation, Daring/Challenge, Goal/Purpose, Health/Healing, Liberation/Liberty/Freedom, Success, Solution, Wealth/Prosperity

Syntonic: Action/Effort, Afffirmation/Approval, Decision/Decisiveness, Determination/Persistence/Resolve, Diligence, Discipline, Dreams/Dreaming, Exploration, Faith, Focus/Intention, Imagination, Ingenuity, Initiative, Inspiration, Learning, Manifestation, Opportunity, Passion, Possibility/Potential, Power, Practice, Preparation/Readiness, Self-Reliance, Skill/Talent/Resources, Vision/Visualization

Dystonic: Complacency, Conflict/Opposition, Conformity, Defeat, Deferment/Delay, Delusion, Dependence, Distraction/Diversion, Failure/Error, Fear, Habit, Haste/Impatience, Inaction, Insecurity/Risk, Laziness, Limitation, Regret, Worry

Before the gates of excellence the high gods have placed sweat; long is the road and steep at first; but when the heights are reached, then there is ease, though grievously hard in the winning.
~ Hesiod, fl. c. 700 BCE ~
Works and Days

We are what we repeatedly do. Excellence then, is not an act, but a habit.
~ Aristotle, 384-322 BCE ~

For it is commonly said: "hard tasks are pleasant when they are finished."
~ Cicero, 106-43 BCE ~
De Finibus Bonorum et Malorum, 45 BCE

You were born with wings. Why prefer to crawl through life?
~ Jalaluddin Rumi, 1207-1273 ~

The greater the obstacle, the more glory in overcoming it.
~ Jean-Baptiste Molière, 1622-1673 ~

All who have achieved real excellence in any art possess one thing in common, that is, a mind to obey nature, to be one with nature, throughout the four seasons of the year.
~ Matsuo Basho, 1644-1694 ~
The Narrow Road to the Deep North & Other Travel Sketches, Nobuyuki Yuasa, tr., 1966

Aim at perfection in everything, though in most things it is unattainable; however, they who aim at it, and persevere, will come much nearer to it than those whose laziness and despondency make them give it up as unattainable.
~ Lord Chesterfield, 1694-1773 ~

In order to carry out great enterprises, one must live as if one will never have to die.
~ Marquis de Vauvenargues, 1715-1747 ~
Reflexions et maximes

No limits are set to the ascent of man, and to each and every one the highest stands open. Here it is only your personal choice that decides.
~ Hasidic Saying ~

With ordinary talent and extraordinary perseverance, all things are attainable.
~ Thomas Fowell Buxton, 1786-1845 ~

The heights by great men reached and kept
Were not attained by sudden flight,
But they, while their companions slept,
Were toiling upward in the night.
~ Henry Wadsworth Longfellow, 1807-1882 ~

You are not judged by the height you have risen, but from the depth you have climbed.
~ Frederick Douglass, 1817-1895 ~

Strive to make something of yourself; then strive to make the most of yourself.
~ Alexander Crummel, 1819-1898 ~

Conquering any difficulty always gives one a secret joy, for it means pushing back a boundary-line and adding to one's liberty.
~ Henri-Frédéric Amiel, 1821-1881 ~
The Private Journal of Henri-Frédéric Amiel, C. Brooks, ed., 1935

The greatest pleasure in life is doing what people say you cannot do.
~ Walter Bagehot, 1826-1877 ~

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To accomplish great things, we must not only act, but also dream; not only plan, but also believe.
~ Anatole France, 1844-1924 ~

The person who can do something that the world wants done will, in the end, make his way regardless of his race … Excellence is to do a common thing in an uncommon way.
~ Booker T. Washington, 1856-1915 ~

Efficiency of a practical flawless kind may be reached naturally in the struggle for bread. But there is something beyond – a higher point, a subtle and unmistakable touch of love and pride beyond mere skill; almost an inspiration which gives to all work that finish what is almost art – which is art.
~ Joseph Conrad, 1857-1924 ~

Deep down in every human soul is a hidden longing, impulse, and ambition to do something fine and enduring … If you are willing great things are possible to you.
~ Grenville Kleiser, 1868-1953 ~

Excellence means when a man or woman asks of himself or herself more than others do.
~ José Ortega y Gasset, 1883-1955 ~

Do little things in an extraordinary way; be the best one in your line. You must not let your life run in the ordinary way; do something that will dazzle the world.
~ Paramahansa Yogananda, 1893-1952 ~

There ain't no man can avoid being born average, but there ain't no man got to be common.
~ Satchel Paige, 1900-1982 ~

All great work – artistic, poetic, intellectual or spiritual – is produced at those moments when its creators are lost completely in their actions, when they forget themselves altogether, and are free from self-consciousness.
~ Walpola Rahula, 1906-1997 ~
What the Buddha Taught, 1959

I have found that great people do have in common … an immense belief in themselves and in their mission. They also have great determination as well as an ability to work hard. At the crucial moment of decision, they draw on their accumulated wisdom.
~ Yousuf Karsh, 1908-1995 ~
in *Parade*, 1978 December 3

There's no such thing as Perfection. But, in striving for perfection, we can achieve excellence.
~ Vince Lombardi, 1913-1970 ~

No matter what you do, do your best at it. If you're going to be a bum, be the best bum there is.
~ Robert Mitchum, 1917-1997 ~

Happiness does not come from doing easy work but from the afterglow of satisfaction that comes after the achievement of a difficult task that demanded our best.
~ Theodore Isaac Rubin, 1923- ~

If a man is called to be a street sweeper, he should sweep streets even as Michelangelo painted or Beethoven composed music or Shakespeare wrote poetry. He should sweep streets so well that all the hosts of heaven and earth will pause to say, here lived a great streetsweeper who did his job well.
~ Martin Luther King, Jr., 1929-1968 ~

The enemy of the "best" is the "good."
~ Stephen Covey, 1932- ~
First Things First, 1994

The best moments usually occur when a person's body or mind is stretched to its limits in a voluntary effort to accomplish something difficult and worthwhile.
~ Mihaly Csikszentmihalyi, 1934- ~
Flow: The Psychology of Optimal Experience, 1990

People with a high level of personal mastery live in a continual learning mode. They never "arrive." Sometimes, language, such as the term "personal mastery," creates a misleading sense of definiteness, of black and white. But personal mastery is not something you possess. It is a process. It is a lifelong discipline. People with a high level of personal mastery are acutely aware of their ignorance, their incompetence, their growth areas. And they are deeply self-confident. Paradoxical? Only for those who do not see the "journey is the reward."
~ Peter Senge, 1947- ~
The Fifth Discipline: The Art and Practice of The Learning Organization, 1990

For me it's the challenge – the challenge to try to beat myself or do better than I did in the past. I try to keep in mind not what I have accomplished but what I have to try to accomplish in the future.
~ Jackie Joyner-Kersee, 1962- ~

ACTION / EFFORT

Related States & Conditions: Ability, Beginning/Endeavour, Collaboration/Synergy, Daring/Challenge, Decision/Decisiveness, Diligence, Direction, Engagement/Integration/Involvement, Expedience, Exploration, Growth/Expansion, Habit, Initiative, Manifestation, Means, Opportunity, Practice, Preparation/Readiness, Seeking

Syntonic: Attitude, Change, Choice/Volition, Commitment/Dedication, Confidence, Congruence/Resonance, Conviction/Principle, Courage, Desire, Determination/Persistence/Resolve, Discipline, Dispatch, Focus/Intention, Ingenuity, Inspiration, Power, Prudence, Skill/Talent/Resources, Strength, Today, Zeal/Zest

Dystonic: Avoidance/Denial/Refusal, Chaos/Uncertainty, Comparison/Competition, Complacency, Conflict/Opposition, Conformity, Cost, Defeat, Deferment/Delay, Delusion, Dependence, Depression/Despair/Despondency, Distraction/Diversion, Failure/Error, Fear, Haste/Impatience, Inaction, Insecurity/Risk, Laziness, Limitation, Worry

The possession of knowledge, unless accompanied by a manifestation and expression in action, is like the hoarding of precious metals – a vain and foolish thing. Knowledge, like wealth, is intended for use.
~ Hermes Trismegistus ~
in *The Kybalion: A Study of the Hermetic Philosophy of Ancient Egypt and Greece*, 1908

The way of the sage is to act but not to compete.
~ Laozi, 570-490 BCE ~
Daode Jing

Words do not matter, what matters is Dharma. What matters is action rightly performed.
~ Buddha, c. 563-483 BCE ~
Dhammapada

A gentleman covets the reputation of being slow in word but prompt in deed.
~ Kongfuzi, c. 551-c. 479 BCE ~
The Analects of Confucius, IV.24, Arthur Waley, tr., 1989

The test of any man lies in action.
~ Pindar, 518-438 BCE ~

You have a right to your actions,
but never to your actions' fruits.
Act for action's sake.
And do not be attached to inaction.
~ *Bhagavad Gita*, c. 400 BCE ~
2:47, Stephen Mitchell, tr., 2000

What is done by the mind is action, what is done by the body is not action ... The physical body achieves nothing, on the other hand, the mental body gets results.
~ *Yoga Vasistha* ~

You yourself must make the effort. The buddhas are only teachers.
~ Buddhist Saying ~

Act while you can: While you have the chance, the means, and the strength.
~ *Babylonian Talmud*, 2nd-5th C. CE ~
Shabbat 151b ~

Turning it over in your mind won't plough the field.
~ Irish Saying ~

There is nothing better than for you to rejoice in every deed done in harmony with the moment. For doing is your purpose; in doing is your meaning. Leave the result to those who come after you. And attend solely to doing well that which must be done at all.
~ *The Bible*, c. 367 CE ~
Ecclesiastes 3:21-22

That knowledge which remains only on your tongue is very superficial. The intrinsic value of knowledge is that you act upon it.
~ Hazrat Ali, 599-661 ~
in *Peak of Eloquence - Nahjul Balagha: Sermons and Letters of Imam Ali Ibn Abi Talib*, Sayed Ali Reza, tr., 1984

As long as the mind has not reached supreme quiet, it cannot act. Action caused by momentum is random action, not essential action. Therefore it is said that action influenced by things is human desire, while action uninfluenced by things is the action of Heaven.
~ Lu Dong Bin, c. 798 ~
The Secret of the Golden Flower: The Classic Chinese Book of Life, VIII.27, Thomas Cleary, tr., 1991

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Deed, not words shall speak me.
~ John Fletcher, 1579-1625 ~

Boast not of what thou would'st have done, but do What thou would'st.
~ John Milton, 1608-1674 ~

It is better to wear out than to rust out.
~ Richard Cumberland, 1631-1718 ~
The Duty of Contending for the Faith, 1786

I have always thought the actions of men the best interpreters of their thoughts.
~ John Locke, 1632-1704 ~

The soul is made for action, and cannot rest till it be employed. Idleness is its rust. Unless it will up and think and taste and see, all is in vain.
~ Thomas Traherne, 1637-1674 ~

Well done is better than well said.
~ Benjamin Franklin, 1706-1790 ~

Whatever you think you can do or believe you can do, begin it. Action has magic, grace, and power in it. Begin it now.
~ Johann von Goethe, 1749-1832 ~

Take time to deliberate; but when the time for action arrives, stop thinking and go in.
~ Napoléon Bonaparte, 1769-1821 ~

There can be no acting or doing of any kind, till it be recognized that there is a thing to be done; the thing once recognized, doing in a thousand shapes becomes possible.
~ Thomas Carlyle, 1795-1881 ~

We are made for action, and for right action – for thought and for true thought. Let us live while we live; let us be alive and doing; let us act on what we have, since we have not what we wish.
~ John Henry Newman, 1801-1890 ~

What you do speaks so loud that I cannot hear what you say.
~ Ralph Waldo Emerson, 1803-1882 ~

It is in vain to say human beings ought to be satisfied with tranquility: they must have action; and they will make it if they cannot find it.
~ Charlotte Brontë, 1816-1855 ~
Jane Eyre, 1847

Our deeds determine us, as much as we determine our deeds.
~ George Eliot, 1819-1880 ~
in *The Journals of André Gide*, Justin O'Brien, tr., 1947

The emotions are not always subject to reason … but they are always subject to action. When thoughts do not neutralize an undesirable emotion, action will.
~ William James, 1842-1910 ~

Get action. Do things; be sane, don't fritter away your time … take a place wherever you are and be somebody; get action.
~ Theodore Roosevelt, 1858-1919 ~

Men must not only know, they must act.
~ W. E. B. Du Bois, 1868-1963 ~

Life happens at the level of events not of words. Trust movement.
~ Alfred F. Adler, 1870-1937 ~

Wisdom consists not so much in knowing what to do in the ultimate as in knowing what to do next.
~ Herbert Hoover, 1874-1964 ~

That is the principal thing – not to remain with the dream, with the intention, with the being-in-the-mood, but always forcibly to convert it into all things.
~ Rainer Maria Rilke, 1875-1926 ~
Letters of Rainer Maria Rilke 1892-1910, J. Bannard Greene & M. D. Herter Norton, eds., 1945

Deliberation is the work of many men; Action, of one alone.
~ Charles de Gaulle, 1890-1970 ~

Never mistake motion for action.
~ Ernest Hemingway, 1899-1961 ~

We know what a person thinks not when he tells us what he thinks, but by his actions.
~ Isaac Bashevis Singer, 1904-1991 ~

Action springs not from thought, but from a readiness for responsibility.
~ Dietrich Bonhoeffer, 1906-1945 ~

The proof that one truly believes is in action.
~ Bayard Rustin, 1912-1987 ~

Do-so is more important than say-so.
~ Pete Seeger, 1919- ~

Apply yourself. Get all the education you can, but then, by God, do something. Don't just stand there, make it happen.
~ Lee Iacocca, 1924- ~

You don't make progress by standing on the sidelines, whimpering and complaining. You make progress by implementing ideas.
~ Shirley Chisholm, 1924-2005 ~

Act or be acted upon.
~ Stephen Covey, 1932- ~
The 7 Habits of Highly Effective People, 1989

It is not enough to find a purpose that unifies one's goals; one must also carry through and meet its challenges. The purpose must result in strivings; intent has to be translated into action. What counts is not so much whether a person actually achieves what she has set out to do; rather it matters whether effort has been expended to reach the goal, instead of being diffused or wasted.
~ Mihaly Csikszentmihalyi, 1934- ~
Flow: The Psychology of Optimal Experience, 1990

The truth of the matter is that you always know the right thing to do. The hard part is doing it.
~ H. Norman Schwarzkopf, 1934- ~

The haves and have nots can often be traced to the dids and didn't dos.
~ William Raspberry, 1935- ~

Ability is what you're capable of doing. Motivation determines what you do. Attitude determines how well you do it.
~ Lou Holtz, 1937- ~

Bookers Law: An ounce of application is worth a ton of abstraction.
~ Arthur Bloch, 1938- ~
Murphy's Law, 1977

Knowing is not enough; we must apply. Willing is not enough; we must do.
~ Bruce Lee, 1940-1973 ~

I have never been especially impressed by the heroics of people convinced that they are about to change the world. I am more awed by those who struggle to make one small difference after another.
~ Ellen Goodman, 1941- ~

Both tears and sweat are salty, but they render a different result. Tears will get you sympathy; sweat will get you change.
~ Jesse Jackson, 1941- ~

Once you've done the mental work, there comes a point you have to throw yourself into the action and put your heart on the line. That means not only being brave, but being compassionate towards yourself, your teammates and your opponents.
~ Phil Jackson, 1945- ~

You can know a hundredfold more today than you knew a week ago, but if you don't do anything about it, you aren't any more effective than you were last week, in your unenlightened state. Until knowledge, awareness, insights, and understandings are translated into action, they are of no value.
~ Phillip McGraw, 1950- ~
Life Strategies: Doing What Works, Doing What Matters, 1999

Expressing what you are is taking action. You can have a great many ideas in your head, but what makes the difference is the action. Without action upon an idea, there will be no manifestation, no results, and no reward.
~ Miguel Ruiz, 1952- ~
The Four Agreements, 1997

You miss 100 percent of the shots you never take.
~ Wayne Gretzky, 1961- ~

Regrets and wishes will not change what has been or what will be. It is by taking action now, when you can, that you fulfill the best of your possibilities.
~ Ralph Marston, 1961- ~

Stop sitting there with your hands folded looking on, doing nothing. Get into action and live this full and glorious life. Now. You have to do it.
~ Eileen Caddy ~
The Dawn of Change, 1979

The man who rolls up his sleeves seldom loses his shirt.
~ Thomas Cowan ~

The more you do, the more you are.
~ Angie Papadakis ~

Try not. Do, or do not. There is no try.
~ Yoda ~

ACTUALIZATION / FULFILLMENT

Related States & Conditions: Art, Autonomy/Control, Being/Essence/Soul, Centering, Creativity/Discovery/Innovation, Death/Dying, Dreams/Dreaming, Expression, Goal/Purpose, Growth/Expansion, Happiness/Contentment, Identity, Individuality, Integrity, Liberation/Liberty/Freedom, Life/Living, Love-Agape, Manifestation, Meaning, Possibility/Potential, Power, Presence, Renewal, Responsibility, Self-Reliance, Success, Solution, Value/Worth, Wealth/Prosperity, Work

Syntonic: Affirmation/Approval, Breakthrough/Epiphany/Turning Point, Commitment/Dedication, Confidence, Congruence/Resonance, Conviction/Principle, Courage, Daring/Challenge, Decision/Decisiveness, Determination/Persistence/Resolve, Diligence, Discipline, Engagement/Integration/Involvement, Exploration, Faith, Focus/Intention, Forgiveness, Giving/Serving, Health/Healing, Imagination, Initiative, Introspection/Self-Knowledge, Learning, Listening, Meditation, Optimism/Positivism, Passion, Practice, Preparation/Readiness, Release, Transformation, Trust, Understanding, Vision/Visualization, Wisdom, Zeal/Zest

Dystonic: Anger, Avoidance/Denial/Refusal, Comparison/Competition, Complacency, Conformity, Criticism/Judgment, Defeat, Deferment/Delay, Delusion, Dependence, Depression/Despair/Despondency, Distraction/Diversion, Failure/Error, Fear, Greed, Guilt, Hate, Inaction, Insecurity/Risk, Jealousy/Envy, Laziness, Limitation, Loneliness, Regret, Worry

As you think so shall you become.
~ Khemetic Saying ~
Temt Tchaas: Egyptian Proverbs, Muata Ashaya Ashby, ed., 1994

As a man acts, so does he become. As a man's desire is, so is his destiny.
~ *Brihadaranyaka Upanishad*, c. 1400-c. 800 BCE ~
The Upanishads, Swami Prabhavanada & Frederick Manshester, trs., 1975

We are what we think. All that we are arises with our thoughts. With our thoughts, we make the world.
~ Buddha, c. 563-483 BCE ~
The Dhammapada: The Sayings of the Buddha, Thomas Byron, ed., 1976

A man's fortune must first be changed from within.
~ Chinese Saying ~

When the personal life is cultivated, the family will be regulated; when the family is regulated, the state will be in order; and when the state is in order, there will be peace throughout the world. From the Son of Heaven down to the common people, all must regard cultivation of the personal life as the root or foundation.
~ Kongfuzi, c. 551-c. 479 BCE ~
Da Xue

Man is made by his belief. As he believes, so he becomes.
~ *Bhagavad Gita*, c. 400 BCE ~

Do you know that disease and death must needs overtake us, no matter what we are doing? ... what do you wish to be doing when it overtakes you? ... If you have anything better to be doing when you are so overtaken, get to work on that.
~ Epictetus, 50-120 ~

Everything you wish to eventually achieve, you can have right now, if you don't refuse it to yourself. And this means taking no notice of the past, trusting the future to providence, and living now in union with faith and justice.
~ Marcus Aurelius, 121-180 ~
The Spiritual Teachings of Marcus Aurelius, Mark Forstater, tr., 2000

As a man thinketh in his heart, so is he.
~ *The Bible*, c. 367 CE ~
Proverbs 23:7

Begin to be now what you will be hereafter.
~ Jerome, 345-420 ~

Let yourself be silently drawn by the pull of what you really love.
~ Jalaluddin Rumi, 1207-1273 ~

Who stands already on heaven's topmost dome needs not to search for ladders.
~ Rumi ~

The outward work will never be puny if the inward work is great.
~ Meister Eckhart, 1260-1327 ~

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The brave man carves out his fortune, and every man is the sum of his own works.
~ Miguel de Cervantes, 1547-1616 ~

There is true literature in the mind of each of us, but it is entirely too scattered. Likewise there is true music, but seductive tunes and alluring dancing drown it out. Thus it is more important for me to sweep away external things and search after the essential. Only in this way can I grasp my own authenticity.
~ Hong Zicheng, fl. 1596 ~
Caigentan: Vegetable Roots Discourse, I.57, Robert Aitken & Daniel W. Y. Kwok, trs., 2006

The only true happiness comes from squandering ourselves for a purpose.
~ William Cowper, 1731-1800 ~

Make the most of yourself, for that is all there is of you.
~ Ralph Waldo Emerson, 1803-1882 ~

Nurture your mind with great thoughts; to believe in the heroic makes heroes.
~ Benjamin Disraeli, 1804-1881 ~

You can have anything you want – if you want it badly enough. You can be anything you want to be, do anything you set out to accomplish if you hold to that desire with singleness of purpose.
~ Abraham Lincoln, 1809-1865 ~

What lies behind us and what lies before us are tiny matters compared to what lies within us.
~ Oliver Wendell Holmes, 1809-1894 ~

The weakest among us has a gift, however seemingly trivial, which is peculiar to him and which worthily used will be a gift also to his race.
~ John Ruskin, 1819-1900 ~

Seek out that particular mental attitude which makes you feel most deeply and vitally alive, along with which comes the inner voice which says, "This is the real me," and when you have found that attitude, follow it.
~ William James, 1842-1910 ~

Believe that life is worth living and your belief will create the fact.
~ James ~

Our destiny changes with our thoughts; we shall become what we wish to become, do what we wish to do, when our habitual thoughts correspond with our desires.
~ Orison S. Marden, 1850-1924 ~

Destiny is no matter of chance. It is a matter of choice: it is not a thing to be waited for, it is a thing to be achieved.
~ William Jennings Bryan, 1860-1925 ~

Life is what we make it, always has been, always will be.
~ Grandma Moses, 1860-1961 ~

But you can catch yourself entertaining habitually certain types of ideas and setting others aside; and that, I think, is where our personal destinies are largely decided.
~ Alfred North Whitehead, 1861-1947 ~
Dialogues of Alfred North Whitehead, 1954

The moment that any life, however good, stifles you, you may be sure it isn't your real life.
~ A. C. Benson, 1862-1925 ~

Within yourself lies the cause of whatever enters into your life. To come into the full realization of your own awakened interior powers is to be able to condition your life in exact accord with what you would have it.
~ Ralph Waldo Trine, 1866-1958 ~
In Tune With the Infinite, 1897

The happiness that is genuinely satisfying is accompanied by the fullest exercise of our faculties and the fullest realization of the world in which we live.
~ Bertrand Russell, 1872-1970 ~

Do continue to believe that with your feeling and your work you are taking part in the *greatest*; the more strongly you cultivate in yourself this belief, the more will reality and the world go forth from it.
~ Rainier Maria Rilke, 1875-1926 ~
Letters of Rainer Maria Rilke 1892-1910, J. Bannard Greene & M. D. Herter Norton, eds., 1945

Most of us achieve only at rare moments a clear realization of the fact that they have never tasted the fulfilment of existence, that their life does not participate in true fulfilled existence, that, as it were, it passes true existence by. We nevertheless feel the deficiency at every moment, and in some measure strive to find – somewhere – what we are seeking. Somewhere, in some province of the world or of the mind, except where we stand, where we

have been set – but it is there and nowhere else that the treasure can be found … it is here, where we stand, that we should try to make shine the light of the hidden divine life.
~ Martin Buber, 1878-1965 ~
The Way of Man, 1966

Your world is as big as you make it.
~ Georgia Douglas Johnson, 1886-1967 ~

You may not reach your city of good in a single day, but its image out there in your desert is not a mirage … Fortunately, your destiny is not external. If it were you could not reach your goal. One by one, without frenzy or impatience, you are going to remove the mental blocks that stand between you and your destiny. What thought has done, thought can undo.
~ Ernest Holmes, 1887-1960 ~
This Thing Called You, 1948

Neither situations nor people can be altered by the interference of an outsider. If they are to be altered, that alteration must come from within.
~ Phyllis Bottome, 1884-1963 ~

You have your brush, you have your colors, you paint paradise, then in you go.
~ Nikos Kazantzakis, 1885-1957 ~

Nothing splendid has ever been achieved except by those who dared believe that something inside them was superior to circumstance.
~ Bruce Barton, 1886-1967 ~

Where I was born and how I have lived is unimportant. It is what I have done with where I have been that should be of interest.
~ Georgia O'Keefe, 1887-1986 ~

Talk about it only enough to do it. Dream about it only enough to feel it. Think about it only enough to understand it. Contemplate it only enough to be it.
~ Jean Toomer, 1894-1967 ~
Essentials: Definitions and Aphorisms, 1931

It is not your environment, it is you – the quality of your minds, the integrity of your souls and the determination of your will – that will decide your future and shape your lives.
~ Benjamin Mays, 1895-1984 ~

Genius is the ability to put into effect what is in your mind.
~ F. Scott Fitzgerald, 1896-1940 ~

Anybody can do just about anything with himself that he really wants to and makes up his mind to do. We are all capable of greater things than we realize.
~ Norman Vincent Peale, 1898-1993 ~

Day by day we become what we do. This is the supreme law and logic of life.
~Madame Chiang Kai-Shek, 1898-2003 ~

The mainspring of creativity appears to be the same tendency which we discover so deeply as the curative force in psychotherapy – *man's tendency to actualize himself, to become his potentialties*. By this I mean the directional trend which is evident in all organic and human life – the urge to expand, extend, develop, mature – the tendency to express and activate all the capacities of the organism, or the self.
~ Carl Rogers, 1902-1987 ~
On Becoming a Person, 1961

Follow your bliss and don't be afraid, and doors will open where you never knew there were going to be doors.
~ Joseph Campbell, 1904-1987 ~
in Joseph Campbell & Bill Moyers, *The Power of Myth*, 1988

If you deliberately set out to be less than you are capable of becoming, you will be deeply unhappy for the rest of your life.
~ Abraham Maslow, 1908-1970 ~
in Ken Wilber, *Transformations of Consciousness*, 1986

A musician must make music, an artist must paint, a poet must write, if he is to be at peace with himself. What a man can be, he must be. This is the need we may call self-actualization ... It refers to man's desire for fulfillment, namely to the tendency for him to become actually in what he is potentially: to become everything that one is capable of becoming.
~ Maslow ~

We all carry it within us: supreme strength, the fullness of wisdom, unquenchable joy. It is never thwarted, and cannot be destroyed.
~ Huston Smith, 1919- ~

We have the ability to shape, change, accept or reject anything we want. Open our minds to

positive thought and faith, and prosperity can become a reality for each of us.
~ Johnnie Colemon, 1921- ~

If you can take care of the internal, you can easily take care of the external. Then you can avoid the infernal and latch on to the eternal.
~ Joseph Lowery, 1924- ~

You are given the gifts of the gods; you create your reality according to your beliefs. Yours is the creative energy that makes your world. There are no limitations to the self except those you believe in.
~ Jane Roberts, 1929-1984 ~
The Nature of Personal Reality, 1974

Your own need to be shines out of any dream or creation you can imagine.
~ James Earl Jones, 1931- ~
Voices and Silences, 1993

It was character that got us out of bed, commitment that moved us into action, and discipline that enabled us to follow through.
~ Zig Ziglar, 1926- ~

The effects of observation "couple" or enter into the real world whether we want them to or not. The choices made by an observer alter, in an unpredictable manner, the real physical events. Consciousness is deeply and inextricably involved in this picture, not a by-product of materiality.
~ Fred Alan Wolf, 1934- ~
The Body Quantum: The New Physics of Body, Mind, and Health, 1986

Over the endless dark centuries of evolution, the human nervous system has become so complex that it is now able to affect its own states, making it to a certain extent functionally independent of its genetic blueprint and of the objective environment. A person can make himself happy, or miserable, regardless of what is happening "outside," just by changing the contents of his consciousness.
~ Mihaly Csikszentmihalyi, 1934- ~
Flow: The Psychology of Optimal Experience, 1990

It's not your blue blood, your pedigree or your college degree. It's what you do with your life that counts.
~ Millard Fuller, 1935- ~

Sooner or later, those who win are those who think they can.
~ Richard Bach, 1936- ~

It's also helpful to realize that this very body that we have, that's sitting right here right now ... with its aches and it pleasures ... is exactly what we need to be fully human, fully awake, fully alive.
~ Pema Chödrön, 1936- ~

You must begin to think of yourself as becoming the person you want to be.
~ David Viscott, 1938-1996 ~

I have come to discover through earnest personal experience and dedicated learning that ultimately the greatest help is self-help; that there is no other help but self-help – doing one's best, dedicating oneself wholeheartedly to a given task, which happens to have no end but is an ongoing process.
~ Bruce Lee, 1940-1973 ~

Champions aren't made in gyms. Champions are made from something they have deep inside them – a desire, a dream, a vision. They have to have the skill, and the will. But the will must be stronger than the skill.
~ Muhammad Ali, 1942- ~

Destiny is as destiny does. If you believe you have no control, then you have no control.
~ Wess Roberts, 1946- ~

We always attract into our lives whatever we think about most, believe in most strongly, expect on the deepest level, and imagine most vividly!
~ Shakti Gawain, 1948- ~

Ultimately, of course, *every* outer purpose is doomed to "fail" sooner or later, simply because it is subject to the law of impermanence of all things. The sooner you realize that your outer purpose cannot give you lasting fulfilment the better. When you have seen the limitations of your outer purpose, you give up unrealistic expectation that it should make you happy, and you make it subservient to your inner purpose.
~ Eckhard Tolle, 1948- ~
The Power of Now: A Guide to Spiritual Enlightenment, 1999

Everything that happens to us, and every choice we make, is a reflection of what we believe about ourselves. We cannot outperform our level of self-esteem. We cannot draw to ourselves more than we believe we are worth. The things we believe

and say about ourselves come back to us in many ways. Self-motivation comes from self-knowledge. We must inspire ourselves by believing we have the power to accomplish everything we set out to do. We must put faith in our ability to use mind ans spirit and picture our lives the way we want them to be.
~ Iyanla Vanzant, 1953- ~
Acts of Faith: Daily Meditations for People of Color, 1993

To create a life is to create a life out of what the world has given you. Self-construction is a creative response to circumstances.
~ K. Anthony Appiah, 1954- ~
Interview by Neir Eschel, *Daily Princetonian*, 2003 December 11

If you come to a thing with no preconceived notions ... the whole world can be your canvas. Just dream it, and you can make it so. I believe I belong to wherever I want to be, in whatever situation or context I place myself.
~ Whoopi Goldberg, 1955- ~

I've continued to recognize the power individuals have to change virtually anything and everything in their lives in an instant. I've learned that the resources we need to turn our dreams into reality are within us, merely waiting for the day when we decide to wake up and claim our birthright.
~ Anthony J. Robbins, 1960- ~

Goals are a means to an end, not the ultimate purpose of our lives. They are simply a tool to concentrate our focus and move us in a direction. The only reason we really pursue goals is to cause ourselves to expand and grow. Achieving goals by themselves will never make us happy in the long term; it's who you become, as you overcome the obstacles necessary to achieve your goals, that can give you the deepest and most long-lasting sense of fulfillment.
~ Robbins ~

All that you are, you are right now. All that you can be, begins in this moment. Now is a great place to be. For when you live it fully, with love, with gratitude, with purpose, anything is possible.
~ Ralph Marston, 1961- ~

Fulfillment doesn't come from trying to become someone you're not. It comes from expressing, in each moment, the unique and genuine person you truly are. The success that matters is the success you achieve at making your own special contribution to life.
~ Marston ~

There is little sense in attempting to change external conditions; you must first change inner beliefs, then outer conditions will change accordingly.
~ Brian Adams ~
How to Succeed, 1985

We have no say over the hand dealt us in life, but we do have a lot of control over how this hand is played. We are responsible for bringing out the meaning of our own lives in each moment that we live. Remember each moment happens only once and can never be retrieved again.
~ Roberta Andersen ~

You are wholly complete and your success in life will be in direct proportion to your ability to accept this truth about you.
~ Robert Anthony ~

There is no such thing as can't, only won't. If you're qualified, all it takes is a burning desire to accomplish, to make a change. Go forward, go backward. Whatever it takes! But you can't blame other people or society in general. It all comes from your mind. When we do the impossible we realize we are special people.
~ Jan Ashford ~

If you know you want it, have it.
~ Gita Bellin ~
A Sharing of Completion and Celebration, 1983

The secret of making something work in your lives is, first of all, the deep desire to make it work; then the faith and belief that it can work; then to hold that clear definite vision in your consciousness and see it working out step by step, without one thought of doubt or disbelief.
~ Eileen Caddy ~
Footprints on the Path, 1976

Often people attempt to live their lives backwards: they try to have more things, or more money, in order to do more of what they want so that they will be happier. The way it actually works is the reverse. You must first be who you really are, then, do what you need to do, in order to have what you want.
~ Margaret Young ~

ADVERSITY

Related States & Conditions: Age/Ageing, Chaos/Uncertainty, Conflict/Opposition, Death/Dying, Defeat, Evil, Failure/Error, Fear, Grief/Sorrow, Impermanence, Insanity, Limitation, Loneliness, Oppression, Insecurity/Risk, Shadow, Struggle, Suffering, Vice, War/Aggression/Violence

Syntonic: Acceptance, Action/Effort, Attention/Awareness, Autonomy/Control, Beginning/Endeavor, Centering, Collaboration/Synergy, Composure/Peace/Tranquility, Confidence, Creativity/Discovery/Innovation, Courage, Daring/Challenge, Decision/Decisiveness, Detachment, Determination/Persistence/Resolve, Equanimity, Expedience, Faith, Flexibility/Flow/Flux, Forgiveness, Friendship, Health/Healing, Humor/Laughter, Ingenuity, Insight/Instinct/Intuition, Inspiration, Introspection/Self-Knowledge, Learning, Liberation/Liberty/Freedom, Love-Agape, Meditation, Opportunity, Optimism/Positivism, Patience, Power, Prudence, Release, Renewal, Self-Reliance, Solution, Skill/Talent/Resources, Strength, Transformation, Trust, Understanding, Vision/Visualization, Wisdom, Worry

Dystonic: Anger, Avoidance/Denial/Refusal, Comparison/Competition, Complacency, Criticism/Judgment, Deferment/Delay, Delusion, Dependence, Depression/Despair/Despondency, Distraction/Diversion, Fault, Greed, Guilt, Haste/Impatience, Hate, Inaction, Jealousy/Envy, Laziness, Regret, Revenge

Perils and misfortunes, and want, and pain, and injury, are more or less the certain lot of every man that cometh into the world. It behooveth thee, therefore, O child of calamity, early to fortify thy mind with courage and patience, that thou mayest support, with a becoming resolution, thy allotted portion of human evil.
~ Akhenaton, c. 1385-c. 1355 BCE ~

Perilous conditions are circumvented when one takes measures of precaution. Look to the cause of the danger; not at its symptoms. Cutting the roots will bring cause for congratulations.
~ *Yi Jing*, c. 1150 BCE ~
"Ta Chu: Major Restraint" in *The Photographic I Ching*, Dhiresha McCarver, tr., 1997

Even loss and betrayal can bring us awakening.
~ Buddha, c. 563-483 BCE ~

The gem cannot be polished without friction, nor man perfected without trials.
~ Kongfuzi, c. 551-c. 479 BCE ~

Difficulties strengthen the mind, as labour does the body.
~ Seneca, c. 4 BCE-65 CE ~

Adversity reveals genius; prosperity conceals it … Adversity has the effect of eliciting talents which, in prosperous circumstances, would have lain dormant.
~ Horace, 65-8 BCE ~

When your inner spirit is in harmony with Nature it can adapt easily to all events and possibilities. For this spirit does not need any special matter or substance to function, but works on whatever obstacles are put in its way. We can compare it to a bonfire that consumes whatever is thrown in it: if the fire is feeble it can be extinguished, but a strong blaze feeds on everything, and its flames grow ever higher.
~ Marcus Aurelius, 121-180 ~
The Spiritual Teachings of Marcus Aurelius, Mark Forstater, tr., 2000

But gentle flames are not enough for iron;
it eagerly draws to itself the fiery dragon's breath.
That iron is the dervish who bears hardship:
under the hammer and fire, he happily glows red.
~ Jalaluddin Rumi, 1207-1273 ~
"The Fire the Dervish Needs," Mathnawi II, 829-30, *The Pocket Rumi Reader*, Kabir Helminski, ed., 2001

Endure rough surfaces that smooth you.
~ Rumi ~
"The Lost Camel," *This Longing: Poetry,Teaching Stories, and Letters of Rumi*, Coleman Barks and John Moyne, trs., 1988

How much strength each man has is best proved by occasions of adversity.
~ Thomas à Kempis, c. 1380-1471 ~

The troubles that chase you away also show the road.
~ Kigezi (Southwest Uganda) Saying ~
in *Black Woman's Gumbo Ya-Ya*, Terri L. Jewell, ed., 1993

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The vagaries of life
though painful,
teach us not to cling
to this fleeting world.
~ Ikkyu Sojun, 1394-1481 ~

In the hour of adversity be not without hope,
For crystal rain falls from black clouds.
~ Nizami Ganjavi, 1141-c. 1209 ~

What the ego considers to be a devastating hurricane is, as far as the universe is concerned, a perfectly natural event, a link in the endless chain of cause and effect. The universe, having no ego, continues its existence without rendering judgments about hurricanes or ocean breezes. When we are empty of ego we, too, can carry on in calm acceptance of life's varying events.
~ Hanshan Deqing, 1546-1623 ~
Journey to Dreamland, Jy Din Shakya, tr., 1998

Sweet are the uses of adversity,
Which like the toad, ugly and venomous,
Wears yet a precious jewel in his head;
And this our life, exempt from public haunt,
Finds tongues in trees, books in the running
brooks,
Sermons in the stones, and good in every thing.
~ William Shakespeare, 1564-1616 ~
As You Like It, 1600

When you encounter difficulties and contradictions, do not try to break them, but bend them with gentleness and time.
~ Francis de Sales, 1567-1622 ~
Spiritual Meditations

He knows not his own strength that hath not met adversity.
~ Ben Jonson, 1572-1637 ~

Our strength often increases in proportion to the obstacles imposed upon it.
~ Paul De Rapin-Thoyras, 1661-1725 ~

Our real blessings often appear to us in the shapes of pains, losses and disappointments; but let us have patience, and we soon shall see them in their proper figures.
~ Joseph Addison, 1672-1719 ~

Those things that hurt instruct.
~ Benjamin Franklin, 1706-1790 ~

To be thrown upon one's own resources is to be cast into the very lap of fortune, for our faculties then undergo a development and display an energy of which they were previously unsusceptible.
~ Franklin ~

Prosperity is a great teacher; adversity is a greater. Possession pampers the mind; privation trains and strengthens it.
~ William Hazlitt, 1778-1830 ~

Providence has hidden a charm in difficult undertakings which is appreciated only by those who dare to grapple with them.
~ Madame Swetchine, 1782-1857 ~
The Writings of Madame Swetchine, A. de Falloux, ed., 1869

Little minds are tamed and subdued by misfortune, but great minds rise above them … Some minds seem almost to create themselves, springing up under every disadvantage and working their solitary but irresistable way through a thousand obstacles.
~ Washington Irving, 1783-1859 ~

Whenever evil befalls us, we ought to ask ourselves, after the first suffering, how we can turn it into good. So shall we take occasion, from one bitter root, to raise perhaps many flowers.
~ Leigh Hunt, 1784-1859 ~

Adversity is the first path to truth.
~ Lord Byron, 1788-1824 ~
"Don Juan," 1819

Difficulties are meant to rouse, not discourage. The human spirit is to grow strong by conflict.
~ William Ellery Channing, 1789-1842 ~

When a man is pushed, tormented, defeated, he has a chance to learn something; he has been put on his wits … he has gained facts, learned his ignorance, is cured of the insanity of conceit, has got moderation and real skill.
~ Ralph Waldo Emerson, 1803-1882 ~

There is no education like adversity.
~ Benjamin Disraeli, 1804-1881 ~

Thy fate is the common fate of all;
Into each life some rain must fall,
Some days must be dark and dreary.
~ Henry Wadsworth Longfellow, 1807-1882 ~
"The Rainy Day"

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That which caused us trial shall yield us triumph; and that which made our heart ache shall fill us with gladness. The only true happiness is to learn, to advance, and to improve; which could not happen unless we had commenced with error, ignorance, and imperfection. We must pass through darkness, to reach light.
~ Albert Pike, 1809-1891 ~

Adversity draws men together and produces beauty and harmony in life's relationships, just as the cold of winter produces ice-flowers on the window-panes, which vanish with the warmth.
~ Søren Kierkegaard, 1813-1855 ~

To young and old, then, the same advice must be given: Turn every trial to account, however trifling in its character, to make of it as a polishing instrument that will change the roughest stone into the jeweler's prize.
~ Rachel Simon, 19th C. ~
in *Four Centuries of Jewish Women's Spirituality*, Ellen M. Umansky & Dianne Ashton, eds., 1992

Under the pressure of trial and responsibility we are often stronger than where there is no pressure. Many a man will acknowledge that in difficulty he has surprised himself by a resource and coolness which he never suspected before.
~ Mark Rutherford, 1831-1913 ~
The Deliverance of Mark Rutherford,1923

That which does not kill me makes me stronger.
~ Friedrich Nietzsche, 1844-1900 ~
Twilight of the Idols, 1889

Difficulties exist only that in overcoming them we may grow strong, and they only who have suffered are able to save.
~ Annie Besant, 1847-1933 ~
Some Difficulties of the Inner Life, 1913

Difficulties come. But they do not last forever. You will see that they pass away like water under a bridge.
~ Sri Saradamani Devi, 1853-1920 ~

The ability to thrive and live under adverse circumstances is the surest guaranty of the future.
~ Charles Chestnutt, 1858-1932 ~
The Marrow of Tradition, 1901

Fly from evil and terror and misery, and they will follow you. Face them, and they will flee.
~ Vivekananda, 1863-1902 ~
The Complete Works of Swami Vivekananda, 1984-1987, 1:339

It is often better to have a great deal of harm happen to one than a little; a great deal may arouse you to remove what a little will only accustom you to endure.
~ Grenville Kleiser, 1868-1953 ~

Face adversity promptly and without flinching, and you will reduce its impact.
~ Winston Churchill, 1874-1965 ~

Be of good courage, all is before you, and time passed in the difficult is never lost … What is required of us is that we love the difficult and learn to deal with it. In the difficult are the friendly forces, the hands that work on us.
~ Rainier Maria Rilke, 1875-1926 ~
Letters of Rainer Maria Rilke 1892-1910, J. Bannard Greene & M. D. Herter Norton, eds., 1945

I would never have amounted to anything were it not for adversity. I was forced to come up the hard way … I am grateful for all my problems. After each one was overcome, I became stronger and more able to meet those that were still to come. I grew in all my difficulties.
~ J. C. Penney, 1875-1971 ~

Out of clutter, find simplicity. From discord, find harmony. In the middle of difficulty lies opportunity.
~ Albert Einstein, 1879-1955 ~

Difficulties meet us at every turn. They are the accompaniment of life. They result from combinations of character and individual idiosyncracies … We could never learn to be brave and patient if there were only joy in the world.
~ Helen Keller, 1880-1968 ~

Problems are only opportunities in work clothes.
~ Henry Kaiser, 1882-1967 ~

The difficulties which I meet with in order to realize my existence are precisely what awaken and mobilize my activities, my capacities.
~ José Ortega y Gasset, 1883-1955 ~

Be grateful even for hardship, setbacks, and bad people. Dealing with such obstacles is an essential part of training in the Art of Peace.
~ Morihei Ueshiba, 1883-1969 ~
The Art of Peace, John Stevens, tr., 1992

There are two ways of meeting difficulties: You alter the difficulties or you alter yourself to meet

them.
~ Phyllis Bottome, 1884-1963 ~

The stars are constantly shining, but often we do not see them until the dark hours.
~ Earl Riney, 1885-1955 ~

Difficult times have helped me to understand better than before how infinitely rich and beautiful life is in every way and that so many things that one goes worrying about are of no importance whatsoever.
~ Isak Dinesen, 1885-1962 ~

We learn as much from sorrow as from joy, as much from illness as from health, from handicap as from advantage – and indeed perhaps more.
~ Pearl S. Buck, 1892-1973 ~

Do not take life's experiences too seriously. Above all, do not let them hurt you, for in reality they are nothing but dream experiences … If circumstances are bad and you have to bear them, do not make them a part of yourself.
~ Paramahansa Yogananda, 1893-1952 ~
Par-a-gram

The world breaks everyone and afterward many are strong at the broken places.
~ Ernest Hemingway, 1899-1961 ~

We are built to conquer environment, solve problems, achieve goals, and we find no real satisfaction or happiness in life without obstacles to conquer and goals to achieve.
~ Maxwell Maltz, 1899-1975 ~
Psycho-Cybernetics, 1960

Crisis is an attempt of nature, of the natural, cosmic lawfulness of the universe, to effect change … It tears down and breaks up, which is momentarily painful, but transformation is unthinkable without it.
~ Eva Pierrakos, 1915-1979 ~
"The Spiritual Meaning of Crisis"

Those issues that you face are not fixed in time and space; they are relative to your particular viewpoint and subject to constant change. In fact, much of the pain caused by our problems stems in part from our own unchanging biases in terms of how we interpret our personal difficulties to ourselves.
~ Vilayat Khan, 1916-2004 ~
Awakening: A Sufi Experience, 1999

When written in Chinese, the word "crisis" is composed of two characters – one represents danger and the other represents opportunity.
~ John F. Kennedy, 1917-1963 ~

A successful man is one who can lay a firm foundation with the bricks that others throw at him.
~ Sidney Greenberg, 1917- ~

Expect trouble as an inevitable part of life and repeat to yourself the most comforting words of all: This too, shall pass.
~ Ann Landers, 1918-2002 ~

If you want a place in the sun, you've got to expect a few blisters.
~ Abigail van Buren, 1918-

Adversity causes some men to break; others to break records.
~ William Arthur Ward, 1921- ~

Remind thyself, in the darkest moments, that every failure is only a step toward success, every detection of what is false directs you toward what is true, every trial exhausts some tempting form of error, and every adversity will only hide, for a time, your path to peace and fulfillment.
~ Og Mandino, 1923-1996 ~

Tough times never last, but tough people do!
~ Robert H. Schuller, 1926- ~

Should you shield the canyons from the windstorms, you would never see the beauty of their carvings.
~ Elisabeth Kübler-Ross, 1926- ~

People are like stained glass windows; they sparkle and shine when the sun is out, but when the darkness sets in their true beauty is revealed only if there is a light within.
~ Kübler-Ross ~

If life teaches us anything, it may be that it's necessary to suffer some defeats. Look at a diamond: It is the result of extreme pressure. Less pressure, it is crystal; less than that it is coal; and less than that, it is fossilized leaves or just plain dirt.
~ Maya Angelou, 1928- ~

The ultimate measure of a man is not where he stands in moments of comfort and convenience, but where he stands at times of challenge and

controversy.
~ Martin Luther King, Jr., 1929-1968 ~
Strength to Love, 1963

Nothing is predestined: The obstacles of your past can become the gateways that lead to new beginnings.
~ Ralph Blum, 1932- ~
Book of Runes, 1982

The way we see the problem *is* the problem ... It's not what happens to us, but our response to what happens to us that hurts us. Of course, things can hurt us physically or economically and can cause sorrow. But our character, our basic identity, does not have to be hurt at all. In fact, our most difficult experiences become the crucibles that forge our character and develop the internal powers, the freedom to handle difficult circumstances in the future and to inspire others to do so as well.
~ Stephen Covey, 1932- ~
The 7 Habits of Highly Effective People, 1989

Diseases can be our spiritual flat tires – disruptions in our lives that seem to be disasters at the time but end by redirecting our lives in a meaningful way.
~ Bernie Siegel, 1932- ~

I have always grown from my problems and challenges, from the things that don't work out – that's when I've really learned.
~ Carol Burnett, 1933- ~

Many lives are disrupted by tragic accidents, and even the most fortunate are subjected to stresses of various kinds. Yet such blows do not necessarily diminish happiness. It is how people respond to stress that determines whether they will profit from misfortune or be miserable.
~ Mihaly Csikszentmihalyi, 1934- ~
Flow: The Psychology of Optimal Experience, 1990

Every problem has a gift for you in its hands.
~ Richard Bach, 1936- ~

Problems are the cutting edge that distinguishes between success and failure. Problems call forth our courage and our wisdom; indeed, they create our courage and our wisdom. It is only because of our problems that we grow mentally and spiritually. When we desire to encourage the growth of the human spirit, we challenge and encourage the human capacity to solve problems, just as in school we deliberately set problems for our children to solve. It is through the pain of confronting problems that we learn ... Wise people learn not to dread but actually to welcome problems because it is in this whole process of meeting and solving problems that life has its meaning.
~ M. Scott Peck, 1936-2005 ~
The Road Less Travelled, 1978

The healthy life is hardly one marked by an absence of crises. In fact, an individual's psychological health is distinguished by how *early* he or she can meet crisis.
~ Peck ~
The Different Drum: Community Making and Peace, 1987

When you are in adversity for conscience's sake, you are not alone.
~ Peter Gomes, 1942- ~

Life's challenges are not supposed to paralyse you. They're supposed to help you discover who you are.
~ Bernice Reagon, 1942- ~

The way I see it, if you want the rainbow, you gotta put up with the rain.
~ Dolly Parton, 1946- ~

In every crisis there is a message. Crises are nature's way of forcing change – breaking down old structures, shaking loose negative habits so that something new and better can take their place.
~ Susan L. Taylor, 1946- ~

It's the irritations of life which create pearls.
~ Larry Chang, 1949- ~

Sometimes when the world is dark it is for a purpose ... Otherwise you would not see the light of the tunnel you're supposed to choose.
~ Krista Belles ~

One of the secrets of life is to make stepping stones out of stumbling blocks.
~ Jack Penn ~

Botanists say that trees need the powerful March winds to flex their trunks and main branches, so the sap is drawn up to nourish the budding leaves. Perhaps we need the gales of life in the same way, though we dislike enduring them.
~ Jane Truax ~

AFFIRMATION / APPROVAL

Related States & Conditions: Acceptance, Autonomy/Control, Being/Essence/Soul, Celebration, Centering, Collaboration/Synergy, Congruence/Resonance, Identity, Individuality, Integrity, Love-Agape, Meaning, Mind, Presence, Relationship, Renewal, Respect, Value/Worth

Syntonic: Appreciation, Confidence, Conviction/Principle, Courage, Engagement/Integration/Involvement, Faith, Forgiveness, Giving/Serving, Humor/Laughter, Insight/Instinct/Intuition, Inspiration, Introspection/Self-Knowledge, Meditation, Optimism/Positivism, Trust, Understanding, Zeal/Zest

Dystonic: Anger, Avoidance/Denial/Refusal, Comparison/Competition, Conformity, Criticism/Judgment, Defeat, Delusion, Dependence, Depression/Despair/Despondency, Fear, Greed, Guilt, Hate, Insecurity/Risk, Jealousy/Envy, Limitation, Loneliness, Oppression, Regret, Worry

Above all things, reverence yourself.
~ Pythagoras, 6th C. BCE ~

Happiness is self-contentedness.
~ Aristotle, 384-322 BCE ~

Be content with what you are, and wish not to change; nor dread your last day, nor long for it.
~ Martial, c. 40-c. 104 ~

I am fearfully and wonderfully made.
~ *The Bible*, c. 367 CE ~
Psalm 139:14

Praise all who speak the truth,
And say, "Your words are excellent."
And when you notice others acting well,
Encourage them in terms of warm approval.
Extol them even in their absence;
When they're praised by others, do the same.
But when the qualities they praise are yours,
Appreciate their skill in knowing qualities.
~ Shantideva, 7th C. ~
The Way of the Boddhisattva, Padmakara, tr., 1997

I care not so much what I am in the opinion of others, as what I am in my own. I would be rich of myself and not by borrowing.
~ Michel de Montaigne, 1533-1592 ~

Self-love, my liege, is not so vile a sin
As self-neglecting.
~ William Shakespeare, 1564-1616 ~
Henry V, II:iv, 1599

For no man can be blessed without the acceptance of his own head.
~ Yoruba (Southern Nigeria) Saying ~

Oft-times nothing profits more
Than self-esteem, grounded on just and right
Well manag'd.
~ John Milton, 1608-1674 ~

It is your own assent to yourself, and the constant voice of your own reason, and not of others, that should make you believe.
~ Blaise Pascal, 1623-1662 ~

He who seeks for applause only from without has all his happiness in another's keeping.
~ Oliver Goldsmith, c. 1728-1774 ~

If you must love your neighbor as yourself, it is at least as fair that you love yourself as your neighbor.
~ Sébastien Chamfort, 1741-1794 ~

Every man stamps his value on himself … man is made great or small by his own will.
~ Friedrich von Schiller, 1759-1805 ~

Let a man's talents or virtues be what they may, he will only feel satisfaction as he is satisfied in himself.
~ William Hazlitt, 1778-1830 ~

There is not a person we employ who does not, like ourselves, desire recognition, praise, gentleness, forbearance, patience.
~ Henry Ward Beecher, 1813-1887 ~

A man cannot be comfortable without his own approval.
~ Mark Twain, 1835-1910 ~

When you cannot get a compliment any other way, pay yourself one.
~ Twain ~

The deepest principle in human nature is the craving to be appreciated.
~ William James, 1842-1910 ~

One must learn to love oneself – thus do I teach – with a wholesome and healthy love: that one may endure to be oneself, and not go roving about … And verily, it is no commandment for today and tomorrow to *learn* to love oneself. Rather it is of all arts the finest, most subtle, last and most patient.
~ Friedrich Nietzsche, 1844-1900 ~
Thus Spake Zarathustra, Thomas Common, tr., 1909

To love oneself is the beginning of a life-long romance.
~ Oscar Wilde, 1856-1900 ~
An Ideal Husband, 1895

A man should not strive to eliminate his complexes but to get into accord with them, for they are legitimately what directs his conduct in the world.
~ Sigmund Freud, 1856-1939 ~

I consider my ability to arouse enthusiasm among men the greatest asset I possess. The way to develop the best that is in a man is by appreciation and encouragement.
~ Charles Schwab, 1862-1939 ~

Do not look for approval except for the consciousness of doing your best.
~ Bernard Baruch, 1870-1965 ~

Above a wholesome discipline, be gentle with yourself, for always there will be greater and lesser persons than yourself.
~ Max Ehrmann, 1872-1945 ~
Desiderata, 1927

Affirmation of life is the spiritual act by which man ceases to live unreflectively and begins to devote himself to his life with reverence in order to raise it to its true value. To affirm life is to deepen, to make more inward, and to exalt the will to live.
~ Albert Schweitzer, 1875-1965 ~

I have to live with myself, and so
I want to be fit for myself to know.
~ Edgar A. Guest, 1881-1959 ~
"Myself"

No one can make you feel inferior without your consent.
~ Eleanor Roosevelt, 1884-1962 ~

The courage to be is the courage to accept oneself, in spite of being unacceptable.
~ Paul Tillich, 1888-1965 ~
The Courage to Be, 1952

We do not believe in ourselves until someone reveals that deep inside us is valuable, worth listening to, worthy of our trust, sacred to our touch. Once we believe in ourselves we can risk curiosity, wonder, spontaneous delight or any experience that reveals the human spirit.
~ e. e. cummings, 1894-1962 ~

Always admire the good in others, and forget not sometimes to admire the good in yourself.
~ Lin Yutang, 1895-1976 ~
Looking Beyond, 1955

Make a true estimate of your own ability, then raise it 10 per cent.
~ Norman Vincent Peale, 1898-1993 ~

Our self-image strongly held essentially determines what we become.
~ Maxwell Maltz, 1899-1975 ~

The curious paradox is that when I accept myself just as I am, then I can change.
~ Carl Rogers, 1902-1987 ~

The most important point is to accept yourself and stand on your two feet.
~ Shunryu Suzuki, 1905-1971 ~

Self-love seems so often unrequited.
~ Anthony Dymoke Powell, 1905-2000 ~

The kinds of people who can go on to greater emotional maturity are those who really like themselves, even if the world seems to turn against them. Their self-worth does not rest on events, but on their opinions of themselves. Their inner security lies in the confidence that they will be able to contend with bad breaks; if they can't change the situation, they will nevertheless somehow

endure. They take reverses as part of the normal pattern of living.
~ Theodore Irwin, 1907- ~
How to Cope with Crises, 1971

I am somebody. I am me. I like being me. And I don't need nobody to make me somebody.
~ Louis L'Amour, 1908-1988 ~

A truly strong person does not need the approval of others any more than a lion needs the approval of sheep.
~ Vernon Howard, 1918-1992 ~

When we really love and accept and approve of ourselves exactly as we are, then everything in life works.
~ Louise Hay, 1926- ~

An individual's self-concept is the core of his personality. It affects every aspect of human behavior; the ability to learn, the capacity to grow and change, the choice of friends, mates and careers. It is no exaggeration to say that a strong, positive self-image is the best possible preparation for success in life.
~ Joyce Brothers, 1927- ~

Your problem is you're ... too busy holding on to your unworthiness.
~ Ram Dass, 1931- ~

We, each of us, need so much to be affirmed. For each of us has – gnawing away at the center of our being – a sense of insecurity, some more than others. And frequently, the more insecure, the more aggressive we become. The more we like to throw our weight about and say people should recognize us. If they don't recognize us for goodness, then they will recognize us for being stroppy (obstreperous).
~ Desmond Tutu, 1931- ~
Interview, Academy of Achievement, 2004 June 12

Love yourself, appreciate yourself, see the good in you, see the God in you, and respect yourself.
~ Betty Shabazz, 1934-1997 ~

To have that sense of one's intrinsic worth which constitutes self-respect is potentially to have everything.
~ Joan Didion, 1934- ~

Live as if you like yourself, and it may happen.
~ Marge Piercy, 1936- ~

Once you get rid of the idea that you must please other people before you please yourself, and you begin to follow your own instincts – only then can you be successful. You become more satisfied, and when you are other people tend to be satisfied by what you do.
~ Raquel Welch, 1940- ~

We are forever looking outside ourselves, seeking approval and striving to impress others. But living to please others is a poor substitute for self-love, for no matter how family and friends may adore us, they can never satisfy our visceral need to love and honor ourselves.
~ Susan L. Taylor, 1946- ~
Lessons in Living, 1995

We can accept the compliments we receive when we give them to ourselves first. We can build our confidence by celebrating our small victories and successes. We can support the faith and trust others have in us by supporting and having faith in ourselves. It all begins with our willingness to acknowledge that we are really fine, just the way we are.
~ Iyanla Vanzant, 1953- ~
Acts of Faith: Daily Meditations for People of Color, 1993

You've got to love yourself enough, not only so that others will be able to love you, but that you'll be able to love others.
~ Cornel West, 1954- ~

It's foolish to give what other people think about us so much credence. All that matters is how you feel about yourself. Do you love yourself? Ask yourself that question, right now, out loud and let the answer be *yes* ... Because what other people may have to say about you is simply their opinion. It's not who you are. Their opinion about you is not reality. Reality is what is inside you.
~ RuPaul, 1960- ~
Lettin It All Hang Out, 1995

The greatest pleasure in life is being pleased with your own efforts.
~ Blair Underwood, 1964- ~

Each day silently affirm that you are the type of person with whom you would like to spend the rest of your life.
~ Bob Moawad ~

AGE / AGEING

Related States & Conditions: Chaos/Uncertainty, Conflict/Opposition, Death/Dying, Defeat, Dependence, Depression/Despair/Despondency, Failure/Error, Fear, Grief/Sorrow, Impermanence, Insanity, Insecurity/Risk, Limitation, Loneliness, Memory, Oppression, Shadow, Solitude, Struggle, Suffering, Time

Syntonic: Acceptance, Autonomy/Control, Balance, Centering, Composure/Peace/Tranquility, Confidence, Connection/Interbeing/Interdependence, Creativity/Discovery/Innovation, Continuity, Courage, Dance/Movement, Detachment, Determination/Persistence/Resolve, Equanimity, Faith, Flexibility/Flow/Flux, Forgiveness, Friendship, Giving/Serving, Health/Healing, Humor/Laughter, Introspection/Self-Knowledge, Learning, Lila/Leisure, Liberation/Liberty/Freedom, Love-Agape, Love-Eros, Mind, Meditation, Opportunity, Optimism/Positivism, Possibility/Potential, Power, Presence, Release, Renewal, Self, Self-Reliance, Sex/Sexuality, Sensibility/Sensuality, Today, Transformation, Strength, Wisdom, Zeal/Zest

Dystonic: Anger, Avoidance/Denial/Refusal, Comparison/Competition, Criticism/Judgment, Deferment/Delay, Delusion, Distraction/Diversion, Fault, Greed, Guilt, Habit, Haste/Impatience, Hate, Inaction, Jealousy/Envy, Laziness, Regret, Revenge, Worry

He who is of a calm and happy nature will hardly feel the pressure of age, but for someone with the opposite disposition, youth and old age are equally a burden.
~ Plato, c. 427-347 BCE ~
The Republic, Book 1, c. 360 BCE

Give me a young man in whom there is something of the old, and an old man in whom there is something of the young. Guided so, a man may grow old in body but never in mind.
~ Cicero, 106-43 BCE ~

The harder we work to conceal our age, the more we reveal it.
~ Tertullian, c. 160-240 ~
De cultu feminarum

It's good to grow old content.
Cold and heat change my appearance;
The pearl of my mind stays safe.
~ Han-shan "Cold Mountain", fl. 730-850 ~

The value of life does not lie in the number of years but in the use you make of them … Whether you have lived enough depends on your will, not on the number of your years.
~ Michel de Montaigne, 1533-1592 ~
Essais, 1580

Old wood best to burn, old wine to drink, old friends to trust, and old authors to read.
~ Francis Bacon, 1561-1626 ~

To resist the frigidity of old age one must combine the body, the mind and the heart – and to keep them in parallel vigor one must exercise, study and love.
~ Karl von Bonstetten, 1745-1832 ~

The more sand has escaped from the hourglass of our life, the clearer we should see through it.
~ Johann Richter, 1763-1825 ~

I have often noticed that a kindly, placid good-humor is the companion of longevity, and, I suspect, frequently the leading cause of it.
~ Walter Scott, 1771-1832 ~
Sir Walter Scott's Journal 1825-1832, 1890

When one finds company in himself and his pursuits, he cannot feel old, no matter what his years may be.
~ Bronson Alcott, 1799-1888 ~

It is not length of life, but depth of life.
~ Ralph Waldo Emerson, 1803-1882 ~

The afternoon knows what the morning never suspected.
~ Swedish Saying ~

For age is opportunity no less
Than youth itself, though in another dress
And as the evening twilight fades away
The sky is filled with stars, invisible by day.
~ Henry Wadsworth Longfellow, 1807-1882 ~
"Morituri Salutamus"

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And in the end it's not the years in your life that count. It is the life in your years.
~ Abraham Lincoln, 1809-1865 ~

For him in vain the envious seasons roll
Who bears eternal summer in his soul.
~ Oliver Wendell Holmes, 1809-1894 ~
The Old Player, 1861

To be seventy years young is sometimes far more cheerful and hopeful than to be forty years old.
~ Holmes ~

None are so old as those who have outlived enthusiasm.
~ Henry David Thoreau, 1817-1862 ~

In spite of illness, in spite even of the archenemy sorrow, one can remain alive long past the usual date of disintegration if one is unafraid of change, insatiable in intellectual curiosity, interested in big things, and happy in small ways.
~ Edith Wharton, 1862-1937 ~

In the degree that you keep young in thought will you remain young in body. And you will find that your body will in turn aid your mind, for body helps mind the same as mind builds body.
~ Ralph Waldo Trine, 1866-1958 ~
In Tune With the Infinite, 1897

The longer I live, the more beautiful life becomes.
~ Frank Lloyd Wright, 1869-1959 ~

It is wonderful to be young, but it is equally desirable to be mature and rich in experience.
~ Bernard Baruch, 1870-1965 ~

We grow neither better nor worse as we get old, but more like ourselves.
~ May Becker, 1873-1958 ~

We cannot live in the afternoon of life according to the program of life's morning. For what was great in the morning will be little at evening, and what in the morning was true, will at evening have become a lie.
~ Carl Jung, 1875-1961 ~

If you continue to work and to absorb the beauty in the world around you, you will find that age does not necessarily mean getting old … The man who works and is never bored is never old. Work and interest in worthwhile things are the best remedy for age. Each day I am reborn. Each day I must begin again.
~ Pablo Casals, 1876-1973 ~

Youth is not entirely a time of life; it is a state of mind. Nobody grows old by merely living a number of years. People grow old only by deserting their ideals. You are as young as your faith, as old as your doubt; as young as your self-confidence, as old as your fear; as young as your hope, as old as your despair … Years may wrinkle the skin, but to give up interest wrinkles the soul.
~ Douglas MacArthur, 1880-1964 ~

In the central place of every heart there is a recording chamber. So long as it receives a message of beauty, hope, cheer, and courage – so long are you young. When the wires are all down and our heart is covered with the snow of pessimism and the ice of cynicism, then, and only then, are you grown old.
~ MacArthur ~

Men are like wine – some turn to vinegar, but the best improve with age.
~ Pope John XXIII, 1881-1963 ~

It takes a long time to become young!
~ Pablo Picasso, 1881-1973 ~

We don't grow older, we grow riper.
~ Picasso ~

A man is not old until regrets take the place of dreams.
~ John Barrymore, 1882-1942 ~

I'm not interested in age. People who tell me their age are silly. You're as old as you feel.
~ Elizabeth Arden, 1884-1966 ~

Growing old is no more than a bad habit which a busy person has no time to form.
~ André Maurois, 1885-1967 ~

Old age isn't so bad when you consider the alternative.
~ Maurice Chevalier, 1888-1972 ~
in *The New York Times*, 1960

Youth has to do with spirit, not age. Men of 70 or 60 are often more youthful than the young. Theirs is the real youth.
~ Henry Miller, 1891-1980 ~

You're never too old to become younger.
~ Mae West, 1892-1980 ~

It is to be assumed that if man were to live his life like a poem, he would be able to look upon the sunset of his life as his happiest period, and instead of trying to postpone the much feared old age, be able actually to look forward to it, and gradually build up to it as the best and happiest period of his existence.
~ Lin Yutang, 1895-1976 ~
The Importance of Living, 1937

If we mature as we grow older, hear true nature's voice, and are focused on growing, then our future horizons are not narrowed by age, but extended. We are old when we have no future left, but maturing keeps us young, since growing old makes it steadily easier to leave nonessentials behind and focus on the one thing that matters: perfecting ourselves as a medium for the great Life within us as it drives toward manifestation of itself.
~ Karlfried Durckheim, 1896-1988 ~
The Call for the Master, Vincent Nash, tr., 1989

You can't help growing older, but you don't have to get old.
~ George Burns, 1896-1996 ~

How old would you be if you didn't know how old you was?
~ Satchel Paige, 1900-1982 ~
in Carson Kanin, *It Takes Time to Become Young*, 1978

Age is a question of mind over matter. If you don't mind, it doesn't matter.
~ Paige ~

I never feel age ... If you have creative work, you don't have age or time.
~ Louise Nevelson, 1900-1988 ~

Age is not important unless you are a cheese.
~ Helen Hayes, 1900-1993 ~

The secret to the fountain of youth is to think youthful thoughts.
~ Josephine Baker, 1906-1975 ~

If you carry with you your childhood, you never become older.
~ Abraham Sutzkever 1913- ~
in *The New York Times*

The great thing about getting older is that you don't lose all the other ages you've been.
~ Madeleine L'Engle, 1918- ~

No matter how old you get, if you can keep the desire to be creative, you're keeping the man-child alive.
~ John Cassavetes, 1929-1989 ~

There is a fountain of youth: it is your mind, your talents, the creativity you bring in your life and the lives of people you love. When you learn to tap this source, you will truly have defeated age.
~ Sophia Loren, 1934- ~

I think what I learned mostly with aging is to get out of my own way and allow my soul spirit to speak to my brain.
~ Shirley MacLaine, 1934- ~

The mistake is to think we are the bloom and not the whole plant. If the plant has not been plucked and sent to the florist's, a lot more goes on after the flower wilts and falls off. In the same way, we may lose our youthful bloom, but there is a lot more going on.
~ Toby Johnson, 1945- ~
Gay Spirituality: The Role of Gay Identity in the Transformation of Human Consciousness, 2000

Knowing means becoming old. To say someone is old is to say that this person knows something, or has experienced something valuable. Furthermore, the mature self is hardened in the field of experience by awareness. In contrast, the word *young* refers not just to age but also to the absence of awareness.
~ Malidoma Somé, 1956- ~
The Healing Wisdom of Africa, 1999

Age is no barrier. It's a limitation you put on your mind.
~ Jackie Joyner-Kersee, 1962- ~

Live your life and forget your age.
~ Frank Bering ~

You don't stop laughing because you grow old; you grow old because you stop laughing.
~ Michael Pritchard ~

No one grows old by living – only by losing interest in living.
~ Marie Beyon Ray ~

ANGER

Related States & Conditions: Conflict/Opposition, Death/Dying, Depression/Despair/Despondency, Failure/Error, Fear, Feeling/Emotion, Grief/Sorrow, Hate, Impermanence, Insanity, Jealousy/Envy, Limitation, Loneliness, Oppression, Revenge, Shadow, Struggle, Suffering, Unconscious/Subconscious, War/Aggression/Violence, Worry

Syntonic: Acceptance, Appreciation, Attention/Awareness, Autonomy/Control, Balance, Cause, Centering, Compassion/Empathy/Kindness, Composure/Peace/Tranquility, Connection/Interbeing/Interdependence, Detachment, Equanimity, Expression, Faith, Flexibility/Flow/Flux, Forgiveness, Friendship, Giving/Serving, Health/Healing, Humor/Laughter, Introspection/Self-Knowledge, Learning, Listening, Love-Agape, Meditation, Moderation, Oneness/Unity/Wholeness, Reciprocity/Reflection, Release, Renewal, Respect, Restraint, Silence/Stillness, Solitude, Tolerance, Transformation, Truth, Understanding, Wisdom

Dystonic: Adversity, Avoidance/Denial/Refusal, Comparison/Competition, Criticism/Judgment, Defeat, Deferment/Delay, Delusion, Dependence, Differentiation/Division/Separation, Distraction/Diversion, Fault, Greed, Guilt, Haste/Impatience, Insecurity/Risk, Memory, Passion, Regret

Indulge not thyself in the passion of anger; it is whetting a sword to wound thine own breast, or murder thy friend.
~ Khemetic Saying ~
Temt Tchaas: Egyptian Proverbs, Muata Ashaya Ashby, ed., 1994

As a whirlwind in its fury teareth up trees, and deforms the face of nature, or as an earthquake in its convulsions overturns whole cities, so the rage of an angry person throws mischief around them.
~ Ibid.

He that is slow to anger is better than the mighty; and he that ruleth his spirit than he that taketh a city.
~ Solomon, 10th C. BCE ~
Proverbs 16:32

If you are patient in one moment of anger, you will escape a hundred days of sorrow.
~ Chinese Saying ~

Anger is a stone cast into a wasp's nest.
~Malabar Saying ~

One who controls occurring anger as one would a chariot gone off the track, that one I call a charioteer; other people just hold the reins.
~ Buddha, c. 563-483 BCE ~
The , Thomas Cleary, tr., 1994

Holding on to anger is like grasping a hot coal with the intent of throwing it at someone else; you are the one who gets burned.
~ Buddha ~

You will not be punished for your anger, you will be punished by your anger … Let a man overcome anger by love.
~ Buddha ~

He that will be angry for anything will be angry for nothing.
~ Sallust, 86-c. 34 BCE ~

For he who gives no fuel to fire puts it out, and likewise he who does not in the beginning nurse his wrath and does not puff himself up with anger takes precautions against it and destroys it.
~ Plutarch, c. 46-c. 120 ~

When in anger we reject other people, or turn on them with the aim of inflicting pain, we damage our souls even more … How much more grievous are the consequences of anger than the causes of it.
~ Marcus Aurelius, 121-180 ~
The Spiritual Teachings of Marcus Aurelius, Mark Forstater, tr., 2000

The wise conquer by strength, rather than anger.
The malevolent fall by their own rage.
~ Tibetan Saying ~

Although you may spend your life killing,
You will not exhaust all your foes.
But if you quell your own anger,
Your real enemy will be slain.
~ Nagarjuna, fl. c. 1st-2nd C. CE ~

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There is no passion so much transports the sincerity of judgment as doth anger.
~ Michel de Montaigne, 1533-1592 ~

Angry men make themselves beds of nettles.
~ Samuel Richardson, 1689-1761 ~

For every minute you are angry you lose sixty seconds of happiness.
~ Ralph Waldo Emerson, 1803-1882 ~

Every wave of passion restrained is a balance in your favor. It is therefore good policy not to return anger for anger, as with all true morality.
~ Vivekananda, 1863-1902 ~
The Complete Works of Swami Vivekananda, 1984-1987, 6:136, 1926

When you allow thoughts of anger … to exercise sway, they have a corroding and poisoning effect upon the organism; they will pull it down, and if allowed to continue will eventually tear it to pieces by externalizing themselves in particular forms of disease.
~ Ralph Waldo Trine, 1866-1958 ~

I have learned through bitter experience the one supreme lesson: to conserve my anger, and as heat conserved is transmitted into energy, even so our anger controlled can be transmitted into a power that can move the world.
~ Mahatma Gandhi, 1869-1948 ~

Anger is a great force. If you can control it, it can be transmuted into a power which can move the whole world.
~ Sivananda, 1887-1963 ~

Anger is a normal emotion if it is expressed when felt. Then it is over with. If one keeps a lid on it, it develops into resentment or hate. Sooner or later, resentment and hate explode, destroying others, or they are held in, destroying oneself.
~ Bernie Siegel, 1932- ~
Love, Medicine & Miracles, 1986

To function successfully in our complex world it is necessary for us to possess the capacity not only to express our anger but also not to express it … We not only need to know how to deal with our anger in different ways at different times but also how most appropriately to match the right time with the right style of expression.
~ M. Scott Peck, 1936-2005 ~
The Road Less Travelled, 1978

If you don't find a way to express your anger, in a direct, constructive way, it will leak out as indirect, covert hostility, or it will eventually burst forth as explosive rage or violence. It might well attract you to angry people, with the unconscious intention of triggering your own anger.
~ Shakti Gawain, 1948- ~
Return to the Garden: A Journey of Discovery, 1989

People who carry a lot of anger inside without being aware of it and without expressing it are more likely to be attacked, verbally or even physically, by other angry people, and often for no apparent reason. They have a strong emanation of anger that certain people pick up subliminally and that triggers their own latent anger.
~ Eckhard Tolle, 1948- ~
The Power of Now: A Guide to Spiritual Enlightenment, 1999

When you are angry, the chemicals of anger are synthesized and flow throughout the body, bonding to and influencing millions of cells. Soon the liver is angry; the white blood cells are angry. If this is unhealthy anger – repressed or inappropriately expressed (as opposed to a positive cathartic release of pent-up feeling) – then the white blood cells and liver may become belligerent, refusing to perform their tasks. On the other hand, if you feel happy and secure, all of the cells feel happy.
~ Kenneth S. Cohen, 1952~
The Way of Qigong: The Art and Science of Chinese Energy Healing, 1997

What I've learned about being angry with people is that it generally hurts you more than it hurts them.
~ Oprah Winfrey, 1954- ~
in Robert Waldron, *Oprah! A Day with Oprah*, 1987

When there is anger or frustration in you or around you, instead of focusing on the anger, focus on the seed of compassion, focus on love and resolution. The thought form of resolution in itself sets up a resonant field that enables the mind to perceive methods of resolution.
~ Dhyani Ywahoo ~
Voices of Our Ancestors, 1987

But it is not the feeling of anger itself that will make changes. It is how you respond to it. You can take the anger that you feel and make it productive rather than raging. You can use it as a catalyst for addressing wrong with great energy and power.
~ Angel Kyodo Williams ~
Being Black: Zen and the Art of Living with Fearlessness and Grace, 2000

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APPEARANCE / FORM

Related States & Conditions: Age/Ageing, Art, Conformity, Death/Dying, Delusion, Differentiation/Division/Separation, Distraction/Diversion, Dreams/Dreaming, Ethics/Morality, Evil, Failure/Error, Fear, Having/Possessing, Ideas/Opinions, Identity, Imagination, Impermanence, Little, Logos, Manifestation, Meaning, Memory, Mind, Perspective, Polarity/Contrast, Reality, Reciprocity/Reflection, Seeking, Shadow, Simplicity, Vision/Visualization, Wealth

Syntonic: Appreciation, Attention/Awareness, Balance, Connection/Interbeing/Interdependence, Detachment, Disclosure/Veracity, Enlightenment/Realization/Transcendence, Equanimity, Faith, Focus/Intention, Insight/Instinct/Intuition, Oneness/Unity/Wholeness, Questioning/Doubt, Retreat/Withdrawal, Sensibility/Sensitivity, Sincerity/Authenticity, Value/Worth, Truth

Dystonic: Attachment, Avoidance/Denial/Refusal, Comparison/Competition, Criticism/Judgment, Defeat, Dependence, Greed, Jealousy/Envy, Regret, Worry

The way to gain a good reputation is to endeavor to be what you desire to appear.
~ Khemetic Saying ~
Temt Tchaas: Egyptian Proverbs, Muata Ashaya Ashby, ed., 1994

As the moon is perfect, in spite of its waning and waxing, which do not exist in it, so is Atman ever perfect, in spite of its seeming imperfections.
~ Mahatma Dattatreya, c. 1100 BCE ~
in Vyasa, *Srimad Bhagavata*, XI

Outside show is a poor substitute for inner worth.
~ Aesop, fl. c. 550 BCE ~

If you seek direct understanding, don't hold on to any appearance whatsoever, and you'll succeed.
~ Bodhidharma, 440-533 ~

Forms and so forth, which we sense directly,
Exist by general acclaim, though logic disallows them.
They're false, deceiving, like polluted substances
Regarded in the common view as clean.
~ Shantideva, 7th C. ~
The Way of the Boddhisattva, Padmakara, tr., 1997

Forms are all conditioned. Cognition is a function of mind, empty silence is the substance of mind. If you fix the mind on anything conditioned, then temperament is in control, so you cannot govern it completely or comprehend it thoroughly.
~ Lu Dong Bin, c. 798 ~
The Secret of the Golden Flower: The Classic Chinese Book of Life, Thomas Cleary, tr., 1991

The true mind has no form: what has form is ultimately illusory.
~ Ibid.

Each form you see has its unseen archetype.
If the form is transient, its essence is eternal.
~ Jalaluddin Rumi, 1207-1273 ~
"This Body Is a Rose"
The Pocket Rumi Reader, Kabir Helminski, ed., 2001

Since you have perceived the dust of forms,
perceive the wind that moves them;
since you have perceived the foam,
perceive the ocean of Creative Energy.
~ Rumi ~
Ibid., "You Are an Eye," Mathnawi VI, 1460

He who seeks God under settled form lays hold of the form, while missing the God concealed in it.
~ Meister Eckhart, 1260-1327 ~

If you seek the kernel, you must break the shell. And likewise, if you would know the reality of nature, you must destroy the appearance, and the farther you go beyond the appearance, the nearer you will be to the essence.
~ Eckhart ~

We can know ourselves quite well, but for all that we never sufficiently scrutinize ourselves, and we take more pains to appear as we should than to actually be what we should.
~ Madame de Sable, 1599-1678 ~
The Maxims of Madame de Sable, Arthur Chandler, tr.

Be as you would seem to be.
~ Thomas Fuller, 1608-1661 ~

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There is an infinity of modes of conduct which appear ridiculous, the secret reasons of which are wise and sound.
~ François de La Rochefoucauld, 1613-1680 ~
Maximes, 1664

I have laughed in bitterness and agony of heart, at the contrast between what I seem and what I am!
~ Nathaniel Hawthorne, 1804-1864 ~
The Scarlet Letter, 1850

The beauty that addresses itself to the eyes is only the spell of the moment; the eye of the body is not always that of the soul.
~ George Sand, 1804-1876 ~
Handsome Lawrence, 1872

Cheerfulness and content are great beautifiers and famous preservers of good looks.
~ Charles Dickens, 1812-1870 ~

The world is but a show, vain and empty, a mere nothing, bearing the semblance of reality. Set not your affections upon it.
~ Baha'u'llah, 1817-1892 ~
Gleanings, No. 153

It is amazing how complete is the delusion that beauty is goodness.
~ Leo Tolstoy, 1828-1910 ~
The Kreutzer Sonata, 1890

Just as objects seen in our dreams are found, when we awake, to be insubstantial, so our waking perceptions are likewise unreal – a matter of inference only.
~ Sri Yukteswar, 1855-1936 ~
The Holy Science, 1949

It is only shallow people who do not judge by appearances. The mystery of the world is the visible, not the invisible.
~ Oscar Wilde, 1856-1900 ~
in Susan Sontag, *Against Interpretation*, 1966

Behind all this beauty … there is some spirit hidden of which the painted forms and shapes are but modes of manifestation, and it is with this spirit that I desire to become in harmony.
~ Wilde ~
De Profundis and Other Writings, 1987

Love comes in at the eye.
~ William Butler Yeats, 1865-1939 ~
in C. E. Montague, *The Right Place: A Book of Pleasures*, 1924

It is the human condition to question one god after another, one appearance after another, or better, one apparition after another, always pursuing the truth of the imagination, which is not the same as the truth of appearance.
~ Alain Chartier, 1868-1951 ~
The Gods, 1934

Not till the spirit is changed can the form be altered. The form is merely an expression of the spirit within. We may succeed in seemingly altering the form but the alteration will be a mere make-believe if the spirit within remains unalterable.
~ Mahatma Gandhi, 1869-1948 ~
"Non-Violence – The Greatest Force," *The Hindu*, 1926 November 8

There are some people who state that the exterior, sex, or physique of another person is indifferent to them, that they care only for the communion of mind with mind; but these people need not detain us. There are some statements that no one ever thinks of believing, however often they are made.
~ G. K. Chesterton, 1874-1936 ~
The Defendant, 1901

The seer and the seen are like the rope and the appearance of a serpent therein. Until you get rid of the appearance of a serpent you cannot see that what exists is only the rope.
~ Ramana Maharshi, 1879-1950 ~
Ramana Maharshi and the Path of Self-Knowledge, 1954

You can take no credit for beauty at sixteen. But if you are beautiful at sixty, it will be your own soul's doing.
~ Marie Stopes, 1880-1958 ~

Your clothes conceal much of your beauty, yet they hide not the unbeautiful.
~ Khalil Gibran, 1883-1931 ~
The Prophet, 1923

Do not get caught up with the form and appearance of a challenge. The Art of Peace has no form – it is the study of the spirit.
~ Morihei Ueshiba, 1883-1969 ~
The Art of Peace, John Stevens, tr., 1992

As we persist in judging one another by what we appear to be, we are all taking part in a great masquerade.
~ Joel Goldsmith, 1892-1964 ~

Do not try to appear better than you are, nor worse than is really necessary.
~ Lin Yutang, 1895-1976 ~
Looking Beyond, 1955

All that shimmers on the surface of the world, all that we call interesting, is the fruit of inebriation and ignorance.
~ E. M. Cioran, 1911-1995 ~
The Fall Into Time, 1971

Like flying fish over water, most of us observe only the surface of life without grasping what's really happening underneath. This leads to hastily made conclusions.
~ Vilayat Khan, 1916-2004 ~
Awakening: A Sufi Experience, 1999

A wave on the ocean has a beginning and an end, a birth and a death. But the wave is empty. The wave is full of water, but it is empty of a separate self. A wave is a form which has been made possible thanks to the existence of wind and water. If a wave only sees its form, with its beginning and end, it will be afraid of birth and death. But if the wave sees that it is water, identifies itself with the water, then it will be emancipated from birth and death. Each wave is born and is going to die, but the water is free from birth and death.
~ Thich Nhat Hanh, 1926- ~
The Heart of Understanding: Commentaries on the Prajnaparamita Heart Sutra, 1988

Our concern must be to live while we're alive … to release our inner selves from the spiritual death that comes with living behind a façade designed to conform to external definitions of who and what we are.
~ Elisabeth Kübler-Ross, 1926- ~

If you're not feeling good about you, what you're wearing outside doesn't mean a thing.
~ Leontyne Price, 1927- ~
Interview, *Essence*, 1975 February

When we look past the color of other people's skin, we're more likely to see that they are a lot like us.
~ Famous Amos, 1937- ~
Watermelon Magic, 1996

Attributes that are considered appealing today may be out of style tomorrow … The danger of living in a society that reveres beauty and youth to the *n*th degree is that people judge others on their ornamental rather than inherent value.
~ Ibid.

Who you really are never dies, but who you appear to be can't keep up appearances for ever.
~ Stephen Levine, 1937- ~
Turning Toward the Mystery, 2002

People do not wish to appear foolish; to avoid the appearance of foolishness, they are willing to remain actually fools.
~ Alice Walker, 1944- ~
in *All the Women Are White, All the Blacks Are Men, But Some of Us Are Brave: Black Women's Studies*, Gloria T. Hull, Patricia Bell Scott, & Barbara Smith, eds., 1982

Everything external in life was first internal in thought, so no permanent change can come about merely by attempting to fix or rearrange external conditions. Yet, that's usually what we try to do. When we see the symptoms of something wrong in our lives, we usually try to get rid of the symptoms instead of getting rid of the mental condition that's *causing* the symptoms. Unfortunately, we tend to look only at the surface of most situations. Why? Because searching for the cause of a situation requires more insight than is obvious at first glance; it takes time and effort to search below surface appearances.
~ Tae Yun Kim, 1946- ~
Seven Steps to Inner Power, 1991

Although our package of skin and bones looks very convincing, it is a mask, an illusion, disguising our true self, which has no limitations.
~ Deepak Chopra, 1947- ~
Journey Into Healing: Awakening the Wisdom Within You, 1994

Consciousness takes on the disguise of forms until they reach such complexity that it completely loses itself in them. In present-day humans, consciousness is completely identified with its disguise. It only knows itself as form and therefore lives in fear of the annihilation of its physical or psychological form … Finally, the pressure of suffering created by this apparent dysfunction forces consciousness to disidentify from form and awakens it from its dream of form: it regains self-consciousness, but it is at a far deeper level than when it lost it.
~ Eckhard Tolle, 1948- ~
The Power of Now: A Guide to Spiritual Enlightenment, 1999

There are unfortunately a great many people with attractive surface attitudes but with the same old rubbish underneath.
~ Raymond Charles Barker ~

APPRECIATION

Related States & Conditions: Acceptance, Affirmation/Approval, Age/Ageing, Appearance/Form, Art, Belief/Religion, Celebration, Dance/Movement, Enjoyment/Pleasure, Friendship, Happiness/Contentment, Having/Possessing, Legacy, Little, Love-Agape, Meaning, Music, Paradox, Polarity/Contrast, Presence, Reality, Reciprocity/Reflection, Sensibility/Sensitivity, Simplicity, Spontaneity, Today, Value/Worth, Wonder/Mystery

Syntonic: Attention/Awareness, Balance, Centering, Collaboration/Synergy, Congruence/Resonance, Connection/Interbeing/Interdependence, Desire, Detachment, Disclosure/Veracity, Diversity/Multiplicity, Enlightenment/Realization/Transcendence, Equanimity, Faith, Focus/Intention, Giving/Serving, Health/Healing, Humor/Laughter, Introspection/Self-Knowledge, Liberation/Liberty/Freedom, Listening, Learning, Memory, Oneness/Unity/Wholeness, Openness/Receptivity, Questioning/Doubt, Retreat/Withdrawal, Sincerity/Authenticity, Silence/Stillness, Solitude, Truth

Dystonic: Anger, Attachment, Avoidance/Denial/Refusal, Complacency, Conflict/Opposition, Criticism/Judgment, Defeat, Delusion, Dependence, Depression/Despair/Despondency, Distraction/Diversion, Greed, Grief/Sorrow, Haste/Impatience, Hate, Jealousy/Envy, Regret, Revenge, Worry

Reflection is the business of humankind; a sense of their state is the first duty: but who remembereth themselves in joy? Is it not in mercy then that sorrow is allotted unto us?
~ Khemetic Saying ~
Temt Tchaas: Egyptian Proverbs, Muata Ashaya Ashby, ed., 1994

Do not spoil what you have by desiring what you have not; remember that what you now have was once among the things only hoped for.
~ Epicurus, 341-270 BCE ~

A thankful heart is not only the greatest virtue, but the parent of all other virtues.
~ Cicero, 106-43 BCE ~

He is a man of sense who does not grieve for what he has not, but rejoices in what he has.
~ Epictetus, 50-120 ~

Take full account of the excellencies which you possess, and in gratitude remember how you would hanker after them, if you had them not.
~ Marcus Aurelius, 121-180 ~

When you arise in the morning, think of what a precious privilege it is to be alive – to breathe, to think, to enjoy, to love.
~ Marcus Aurelius ~

This is the day which the Lord has made. Let us rejoice and be glad in it.
~ *The Bible*, c. 367 CE ~
Psalm 118:24

He who is carried on another's back does not appreciate how far the town is.
~ African Saying ~

Today, like every other day, we wake up empty and frightened. Don't open the door to the study and begin reading. Take down the dulcimer. Let the beauty we love be what we do. There are hundreds of ways to kneel and kiss the ground.
~ Jalaluddin Rumi, 1207-1273 ~
Open Secret: Versions of Rumi, John Moyne and Coleman Barks, trs., 1984

Though heaven-and-earth is eternal, I won't come into being a second time. Even in a life of a hundred years, the days slip by very quickly. It is my good fortune to have been born in this interval. I must not miss the chance to appreciate my life of happiness, nor allow myself to dwell upon empty existence.
~ Hong Zicheng, fl. 1596 ~
Caigentan: Vegetable Roots Discourse, I.107, Robert Aitken & Daniel W. Y. Kwok, trs., 2006

When eating fruit, think of the person who planted the tree.
~ Vietnamese Saying ~

Wise men appreciate all men, for they see the good in each and know how hard it is to make anything good.
~ Baltasar Gracián y Morales, 1601-1685 ~

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A man dies before we appreciate him.
~ Jabo (Liberia) Saying ~

A prudent man will think more important what fate has conceded to him, than what it has denied.
~ Gracián ~

The back does not know what the shirt does for it until it is torn off.
~ Jamaican Saying ~

Blessings are oftentimes not valued till they are gone.
~ Thomas Fuller, 1608-1661 ~

Whenever you commend, add your reasons for doing so; it is this which distinguishes the approbation of a man of sense from the flattery of sycophants and admiration of fools.
~ Richard Steele, 1672-1729 ~

By appreciation, we make excellence in others our own property.
~ François-Marie Voltaire, 1694-1778 ~

Praise the bridge that carried you over.
~ George Colman, the Younger, 1762-1836 ~

Gratitude for gifts,
even snow on my bedspread
a gift from the Pure Land.
~ Issa, 1763-1827 ~

Only a just appreciation of things will enable us to possess them in tranquility, or console ourselves for their loss.
~ Madame Swetchine, 1782-1857 ~
The Writings of Madame Swetchine, A. de Falloux, ed., 1869

Reflect on your present blessings, of which every man has many; not on your past misfortunes, of which all men have some.
~ Charles Dickens, 1812-1870 ~

Don't be chary of appreciation. Hearts are unconsciously hungry for it.
~ Phillips Brooks, 1835-1893 ~

Be glad of life because it gives you the chance to love, and to work, and to play and to look up at the stars.
~ Henry Van Dyke, 1852-1933 ~

I would rather be able to appreciate things I cannot have than to have things I am not able to appreciate.
~ Elbert Hubbard, 1856-1915 ~

Once I was invited to a dinner. The hostess asked me to say grace. I said, "I will say grace to you, madam. My grace and thanks are to you."
~ Vivekananda, 1863-1902 ~
The Complete Works of Swami Vivekananda, 1984-1987, 8:132, 1926

Happiness always looks small while you hold it in your hands, but let it go, and you learn at once how big and precious it is.
~ Maxim Gorky, 1868-1936 ~

A poor life this if, full of care,
We have no time to stand and stare.
~ William H. Davies, 1871-1940 ~
"Leisure," *The Collected Poems of William H. Davies*, 1916

What a wonderful life I've had! I only wish I'd realized it sooner.
~ Colette, 1873-1954 ~

The aim of life is appreciation; there is no sense in not appreciating things; and there is no sense in having more of them if you have less appreciation of them.
~ G. K. Chesterton, 1874-1936 ~
Autobiography, 1936

It matters very little whether a man is discontented in the name of pessimism or progress, if his discontent does in fact paralyse his power of appreciating what he has got.
~ Chesterton ~

Unless we learn the lesson of self-appreciation and practice it, we shall spend our lives imitating other people and deprecating ourselves.
~ Aida Overton Walker, 1880-1914 ~

The faculty of appreciation makes one light. Life is just like the ocean. When there is no appreciation, no receptivity, man sinks like a piece of iron to the bottom of the sea. He cannot float like the boat which is hollow, which is receptive.
~ Hazrat Khan, 1882-1927 ~
The Mysticism of Sound and Music, 1991

And ever has it been known that love knows not its own depth until the hour of separation.
~ Khalil Gibran, 1883-1931 ~
The Prophet, 1923

You have it easily in your power to increase the sum total of this world's happiness now. How? By giving a few words of sincere appreciation to someone who is lonely or discouraged. Perhaps you will forget tomorrow the kind words you say today, but the recipient may cherish them over a lifetime.
~ Dale Carnegie, 1888-1955 ~

If you can't have what you want, be grateful for what you have. Keep thinking constantly of all the big things you have to be thankful for instead of complaining about the little things that annoy you.
~ Carnegie ~

There is so much to love and to admire in this life that it is an act of ingratitude not to be happy and content in this existence.
~ Lin Yutang, 1895-1976 ~
The Pleasures of a Nonconformist, 1962

So much of human life and happiness is subjective that we should be fools not to take advantage of this subjectivity unashamedly and learn to cultivate the seeing eye and the perceptive soul for the beauties that lie around us, and be grateful for it. Of all human vices, the greatest is ingratitude, and we must conclude that the world looks sick because the soul looking on is sick … If life is all subjective, why not be subjectively happy rather than subjectively sad?
~ Lin ~
On the Wisdom of America, 1950

We can only be said to be alive in those moments when our hearts are conscious of our treasures.
~ Thornton Wilder, 1897-1975 ~
The Woman of Andros, 1930

"Grumbles" … the widespread tendency to undervalue one's already achieved need-gratifications, or even to devalue them and throw them away. Self-actualizing persons are relatively exempted from this profound source of human unhappiness. In a word, they are capable of "gratitude." The blessedness of their blessings remains conscious. Miracles remain miracles even though occurring again and again. The awareness of undeserved good luck, of gratuitous grace, guarantees for them that life remains precious and never grows stale.
~ Abraham Maslow, 1908-1970 ~
Motivation and Personality, 1954

If there is a sin against life, it consists perhaps not so much in despairing of life as in hoping for another life and in eluding the implacable grandeur of this life.
~ Albert Camus, 1913-1960 ~
"Summer in Algiers," 1936
The Myth of Sisyphus and Other Essays, 1955

We humans think we are smart, but an orchid, for example, knows how to produce noble, symmetrical flowers, and a snail knows how to make a beautiful, well-proportioned shell. Compared with their knowledge, ours is not worth much at all. We should bow deeply before the orchid and the snail and join our palms reverently before the monarch butterfly and the magnolia tree. The feeling of respect for all species will help us recognize the noblest nature in ourselves.
~ Thich Nhat Hanh, 1926- ~
The Sun My Heart: From Mindfulness to Insight Contemplation, Arnold Kotler, ed., 1988

No one is as capable of gratitude as one who has emerged from the kingdom of the night.
~ Elie Wiesel, 1928- ~

The talent for being happy is appreciating and liking what you have, instead of what you don't have.
~ Woody Allen, 1935- ~

The roots of all goodness lie in the soil of appreciation for goodness.
~ Dalai Lama, 1935- ~

Stop and listen to the heart, the wind outside, to one another, to the changing patterns of this mysterious life. It comes moment after moment, out of nothing, and disappears into nothing. Live with less grasping and more appreciation and caring.
~ Jack Kornfield, 1945- ~

The direct experience of the consciousness of love is gratitude. Gratitude is the *process* of recognizing what is true. Gratitude is an act of awareness. Without awareness, there is no recognition of anything and, therefore, no love of anything.
~ Tae Yun Kim, 1946- ~
Seven Steps to Inner Power, 1991

Appreciative words are the most powerful force for good on earth.
~ George W. Crane ~

There isn't a day that goes by that I don't think … I can't believe I'm here. This is so wonderful.
~ Leslie Darin ~

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ART

Related States & Conditions: Ability, Accomplishment/Achievement/Excellence, Appearance/Form, Attention/Awareness, Celebration, Communication, Creativity/Discovery/Innovation, Dance/Movement, Dreams/Dreaming, Eloquence/Poetry, Exploration, Expression, Idea/Opinion, Identity, Imagination, Individuality, Lila/Leisure, Legacy, Manifestation, Meaning, Music, Power, Presence, Reality, Shadow, Truth, Unconscious/Subconscious, Vision/Visualization, Wonder/Mystery

Syntonic: Appreciation, Commitment/Dedication, Congruence/Resonance, Confidence, Desire, Determination/Persistence/Resolve, Diversity/ Multiplicity, Flexibility/Flux/Flow, Focus/Intention, Ingenuity, Insight/Instinct/Intuition, Inspiration, Integrity, Introspection/Self-Knowledge, Openness/Receptivity, Questioning/Doubt, Passion, Reciprocity/Reflection, Renewal, Retreat/Withdrawal, Sensibility/Sensitivity, Sincerity/Authenticity, Silence/Stillness, Simplicity, Spontaneity, Solitude

Dystonic: Attachment, Comparison/Competition, Complacency, Criticism/Judgment, Defeat, Delusion, Dependence, Depression/Despair/Despondency, Distraction/Diversion, Fault, Greed, Habit, Haste/Impatience, Hate, Inaction, Jealousy/Envy, Limitation, Loquacity, Oppression, Regret, Revenge, Worry

Art is a higher type of knowledge than experience.
~ Aristotle, 384-322 BCE ~

Art offers an opening for the heart.
True art makes the divine silence in the soul break into applause.
~ Shamseddin Hafiz, 1320-1390 ~
The Gift: Poems by Hafiz the Great Sufi Master, Daniel Ladinsky, tr., 1999

Where the spirit does not work with the hand, there is no art.
~ Leonardo da Vinci, 1452-1519 ~

The mediator of the inexpressible is the work of art.
~ Johann von Goethe, 1749-1832 ~

The object of art is to crystallize emotion into thought, and then fix it in form.
~ François Delsarte, 1811-1871 ~

All that is good in art is the expression of one soul talking to another, and is precious according to the greatness of the soul that utters it.
~ John Ruskin, 1819-1900 ~

Art is a human activity, consisting in this, that one man consciously, by means of certain external signs, hands on to others feelings he has lived through, and that other people are infected by these feelings and also experience them.
~ Leo Tolstoy, 1828-1910 ~

Of such wisdom, the poetic passion, the desire of beauty, the love of art for its own sake, has most. For art comes to you proposing frankly to give nothing but the highest quality to your moments as they pass, and simply for those moments' sake.
~ Walter Pater, 1839-1894 ~
Studies in the History of the Renaissance, 1873

The artist is nothing without the gift, but the gift is nothing without work.
~ Émile Zola, 1840-1902 ~

Art is the most intense mode of individualism that the world has known.
~ Oscar Wilde, 1856-1900 ~
in *The Fortnightly Review*, 1891

Art is not a thing; it is a way.
~ Elbert Hubbard, 1856-1915 ~

The greatest art of all is the art of living – and the best preparation for the art of living is the cultivated heart. The cultivated heart is in the human being who knows and appreciates our heritage and our history; who can absorb and understand and translate this understanding into action in the present and also into action for tomorrow.
~ Henrietta Szold, 1860-1945 ~

Art is the imposing of a pattern on experience, and our aesthetic enjoyment is recognition of the pattern.
~ Alfred North Whitehead, 1861-1947 ~
Dialogues of Alfred North Whitehead, 1954

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Art when really understood is the province of every human being. It is simply a question of doing things, anything, well. It is not an outside, extra thing.
~ Robert Henri, 1865-1929 ~
The Art Spirit, 1923

When the artist is alive in any person, whatever his kind of work may be, he becomes an inventive, searching, daring, self-expressive creature. He becomes interesting to other people. He disturbs, upsets, enlightens, and opens ways for a better understanding. Where those who are not artists are trying to close the book, he opens it and shows there are still more pages possible.
~ Ibid.

Art is not simply works of art; it is the spirit that knows beauty, that has music in its soul and the color of sunsets in its handkerchief, that can dance on a flaming world and make the world dance too.
~ W. E. B. Du Bois, 1868-1963 ~

Art does not reproduce what is visible; it makes things visible.
~ Paul Klee, 1879-1940 ~
Creative Credo, 1920

Artists who live and work with spiritual values cannot and should not remain indifferent to a conflict in which the highest values of humanity and civilization are at stake.
~ Pablo Picasso, 1881-1973 ~

We all know that art is not truth. Art is a lie which makes us realize truth.
~ Picasso ~

Only work which is the product of inner compulsion can have spiritual meaning.
~ Walter Gropius, 1888-1969 ~

The artist must attune himself to that which wants to reveal itself and permit the process to happen through him.
~ Martin Heidegger, 1889-1976 ~

The true work of art is a creation not of the hands, but of the mind and soul of the artist.
~ Nancy Prophet, 1890-1960 ~

Art is only a means to life, to the life more abundant. It merely points the way … in becoming an end, it defeats itself.
~ Henry Miller, 1891-1980 ~
The Wisdom of the Heart, 1941

The new work of art does not consist of making a living or producing an objet d'art or in self-therapy, but in finding a new soul. The new era is the era of spiritual creativity … and soul-making.
~ Ibid.

Art can express eternal truth, it is not limited to the expression of form and appearance … a man using a simple combination of lines, an unpretentious harmony of colors, can raise this apparently insignificant medium to suggest absolute and profound truths with a perfection which language labors with difficulty to reach … The great truths of religion, science, metaphysics, life, development, become concrete, emotional, universally intelligible and convincing in the hands of the master of plastic Art, and the soul of man, in the stage when it is rising from emotion to intellect, looks, receives the suggestion and is uplifted towards a higher development, a diviner knowledge.
~ Sri Aurobindo, 1892-1950 ~
Lights on Life-Problems, Kishor Gandhi, ed., 1950

Art is a celebration of life … an indecent exposure of the consciousness.
~ Herbert Read, 1893-1968 ~

Art is not and never has been subordinate to moral values. Moral values are social values; aesthetic values are human values. Morality seeks to restrain the feelings; art seeks to define them by externalizing them, by giving them significant form.
~ Read ~

Real art is illumination. It gives a man an idea he never had before or lights up ideas that were formless or only lurking in the shadows of his mind. It adds stature to life.
~ Brooks Atkinson, 1894-1984 ~

The arts are a necessity in human life … It is surprising how men have learned to live without art, feel no need for it at all, let their sensibilities atrophy as it were. Then men become coarse and vulgar.
~ Lin Yutang, 1895-1976 ~
Looking Beyond, 1955

Art should be a satire and a warning against our paralyzed emotion, our devitalized thinking and

our denaturalized living … It should restore us to health and sanity of living and enable us to recover from the fever and delirium caused by too much mental activity. It should sharpen our senses, re-establish the connection between our reason and our human nature, and assemble the ruined parts of a dislocated life again into a whole, by restoring our original nature.
~ Lin ~
The Importance of Living, 1937

Store up things to say, ideas, feelings, observations of life. Pour yourself out. Then lop off later; you have to have things to lop off from. There are no rules to follow in art, the theater, the novel. You have to find yourself and everything else follows.
~ Lin ~
Looking Beyond, 1955

The artist has a special task and duty – the task of reminding men of their humanity and the promise of their creativity.
~ Lewis Mumford, 1895-1990 ~

All arts contribute to the greatest art of all: *Lebenkunst* – the art of getting through life.
~ Bertolt Brecht, 1898-1956 ~

Because a work of art does not aim at reproducing natural appearances, it is not, therefore, an escape from life … but an expression of the significance of life, a stimulation to greater effort in living.
~ Henry Moore, 1898-1986 ~

The ultimate in art is self-expression, not escape.
~ Duke Ellington, 1899-1974 ~

But not only medicine, engineering, and painting are arts; *living itself is an art* – in fact, the most important and at the same time the most difficult and complex art to be practiced by man.
~ Erich Fromm, 1900-1980 ~

Life beats down and crushes the soul and art reminds you that you have one.
~ Stella Adler, 1902-1992 ~

Art is the conscious apprehension of the unconscious ecstasy of all created things.
~ Cyril Connolly, 1903-1974 ~
Previous Convictions, 1963

Art is the method of levitation, in order to separate oneself from enslavement by earth.
~ Anaïs Nin, 1903-1977 ~

The goal of life is rapture.
Art is the way to experience it.
~ Joseph Campbell, 1904-1987 ~
in *Reflections on the Art of Living: A Joseph Campbell Companion*, Diane K. Osbon, ed., 1991

There is one art, no more no less: to do all things with artlessness.
~ Piet Hein, 1905-1996 ~

Art distills sensation and embodies it with enhanced meaning in memorable form – or else it is not art.
~ Jacques Barzun, 1907-2005 ~
The House of Intellect, 1959

The job of the artist is always to deepen the mystery.
~ Francis Bacon, 1909-1993 ~
in *The Sunday Telegraph*, 1964

The artist within must fight the battle for Meaning with pen on paper, or brush on canvas, or chisel in wood and stone. But his Way, as that of Everyman, leads from ignorance, delusion, folly, self-inflation and phoniness to truth and authenticity … The point of practicing an art is less to discover who you are than to become your truth, to be able to shed all sham, imposture and bluff in relation to yourself and others. True art is not an indulgence of the little self, but a manifestation of the Self.
~ Frederick Franck, 1909- ~
Art as a Way: A Return to the Spiritual Roots, 1981

Art is an antidote for violence. It gives the ecstasy, the self-transcendence that could otherwise take the form of drug addiction, terrorism, suicide, or warfare.
~ Rollo May, 1909-1994 ~

We look too much to museums. The sun coming up in the morning is enough.
~ Romare Bearden, 1914-1988 ~

If you're any kind of artist you make a miraculous journey and you can come back and make some statements in shapes and colors of where you were.
~ Bearden ~

Without freedom, no art; art lives only on the restraint it imposes on itself, and dies of all others.
~ Albert Camus, 1913-1960 ~
Resistance, Rebellion & Death, 1960

Art is not an end in itself. It introduces the soul into a higher spiritual order, which it expresses and

in some sense explains.
~ Thomas Merton, 1915-1968 ~
No Man Is an Island, 1955, 1983

I feel that art has something to do with the achievement of stillness in the midst of chaos. A stillness which characterizes prayer, too, and the eye of the storm. I think that art has something to do with an arrest of attention in the midst of distraction.
~ Saul Bellow, 1915-2005 ~
in *Writers at Work*, George Plimpton, ed., 1967

An artist creates out of the materials of the moment, never again to be duplicated. This is true of the painter, the musician, the dancer, the actor, the teacher, the scientist, the businessman, the farmer – it is true of us all, whatever our work, that we are artists so long as we are alive to the concreteness of a moment and do not use it to some other purpose.
~ M. C. Richards, 1916-1999 ~
Centering, 1989

All the arts we practice are apprenticeship. The big art is our life.
~ Richards ~

The ultimate work of art is ourselves, our personality. We are each endowed with the faculty of being able to become what we want to become; life is a great loss if we don't avail ourselves of this potential.
~ Vilayat Khan, 1916-2004 ~
Awakening: A Sufi Experience, 1999

Any form of art is a form of power; it has impact, it can affect change – it can not only move us, it makes us move.
~ Ossie B. Davis, 1917-2005 ~
in Jeanne Noble, *Beautiful, Also, Are the Souls of My Black Sisters: A History of the Black Woman in America*, 1978

When power leads man toward arrogance, poetry reminds him of his limitations. When power narrows the areas of man's concern, poetry reminds him of the richness and diversity of his existence. When power corrupts, poetry cleanses. For art establishes the basic human truths which must serve as the touchstone of our judgement.
~ John F. Kennedy, 1917-1963 ~
in *The New York Times*, 1963 October 27

Is getting well ever an art, or art a way to get well?
~ Robert Lowell, Jr., 1917-1977 ~

Our truest responsibility to the irrationality of the world is to paint or sing or write, for only in such response do we find the truth.
~ Madeleine L'Engle, 1918- ~

All art is a kind of confession, more or less oblique.
~ James Baldwin, 1924-1987 ~

Art is inseparable from life, and form and content are one.
~ Paule Marshall, 1929- ~

Art is for everyone – paint, like a piece of music, is the most international thing I know.
~ Richard Demarco, 1930- ~

To reproach artists for having an insufficiently radical relation to the world has to be a complaint about art as such. And to reproach art is, in more than one way, like reproaching consciousness itself for being a burden.
~ Susan Sontag, 1933-2004 ~

Everybody's an artist. Everybody's God. It's just that they're inhibited … if the whole of civilization is burned so we don't have any memory of it, even then people will start to build their own art. It is a necessity – a function.
~ Yoko Ono, 1933- ~

Art is an open-ended concept evolving in the direction of increasing information and away from existing information which has been eroded by familiarity or uselessness.
~ Don Burgy, 1937- ~
Contemporary Artists, 1977

Many artists have said that when life itself becomes fully conscious, art as we know it will vanish. Art is only a stopgap, an imperfect effort to wrest meaning from an environment where nearly everyone is sleepwalking.
~ Marilyn Ferguson, 1938- ~
The Aquarian Conspiracy, 1980

For too long we have played games we did not care about by rules we did not believe in. If there was art in our lives it was paint-by-number. Life lived as art finds its own way, makes its own friends and its own music, sees with its own eyes … To the transformed self, as to the artist, success is never a place to stay, only a momentary reward. Joy is in risking, in making new.
~ Ibid.

Art is a way of possessing destiny.
~ Marvin Gaye, 1939-1984 ~

The essence of art is the relationship between one's own creativity and matter, whether it's the muscles in dancing, or paints, or the strings of an instrument. Art as meditation awakens the artist in everybody, and when that happens spiritual energy flows.
~ Matthew Fox, 1940- ~
"Counting Our Original Blessings," Interview with David Jay Brown & Rebecca McClen Novick, *Voices from the Edge*, 1994

In the arts we contemplate our world and have the chance no longer to be strangers to the deep self that is as opaque to reason as it is transparent to the imagination.
~ Thomas Moore, 1940- ~
Original Self, 2000

Progressive art can assist people to learn not only about the objective forces at work in the society in which they live, but also about the intensely social character of their interior lives.
~ Angela Davis, 1944- ~

Those who want to follow the Way of Beauty must break away from cultural dictatorship and move out into no-man's land where everything is new and unknown. They must learn to live outside of stereotypes and worn-out attitudes, and free themselves from any bonds – roles, ties, ideologies, interests, or habits – that might hold them back. They must learn all over again, without fear or hesitation, to be themselves.
~ Piero Ferrucci, 1946- ~
Inevitable Grace: Breakthroughs in the Lives of Great Men and Women - Guides to your Self-Realization, David Kennard, tr., 1990

All true artists, whether they know it or not, create from a place of no-mind, from inner stillness. The mind then gives form to the creative impulse or insight. Even the great scientists have reported that their creative breakthroughs came at a time of mental quietude.
~ Eckhard Tolle, 1948- ~
The Power of Now: A Guide to Spiritual Enlightenment, 1999

Often, what we write, the music we write, and the pictures we paint are dialogues with our deepest consciousness.
~ Marita Golden, 1950- ~

Art has a way of opening us up and allows us to be vulnerable, to deal with our ambiguities and incongruities and contradictions, so that we can grow and mature and develop.
~ Cornel West, 1954- ~

The artist as an artisan of the sacred can cooperate in bringing the sacred to birth in this world … There is only a thin line between the artist and the healer.
~ Malidoma Somé, 1956- ~
The Healing Wisdom of Africa, 1999

When an actor is in the moment, he or she is engaged in listening for the next right thing creatively. When a painter is painting, he or she may begin with a plan, but that plan is soon surrendered to the painting's own plan. This is often expressed as "The brush takes the next stroke." In dance, in composition, in sculpture, the experience is the same: we are more the conduit than the creator of what we express.
~ Julia Cameron ~

Cooking is one of the best ways for your authentic self to remind your conscious self that you are an artist. Like the union of canvas and pigment, cooking is alchemy, a work of Wholeness-in-progress.
~ Sarah Ban Breathnach ~

The essential function of art … is to become personally enlightened, wise, and whole. Then, as a consequence of the former function, the purpose of this wisdom, the purpose of art, is to make the community enlightened, wise, and whole.
~ Peter London ~

Do not set stock in correct responses, in familiar ways, or in the ways of others. The solution to the problems posed in art do not lie outside in the realms of technique and formula; they reside in the realm of fresh thinking about perennial issues, in honest feelings and awakened spirit.
~ London ~
No More Secondhand Art: Awakening the Artist Within, 1989

Art is prayer – not the vulgarised notations handed down to us in the scriptures, but a fresh vital discovery of one's own special presence in the world. Marc Chagall was once asked if he attended a synagogue; he answered that his work is his prayer.
~ Joseph Zinker ~

ATTACHMENT

Related States & Conditions: Appearance/Form, Commitment/Dedication, Conviction/Principle, Death/Dying, Delusion, Dependence, Desire, Distraction/Diversion, Engagement/Integration/Involvement, Greed, Habit, Having/Possessing, Indulgence/Temptation, Passion, Regret, Insecurity/Risk, Seeking, Sex/Sexuality, Value/Worth, Vice, Wealth

Syntonic: Autonomy/Control, Balance, Centering, Detachment, Enlightenment/Realization/Transcendence, Equanimity, Impermanence, Love-Agape, Meditation, Mind, Moderation, Prudence, Questioning/Doubt, Release, Restraint, Retreat/Withdrawal, Self-Reliance, Simplicity, Spirituality, Transformation

Dystonic: Conformity, Criticism/Judgment, Defeat, Fear, Grief/Sorrow, Jealousy/Envy, Limitation, Loneliness, Struggle, Suffering, Worry

Avoid attachment to both what is pleasant
And what is unpleasant.
Losing the pleasant causes grief.
Dwelling on the unpleasant also causes grief.
Do not cling to the pleasant.
Let it pass,
So that the separation will not diminish you.
Clinging to what is dear brings sorrow.
Clinging to what is dear brings fear.
To one who is entirely free from endearment
There is no sorrow or fear.
~ Buddha, c. 563-483 BCE ~
Dhammapada

The thoughtful exert themselves; they do not relish attachment. Like swans leaving a lake, they abandon one attachment after another.
~ Ibid.

Those in whom the mind is correctly cultivated in the limbs of perfect enlightenment, who have no attachments and enjoy being free from grasping, and who have stopped all compulsion, attain perfect nirvana here in this world.
~ Ibid.

Pitiful are those who, acting,
are attached to their action's fruits.
The wise man lets go of all
results, whether good or bad,
and is focused on the action alone.
~ *Bhagavad Gita*, c. 400 BCE ~
2:49-50

The essential nature of bondage is nothing other than desire, and its elimination is known as liberation. It is simply by not being attached to changing things that the everlasting joy of attainment is reached.
~ *Ashtavakra Gita* ~
10.4, John Richards, tr., 1994

The surest sign of a man of the highest wisdom is that he is unattracted by the pleasures of the world, for in him even the subtle tendencies have ceased. When these tendencies are strong, there is bondage; when they have ceased, there is liberation.
~ *Yoga Vasistha* ~

If you know that everything comes from the mind, don't become attached. Once attached, you're unaware.
~ Bodhidharma, 440-533 ~

Clinging cannot be limited; even to be attached to the idea of enlightenment is to go astray. Just let things be in their own way and there will be neither coming nor going.
~ Jianzhi Sengcan, 526-606 ~
"On Believing in Mind"

Do not remain in the dualistic state;
Avoid such pursuits carefully.
If there is even a trace
Of this and that, right and wrong,
The Mind-essence will be lost in confusion.
Although all dualities come from the One,
Do not be attached even to this One.
When the mind exists undisturbed in the Way,
Nothing in the world can offend,
And when a thing can no longer offend,
It ceases to exist in the old way.
~ Sengcan ~

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"Thoughtlessness" is to see and to know all things with a mind free from attachment.
~ Dajian Huineng, 638-713 ~

Getting rid of things and clinging to emptiness
Is an illness of the same kind;
It is just like throwing oneself into a fire
To avoid being drowned.
~ Yongjia Xuanjue, 665-713 ~
in *Zen and Zen Classics*, R. H. Blyth, ed.

External attachment is attachment to sense-objects. Internal attachment is self-identification with the ego and the modifications of the mind. The dispassionate man, absorbingly devoted to Brahman, is alone able to renounce both … He who has known the reality of Brahman cannot continue to feel attachment to this world. He who feels attachment has not known Brahman. He remains deluded and sensebound.
~ Shankara, 686-718 ~
Shankara's Crest-Jewel of Discrimination, Swami Prabhavananda & Christopher Isherwood, trs., 1947, 1978

It is just because people themselves give rise to vain and arbitrary attachments that they create so many kinds of understanding, produce so many kinds of opinion, and give rise to many various likes and fears. Just understand that things do not originate of themselves. All of them come into existence from your own single mental impulse of imagination mistakenly clinging to appearances.
~ Baizhang Huaihai, 749-814 ~
in *The Pocket Zen Reader*, Thomas Cleary, ed., 1999

Wherever there is attachment
Association with it
Brings endless misery.
~ Gampopa, 1079-1153 ~
The Jewel Ornament of Liberation, 12th C.

If you forget your feelings
about things of the world,
they become enlightening teachings.
If you get emotional
about enlightening teaching,
it becomes a worldly thing.
~ Muso Kokushi, 1275-1351 ~

The soul that is attached to anything, however much good there may be in it, will not arrive at the liberty of the divine.
~ John of the Cross, 1542-1591 ~

The fonder you are of your ideals, the greater your heart breaks.
~ Lin Yutang, 1895-1976 ~
Between Tears and Laughter, 1943

If we could put material things into their proper place, and use them without being attached to them, how much freer we would be. Then we wouldn't burden ourselves with things we don't need.
~ Peace Pilgrim, 1908-1981 ~
Peace Pilgrim: Her Life and Work in Her Own Words, 1982

Attachment is a manufacturer of illusions and whoever wants reality ought to be detached.
~ Simone Weil, 1909-1943 ~
Gravity & Grace, 1947

Do not cultivate too much attachment to things of the world, which appeal to carnal desires and sensual thirsts. A moment comes when you have to depart empty-handed, leaving all you have laboriously collected and proudly called your own.
~ Satya Sai Baba, 1926- ~

When one has nothing to lose, one becomes courageous. We are timid only when there is something we can cling to.
~ Carlos Castaneda, 1931-1998 ~

Our ultimate goal is to find ways to embrace both attachment and resistance to attachment, and the only way to that reconciliation of opposites is to dig deeply into the nature of each.
~ Thomas Moore, 1940- ~
Soul Mates: Honoring the Mysteries of Love and Relationship, 1994

A mature human being is someone who is purified of the motives towards grasping, greed, attachment.
~ Lee Lozowick, 1943- ~

All our experience, all our relationships, everything we are "attached" to, is fleeting. Change is not just at the end of our lives – when we die – but every moment. That realization doesn't lead to our not caring about people or things but to seeing things as they are and not trying to control what we can't control.
~ Sharon Salzberg ~
"The Open Heart," Beliefnet.com

ATTENTION / AWARENESS

Related States & Conditions: Appreciation, Art, Being/Essence/Soul, Breakthrough/Epiphany/Turning Point, Enlightenment/Realization/Transcendence, Focus/Intention, Imagination, Insight/Instinct/Intuition, Inspiration, Introspection/Self-Knowledge, Meaning, Meditation, Memory, Mind, Perspective, Oneness/Wholeness/Unity, Possibility/Potential, Presence, Relativity, Seeking, Self, Sensibility/Sensitivity, Shadow, Spirituality, Thinking/Thought, Unconscious/Subconscious, Understanding, Vision/Visualization, Wonder/Mystery

Syntonic: Balance, Centering, Compassion/Empathy/Kindness, Congruence/Resonance, Detachment, Diversity/Multiplicity, Equanimity, Exploration, Flexibility/Flux/Flow, Growth/Expansion, Integrity, Liberation/Liberty/Freedom, Listening, Love-Agape, Love-Eros, Openness/Receptivity, Questioning/Doubt, Passion, Practice, Reciprocity/Reflection, Release, Renewal, Retreat/Withdrawal, Silence/Stillness, Simplicity, Spontaneity, Solitude, Synthesis, Tolerance, Transformation

Dystonic: Anger, Attachment, Avoidance/Denial/Refusal, Comparison/Competition, Complacency, Criticism/Judgment, Delusion, Depression/Despair/Despondency, Distraction/Diversion, Fault, Fear, Greed, Guilt, Habit, Haste/Impatience, Hate, Insecurity/Risk, Jealousy/Envy, Limitation, Loquacity, Oppression, Regret, Revenge, Worry

Consciousness has no origin and is an illusion arising from the six organs and sense data … Ignorant worldlings think wrongly that it is causal, conditional and due to the self as such, according to the way their consciousnesses differentiate and discriminate while they do not know that the language they use has no real meaning.
~ Buddha, c. 563-483 BCE ~
Surangama Sutra, Upasaka Lu K'uan Yu (Charles Luk), tr., 1966

Attention is living; inattention is dying.
The attentive never stop; the inattentive are dead already.
~ Buddha ~
Dhammapada, 21, Thanissaro Bhikkhu, tr., 1998

You are neither earth, water, fire, air or even ether. For liberation know yourself as consisting of consciousness, the witness of these. If only you will remain resting in consciousness, seeing yourself as distinct from the body, then even now you will become happy, peaceful and free from bonds.
~ *Ashtavakra Gita* ~
1.3-4, John Richards, tr., 1994

Oh, how wonderful!
I am awareness itself!
No less!
~ Ibid. ~

Nature has given us two ears, two eyes and but one tongue, to the end that we should hear and see more than we speak.
~ Socrates, 469-399 BCE ~

How many common things are trodden underfoot which, if examined carefully, awaken our astonishment.
~ Augustine of Hippo, 354-430 ~

The ultimate value of life depends upon awareness, and the power of contemplation rather than upon mere survival.
~ Aristotle, 384-322 BCE ~

Watchfulness … is the vital need, for he who does not watch is soon overwhelmed. The sternman need only sleep a moment and the vessel is lost.
~ Epictetus, 50-120 ~

When not a single thought arises, then true mindfulness is born; this is pure attention. When the celestial potential is suddenly activated in the midst of silent trance, is this not spontaneous attention? This is what is meant by acting without striving.
~ Lu Dong Bin, c. 798 ~
The Secret of the Golden Flower: The Classic Chinese Book of Life, VIII.30, Thomas Cleary, tr., 1991

If you attain real, true perception and understanding, birth and death don't affect you – you are free to go or stay. You needn't seek wonders, for wonders come of themselves.
~ Linji Yixuan, d. 867 ~
in *Zen Essence: The Science of Freedom*, Thomas Cleary, tr. & ed., 1989

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Unawareness is the root of all evil.
~ Unknown Egyptian Monk ~

When you are deluded and full of doubt, even a thousand books of scripture are still not enough. When you have realized understanding, even one word is already too much.
~ Fenyang Shanzhao, 947-1024 ~
in *Zen Essence: The Science of Freedom*, Thomas Cleary, tr. & ed., 1989

A traveller without observation is a bird without wings.
~ Moslih Sa'adi, 1184-1291 ~

Even if you have not awakened, if you realize that your perceptions and activities are all like dreams and you view them with detachment, not giving rise to grasping and rejecting discrimination, then this is virtually tantamount to awakening from the dream.
~ Muso Kokushi, 1275-1351 ~
in *Dream Conversations on Buddhism and Zen*, Thomas Cleary, tr., 1994

What is this mind?
Who is hearing these sounds?
Do not mistake any state for
Self-realization, but continue
To ask yourself even more
Intensely,
What is it that hears?
~ Bassui Zenji, 1327-1387 ~

Alertness brings awareness and awareness is a light that in a
Searing flash obliterates all traces of the ghost.
Let your True Nature shine forth in perfect clarity.
~ Hanshan Deqing, 1546-1623 ~
"Purify Your Mind," *Poems by Silly Mountain*, Upasaka Richard Cheung, tr.

The greatest part of mankind ... may be said to be asleep, and that particular way of life which takes up each man's mind, thoughts and actions, may be very well called his particular deam.
~ William Law, 1686-1761 ~

The true art of memory is the art of attention.
~ Samuel Johnson, 1709-1784 ~

Attention is a tacit and continual compliment.
~ Madame Swetchine, 1782-1857 ~
The Writings of Madame Swetchine, A. de Falloux, ed., 1869

The secret of a good memory is attention, and attention to a subject depends upon our interest in it. We rarely forget that which has made a deep impression on our minds.
~ Tryon Edwards, 1809-1894 ~

The one serviceable, safe, certain, remunerative, attainable quality in every study and every pursuit is the quality of attention.
~ Charles Dickens, 1812-1870 ~
in James Cardinal Gibbons, *The Ambassador of Christ*, 1896

The millions are awake enough for physical labor; but only one in a million is awake enough for effective intellectual exertion, only one in a hundred million to a poetic or divine life. To be awake is to be alive ... We must learn to reawaken and keep ourselves awake, not by mechanical means, but by infinite expectation of the dawn.
~ Henry David Thoreau, 1817-1862 ~

Only that day dawns to which we are awake.
~ Thoreau ~

To a great experience one thing is essential, an experiencing nature. It is not enough to have opportunity; it is essential to feel it.
~ Walter Bagehot, 1826-1877 ~

Grow antennae, not horns.
~ James Angell, 1829-1916 ~

It is delightful to feel that one is wide awake and intelligent. A little self-consciousness here is not offensive.
~ John Lancaster Spalding, 1840-1916 ~
Thoughts and Theories of Life and Education, 1897

Everyone is familiar with the phenomenon of feeling more or less alive on different days. Everyone knows on any given day that there are energies slumbering in him which the incitements of the day do not call forth, but which he might display if these were greater ... Compared with what we ought to be, we are only half awake.
~ William James, 1842-1910 ~
"The Energies of Men," *Essays on Faith and Morals*, 1943

Our normal waking consciousness, rational consciousness as we call it, is but one special type of consciousness, whilst all about it, parted from it by the filmiest of screens, there lie potential forms of consciousness entirely different. We may go through life without suspecting their existence; but apply the requisite stimulus, and at a touch they

are there in all their completeness.
~ James ~
"Mysticism," *The Varieties of Religious Experience*, 1902

One should pay attention to even the smallest crawling creature, for these too may have a valuable lesson to teach us, and even the smallest ant may wish to communicate with a man.
~ Black Elk, 1864-1950 ~

Rightly to perceive a thing, in all the fullness of its qualities, is really to create it.
~ C. E. Montague, 1867-1928 ~
The Right Place: A Book of Pleasures, 1924

Every scene, even the commonest, is wonderful, if only one can detach oneself, casting off all memory of use and custom and behold it, as it were, for the first time.
~ Arnold Bennett, 1867-1931 ~
Journal

The best way to make your dreams come true is to wake up.
~ Paul Valéry, 1871-1945 ~

To be aware that we are only partially awake is the first condition of becoming and making ourselves more fully awake.
~ A. R. Orage, 1873-1934 ~

Man's task is to become conscious of the contents that press upwards from the unconscious … As far as we can discern, the sole purpose of human existence is to kindle a light in the darkness of mere being.
~ Carl Jung, 1875-1961 ~
Memories, Dreams and Reflections, 1962

Awakening begins when a man realizes that he is going nowhere and does not know where to go.
~ George Gurdjieff, 1877-1949 ~
in P. D. Ouspensky, *In Search of the Miraculous*, 1949

When one realises one is asleep, at that moment one is already half-awake.
~ P. D. Ouspensky, 1878-1947 ~

Imagine that you're awake and walking about amongst people who sleep; how can you communicate with them? You realize that they can have no idea about your awareness because they're still sleeping. You used to be like that yourself. But now you are awake.
~ Hazrat Khan, 1882-1927 ~
in Vilayat Khan, *Awakening: A Sufi Experience*, 1999

The man who is aware of himself is henceforth independent.
~ Virginia Woolf, 1882-1941 ~

What is man's great privilege, his exceptional experience? Consciousness and again consciousness, and it is in a passionate imaginative consciousness our true rewards are to be won.
~ Llewelyn Powys, 1884-1939 ~
Now That the Gods Are Dead, 1932

If there be anything that can be called genius, it consists chiefly in ability to give that attention to a subject which keeps it steadily in the mind, till we have surveyed it accurately on all sides.
~ Theodor Reik, 1888-1969 ~

The aim of life is to live, and to live means to be aware, joyously, drunkenly, serenely, divinely aware.
~ Henry Miller, 1891-1980 ~

The moment one gives close attention to anything, even a blade of grass, it becomes a mysterious, awesome, indescribably magnificent world in itself.
~ Miller ~

To be fully is to be wholly conscious of one's being: unconsciousness, half consciousness or deficient consciousness is a state of being not in possession of itself; it is existence, but not fullness of being. To be aware wholly or integrally of oneself and of all the truth of one's being is the necessary condition of true possession of existence.
~ Sri Aurobindo, 1892-1950 ~
Words of Sri Aurobindo, First Series

Let us not look back in anger, or forward in fear, but around in awareness.
~ James Thurber, 1894-1961 ~

The spiritual journey does not consist in arriving at a new destination where a person gains what he did not have, or becomes what he is not. It consists in the dissipation of one's own ignorance concerning oneself and life, and the gradual growth of that understanding which begins the spiritual awakening.
~ Aldous Huxley, 1894-1963 ~

In our periods of fervor, we get a glimpse of what it is like to have real lucidity … We get near to supreme liberty, which consists in the power of being attentive to everything, and changing the sort of attention we give each thing according to

the nature of the thing itself, and seeing each so well for what it is that each takes its place in the order of reality, and the soul bears down upon it, as the bee upon the flower, for the good it can yield.
~ P. R. Régamey, b. 1900 ~
Poverty: An Essential Element in the Christian Life, Rosemary Sheed, tr., 1949

Like the glow-worm; dowdy, minute, passive, yet full of mystery to the poet, and passionate significance to its fellows; so everything and everybody eternally radiate their dim light for those who care to seek. The strawberry hidden under the last leaf cries, "Pick me"; the forgotten book, in the forgotten book shop, screams to be discovered. The old house hidden in the hollow agitates itself violently at the approach of its predestined admirer. Dead authors cry, "Read me"; dead friends cry, "Remember me"; dead ancestors cry, "Unearth me"; dead places, "Revisit me": and sympathetic spirits, living and dead, are trying continually to enter into communion.
~ Cyril Connolly, 1903-1974 ~
The Unquiet Grave, 1944

What we usually call human evolution is the awakening of the divine nature within us.
~ Peace Pilgrim, 1908-1981 ~
Peace Pilgrim: Her Life and Work in Her Own Words, 1982

The highest ecstasy is the attention at its fullest.
~ Simone Weil, 1909-1943 ~

Attention is the rarest and purest form of generosity.
~ Weil ~

For the ordinary mind, whose mind is a checkerboard of crisscrossing reflections, opinions, and prejudices, bare attention is virtually impossible; one's life is thus centered not on reality itself but in one's ideas about it.
~ Philip Kapleau, 1909-2004 ~

Our attention is to affirm this life, not to bring order out of chaos nor to suggest improvements in creation, but simply to wake up to the very life we're living, which is so excellent once one gets one's mind and one's desires out of its way and lets it act of its own accord.
~ John Cage, 1912-1992 ~

I think myself into silence and, by writing, help others similarly spellbound by thoughts and words to come to silence – which is the realization that a linear code cannot justly represent a nonlinear world. But this intellectual silence is not failure, defeat or suicide. It is a return to that naked awareness, that vision unclouded by commentary, which we enjoyed as babies in the days when we saw no difference between knower and known, deed and happening.
~ Alan Watts, 1915-1973 ~
In My Own Way, 1972

As you open your awareness, life will improve of itself, you won't even have to try. It's a beautiful paradox; the more you open your consciousness, the fewer unpleasant events intrude themselves into your awareness.
~ Thaddeus Golas, 1924-1997 ~
The Lazy Man's Guide to Enlightenment, 1972

Each of us is … capable of outflowing attention and awareness, or withdrawing it. And this is all we need to do: Give full, permissive, loving attention to absolutely everything that we see in our minds, in our bodies, in our environment, in other people.
~ Ibid.

To be vital, awake, aware, in all areas of our lives, is the task that is never accomplished, but it remains the goal.
~ David Steindl-Rast, 1926- ~
The Music of Silence, 1995

Mindfulness is the miracle by which we master and restore ourselves … it can call back in a flash our dispersed mind and restore it to wholeness so that we can live each minute of life.
~ Thich Nhat Hanh, 1926- ~

The river of our perceptions continues to flow, but now, in the sunlight of our awareness, it flows peacefully, and we are serene … when the sun of awareness shines on the river of our perceptions, the mind is transformed.
~ Hanh ~
The Sun My Heart: From Mindfulness to Insight Contemplation, Arnold Kotler, ed., 1988

One's only task is to realize oneself.
~ R. D. Laing, 1927-1989 ~

Life is absolutely super and wonderful. There shouldn't be any sadness in it. People should be aware of all things at all times; they should experience the extremities of life, fulfill themselves completely. Why does everyone want to go to sleep

when the only thing left is to stay awake?
~ Edward Albee, 1928- ~
in *The New York Times*, 1971

So habitual is the trance of ordinary life that one could say that human beings are a race that sleeps and awakens, but does not awaken fully. Because half-awake is sufficient for the task we customarily do, few of us are aware of the dysfunction of our condition.
~ Arthur Deikman, 1929- ~

This is what Wisdom means: To be changed without the slightest effort on your part, to be transformed, believe it or not, merely by waking to the reality that is not words, that lies beyond the reach of words. If you are fortunate enough to be Awakened thus, you will know why the finest language is the one that is not spoken, the finest action is the one that is not done and the finest change is the one that is not willed.
~ Anthony deMello, 1931-1987 ~
Introduction, *One Minute Wisdom*, 1986

Consciousness is not a product of the physiological processes in the brain but is a primary attribute of existence. In the last analysis, the individual psyche of each of us is commensurate with the totality of existence; the deepest nature of humanity is not bestial, but divine.
~ Stanislav Grof, 1931- ~
"Planetary Survival and Consciousness Evolution"

When awareness is identified with thoughts we only exist in a certain time/space dimension. But when awareness goes behind thought, we are able to be free of time and see thoughts appearing and disappearing, just watching thought forms come into existence, exist, and pass away in a millisecond. And when the intensity of concentration allows us to see the space between two thoughts, we see eternity. There is no thought there. We realize that thought exists against the backdrop of no thought. Against the backdrop of emptiness, of nothing, we exist. And there we are at the edge of perceiving who we are.
~ Ram Dass, 1931- ~
in Ram Dass & Stephen Levine, *Grist for the Mill*, 1976

There have been moments in your life when you were pure awareness. No concepts, no thoughts like "I am aware" or "That is a tree" or "Now I am meditating." Just pure awareness. Openness. A spacious quality in your existence … For that moment your image of yourself was lost in the gestalt, in the totality of the moment. You were not clinging to anything. You were not holding on to the experience. It was flowing – through you, around you, by you, in you. At that moment you were the experience. You were the flow … You had transcended the separation that thought creates. You were the moment in all its fullness.
~ Ram Dass ~
Journey of Awakening: A Meditator's Guidebook, 1978

I suspect that we are all recipients of cosmic love notes. Messages, omens, voices, cries, revelations, and appeals are homogenized into each day's events. If only we knew how to listen, to read the signs.
~ Sam Keen, 1931- ~
The Passionate Life: Stages of Loving, 1983

Each person allocates his or her limited attention either by focusing it intentionally like a beam of energy … or by diffusing it in desultory, random movements. The shape and content of life depend on how attention has been used. Entirely different realities will emerge depending on how it has been invested.
~ Mihaly Csikszentmihalyi, 1934- ~
Flow: The Psychology of Optimal Experience, 1990

If attention, or psychic energy, is directed by the self, and if the self is the sum of the contents of consciousness … (which) are the result of different ways of investing attention, then we (are) going round and round, with no clear causes or effects. Consciousness is not a strictly linear system, but one in which circular causality obtains. Attention shapes the self, and is in turn shaped by it.
~ Ibid.

Greater awareness does not come in a single blinding flash of enlightenment. It comes slowly, piece by piece, and each piece must be worked for by the patient effort of study and observation of everything, including ourselves.
~ M. Scott Peck, 1936-2005 ~
The Road Less Travelled, 1978

At some point early in our lives, we decide just how conscious we wish to be. We establish a threshold of awareness. We choose how stark a truth we are willing to admit into consciousness, how readily we will examine contradictions in our lives and beliefs, how deeply we wish to penetrate. Our brains can censor what we see and hear, we can filter reality to suit our level of courage. At every crossroads we make the choice again for

greater or lesser awareness.
~ Marilyn Ferguson, 1938- ~
The Aquarian Conspiracy, 1980

Enhanced awareness promotes in all of us the traits that abound in the creative person: Whole seeing. Fresh childlike perceptions. Playfulness, a sense of flow. Risk-taking. The ability to focus attention in a relaxed way, to become lost in the object of contemplation. The ability to deal with many complex ideas at the same time. Willingness to diverge from the prevailing view. Access to preconscious material. Seeing what is there rather than what is expected or conditioned.
~ Ibid.

The bodhisattva never seeks a trance state, bliss, or absorption. He is simply awake to life situations as they are. He is particularly aware of the continuity of meditation with generosity, morality, patience, and energy. There is a continual feeling of "awake."
~ Chögyam Trungpa, 1939-1987 ~
Cutting Through Spiritual Materialism, 1973

There is no end to the beauty for the person who is aware. Even the cracks between the sidewalk contain geometric patterns of amazing beauty.
~ Matthew Fox, 1940- ~

It may be more important to be awake than to be successful, balanced, or healthy. What does it mean to be awake? Perhaps to be living with a lively imagination, responding honestly and courageously to opportunity and avoiding the temptation to follow mere habit or collective values. It means to be an individual, in every instance manifesting the originality of who we are.
~ Thomas Moore, 1940- ~
Original Self, 2000

Just the fact of being slightly more aware changes the way in which you act. Once you've glimpsed what's going on, it's very difficult to get caught up in quite the same old way.
~ Joseph Goldstein, 1944- ~

Attention is the intention to live without reservation in the here-and-now.
~ Timothy Miller, 1944- ~

I think it pisses God off if you walk by the color purple in a field somewhere and don't notice it.
~ Alice Walker, 1944- ~
The Color Purple, 1982

To awaken is not to hold the idea of awakening. You can't practice waking up. And you can't fake it or imitate it. You have to actually want to wake up. You're the one you can count on. You're not other-dependent. Everything you need is here now. Just rely on *thus* – immediate direct experience. You're the final authority. Whether you awaken or not is completely up to you.
~ Steve Hagen, 1945- ~
Buddhism Plain & Simple, 1997

Those who are awake live in a state of constant amazement.
~ Jack Kornfield, 1945- ~

Your Silent Master is completely aware, infinitely Intelligent, and ready to give you all the insight, information, and direction you need to fulfill your dreams, ambitions, and goals. In fact, this Consciousness is the Source of all your true desires.
~ Tae Yun Kim, 1946- ~
"Image V: You Have the Power to Fulfill Your Dreams," *Seven Steps to Inner Power*, 1991

Any cell, tissue, or organ is capable of crying out for attention, and when you give it some, the healing process begins.
~ Deepak Chopra, 1947- ~
Journey Into Healing: Awakening the Wisdom Within You, 1994

Whatever you put your attention on will grow stronger in your life.
~ Chopra ~

Consciousness is nothing but awareness, the composite of all the things we pay attention to.
~ Chopra ~

Once you know something, you cannot unknow it.
~ Larry Chang, 1949- ~

If you enter a lower state or even a defiled state with clear awareness, then that state will transform into its corresponding wisdom. So if you enter passion with awareness, you will find compassion. If you enter anger with awareness, you will find clarity.
~ Ken Wilber, 1949- ~
A Brief History of Everything, 1996

When we talk about mindfulness, we are describing conscious living and alert presence of mind. Mindfulness helps us bring our innate awareness into sharper focus; it helps us *pay attention* to what we are doing as we are doing it.

Paying attention helps us live in, and appreciate, the present moment in all its richness and depth. It helps us to see – truly see – what is actually going on. Simply put, attention pays off.
~ Lama Surya Das, 1950- ~
Awakening to the Sacred: Creating a Spiritual Life from Scratch, 1999

Perception … is a constant communion between ourselves and the living world that encompasses us.
~ David Abram, 1957- ~
Radio interview, "Insight & Outlook," by Scott London, 1999

You are no longer innocent, you are condemned to awareness.
~ Michael Eric Dyson, 1958- ~

The simple act of paying attention can take you a long way.
~ Keanu Reeves, 1964- ~

Attention or awareness is the secret of life and the heart of practice … every moment in life is absolute itself. That's all there is. There is nothing other than this present moment; there is no past, there is no future; there is nothing but this. So when we don't pay attention to each little this, we miss the whole thing. And the contents of this can be anything. This can be straightening out our sitting mats. Chopping an onion, visiting one we don't want to visit. It doesn't matter what the contents of the moment are; each moment is absolute. That's all there is, and all there ever will be. If we could totally pay attention, we would never be upset. If we're upset, it's axiomatic that we're not paying attention. If we miss not just one moment, but one moment after another, we're in trouble.
~ Charlotte Joko Beck ~
Nothing Special: Living Zen, 1994

Time swiftly passes by, and with it,
    our only chance
Each of us must aspire to awaken.
Be aware.
Do not squander our life.
~ Beck ~

Just by listening with your eyes
you can fold back on yourself and
merge into that primal
stream of awareness
like a river is swallowed by the
immensity of the ocean.
Only then will you know
the point to live from.
~ Ji Aoi Isshi ~

The very nature of attention changes. Prior to this attention was comparable to a rigid steel arrow. This arrow had a very precise goal – each act of attention directed at a target threw all the rest into the obscurity of inattention. With the awakening, this law changes and the arrow of attention diffuses, fans out – so much so that multidirectional attention is attained, which comes as a shock. One begins to see all things simultaneously – so much so that the earthly landscape acquires an unprecedented richness.
~ Stephen Jourdain ~
in *Radical Awakening : Cutting Through the Conditioned Mind / Dialogues with Stephen Jourdain*, Gilles Farcet, ed., Candace Lyons, tr., 2001

Human attention is among the most powerful natural forces in the universe. When an individual decides to turn his or her attention to understanding something, accomplishing something, changing something, the resources available to that individual are mobilized, and the world begins to change.
~ Jack Manno ~
Privileged Goods: Commoditization and Its Implications for Environment and Society, 2000

Be alert for any sign of beauty or grace, offer up every joy, be awake at all moments.
~ Sogyal Rinpoche ~

Through cooking we can become more responsive to what is happening around us. In the very same way that the Chinese cook was able to sharpen his knives just by using them, we can sharpen our lives by living them with awareness, moment by moment.
~ Bettina Vitell ~
A Taste of Heaven and Earth, 1993

It's *your* life that you are living. Don't pick and choose when you'll be there. All of it is yours. No one else suffers more if you waste it than you. Be patient with yourself and make every effort to be fully attentive so that you don't waste any of it.
~ Angel Kyodo Williams ~
Being Black: Zen and the Art of Living with Fearlessness and Grace, 2000

ATTITUDE

Related States & Conditions: Affirmation/Approval, Appreciation, Attachment, Avoidance/Denial/Refusal, Belief/Religion, Celebration, Commitment/Dedication, Comparison/Competition, Complacency, Criticism/Judgment, Daring/Challenge, Decision/Decisiveness, Defeat, Dependence, Detachment, Determination/Persistence/Resolve, Differentiation/Division/Separation, Discipline, Equanimity, Faith, Fault, Fear, Flexibility/Flux/Flow, Insecurity/Risk, Initiative, Laziness, Meaning, Mind, Moderation, Openness/Receptivity, Optimism/Positivism, Patience, Perspective, Preparation/Readiness, Presence, Questioning/Doubt, Relativity, Respect, Responsibility, Restraint, Self-Reliance, Sensibility/Sensitivity, Sincerity/Authenticity, Thinking/Thought, Tolerance, Unconscious/Subconscious, Understanding, Wonder/Mystery, Zeal/Zest

Syntonic: Attention/Awareness, Balance, Breakthrough/Epiphany/Turning Point, Centering, Compassion/Empathy/Kindness, Congruence/Resonance, Disclosure/Veracity, Diversity/Multiplicity, Enlightenment/Realization/Transcendence, Exploration, Focus/Intention, Goal/Purpose, Growth/Expansion, Humor/Laughter, Insight/Instinct/Intuition, Inspiration, Introspection/Self-Knowledge, Integrity, Learning, Listening, Love-Agape, Love-Eros, Meditation, Practice, Reciprocity/Reflection, Release, Renewal, Retreat/Withdrawal, Silence/Stillness, Simplicity, Spontaneity, Solitude, Transformation, Vision/Visualization

Dystonic: Anger, Delusion, Depression/Despair/Despondency, Distraction/Diversion, Failure/Error, Greed, Guilt, Haste/Impatience, Hate, Jealousy/Envy, Limitation, Loneliness, Regret, Revenge, Worry

If you are distressed by anything external, the pain is not due to the thing itself, but to your own estimate of it; and this you have the power to revoke at any moment.
~ Marcus Aurelius, 121-180 ~
Meditations, 170-180

If your heart is bright, then even in a dark chamber there is blue sky. If your thoughts are gloomy, then even in broad daylight cruel demons appear.
~ Hong Zicheng, fl. 1596 ~
Caigentan: Vegetable Roots Discourse, I.65, Robert Aitken & Daniel W. Y. Kwok, trs., 2006

There is enough light for those who desire only to see, and enough darkness for those of a contrary disposition.
~ Blaise Pascal, 1623-1662 ~

I have always preferred cheerfulness to mirth. The latter I consider as an act, the former as an habit of mind. Mirth is short and transient, cheerfulness fixed and permanent .
~ Joseph Addison, 1672-1719 ~

A cheerful temper, joined with innocence will make beauty attractive, knowledge delightful, and wit good-natured.
~ Addison ~

A good-natured man has the whole world to be happy out of.
~ Alexander Pope, 1688-1744 ~

The fountain of content must spring up in the mind, and he who has so little knowledge of human nature as to seek happiness by changing anything but his own disposition will waste his life away in fruitless efforts and multiply the grief he proposed to remove.
~ Samuel Johnson, 1709-1784 ~

I am still determined to be cheerful and happy in whatever situation I may be, for I have also learned from experience that the greater part of our happiness or misery depends on our dispositions, and not on our circumstances. We carry the seeds of the one or the other about with us in our minds, wherever we go.
~ Martha Washington, 1732-1802 ~
Letter to Mercy Otis Warren, in *Mary and Martha Washington*, Benson John Lossing, ed., 1886

Nothing can stop the man with the right mental attitude from achieving his goal; nothing on earth can help the man with the wrong mental attitude.
~ Thomas Jefferson, 1743-1826 ~

The measure of mental health is the disposition to find good everywhere.
~ Ralph Waldo Emerson, 1803-1882 ~

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The greatest discovery of my generation is that human beings, by changing the inner attitudes of their minds, can change the outer aspects of their lives.
~ William James, 1842-1910 ~

One ship drives east and another drives west
With the selfsame winds that flow.
'Tis the set of sails and not the gales
Which tells us the way to go.
~ Ella Wheeler Wilcox, 1850-1919 ~

Your attitude about who you are and what you have is a very little thing that makes a very big difference.
~ Theodore Roosevelt, 1858-1919 ~

If you think you can do a thing or think you can't do a thing, you're right.
~ Henry Ford, 1863-1947 ~

As long as there is a chance of the world getting through its troubles, I hold that a reasonable man must behave as though he were sure of it. If at the end your cheerfulness was not justified, at any rate you will have been cheerful.
~ H. G. Wells, 1866-1946 ~

No life is so hard that you can't make it easier by the way you take it.
~ Ellen Glasgow, 1873-1945 ~

Angels can fly because they take themselves lightly.
~ G. K. Chesterton, 1874-1936 ~
Orthodoxy, 1908

A stiff attitude is one of the attributes of rigor mortis.
~ Henry S. Haskins, b. 1875 ~
Meditations in Wall Street, 1940

We cannot solve our problems with the same thinking we used when we created them.
~ Albert Einstein, 1879-1955 ~

Attitude is more important than the past, than education, than money, than circumstances, than what people do or say. It is more important than appearance, giftedness, or skill.
~ W. C. Fields, 1880-1946 ~

Keep your face to the sunshine and you can never see the shadow.
~ Helen Keller, 1880-1968 ~

Your living is determined not so much by what life brings to you as by the attitude you bring to life; not so much by what happens to you as by the way your mind looks at what happens.
~ Khalil Gibran, 1883-1931 ~

Magnanimous people have no vanity, they have no jealousy, and they feed on the true and the solid wherever they find it. And, what is more, they find it everywhere.
~ Van Wyck Brooks, 1886-1963 ~

There are in life as many aspects as attitudes towards it; and aspects change with attitudes. At present we see life, generally speaking, in only a passive aspect because we bring only a passive attitude to bear upon it. Could we change our attitude, we should not only see life differently, but life itself would come to *be* different. Life would undergo a change of appearance because we ourselves had undergone a change in attitude.
~ Katherine Mansfield, 1888-1923 ~
in A. R. Orage, *Essays and Aphorisms*, 1954

Our attitudes control our lives. Attitudes are a secret power working twenty-four hours a day, for good or bad. It is of paramount importance that we know how to harness and control this great force … Life is 10% what you make it, and 90% how you take it.
~ Irving Berlin, 1888-1989 ~

I believe that if you think about disaster you will get it. Brood about death and you hasten your demise. Think positively and masterfully with confidence and faith, and life becomes more secure, more fraught with action, richer in achievement and experience.
~ Edward Rickenbacker, 1890-1973 ~

Attitudes are more important than facts.
~ Karl Menninger, 1893-1990 ~

Our personal dispositions are as windowpanes through which we see the world either as rosy or dull. The way we color the glasses we wear is the way the world seems to us.
~ Fulton J. Sheen, 1895-1979 ~

A man's actions are largely predetermined and his fortunes largely predestined by no other power or creature than himself. Both arise out of his own nature. He may take a misfortune as a final defeat and sink by the wayside of despair. Or he may take

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it as a first challenge and rise to the summit of determination. In the end, it is his *thought* about it that matters. His attitude toward these happenings is not less important than the happenings themselves. The creative thought comes first; its visible results will come later.
~ Paul Brunton, 1898-1981 ~
The Spiritual Crisis of Man, 1970

Any fact facing us is not as important as our attitude toward it, for that determines our success or failure. The way you think about a fact may defeat you before you ever do anything about it. You are overcome by the fact because you think you are.
~ Norman Vincent Peale, 1898-1993 ~

We are injured and hurt emotionally – not so much by other people or what they say or don't say – but by our own attitude and our own response.
~ Maxwell Maltz, 1899-1975 ~
Psycho-Cybernetics, 1960

The meaning of things lies not in the things themselves, but in our attitude towards them.
~ Antoine de Saint-Exupéry, 1900-1944 ~

There is little difference in people, but that little difference makes a big difference. That little difference is attitude. The big difference is whether it is positive or negative.
~ W. Clement Stone, 1902-2002 ~

Everything can be taken from a person but one thing: the last of the human freedoms – the right to choose one's attitude in any given set of circumstances, the right to choose one's way.
~ Viktor Frankl, 1905-1998 ~
Man's Search for Meaning, 1959

It's not what happens that matters but how you take it … Adopting the right attitude can convert a negative stress into a positive one.
~ Hans Selye, 1907-1982 ~

If we think of defeat, that's what we'll get. If we are undecided then nothing will happen for us. We must just pick something GREAT to do, and then DO it. Never think of failure at all, for as we think now, that's what we'll get
~ Maharishi Mahesh Yogi, 1911- ~

Life is not a problem. If we live, we live; if we die, we die; if we suffer, we suffer; it appears that we are the problem.
~ Alan Watts, 1915-1973 ~

It is not the conduct of others but our reaction to it that makes or mars our life experience.
~ Eric Butterworth, 1916-2003 ~
Discover the Power Within You, 1968

It's not the load that breaks you down, it's the way you carry it.
~ Lena Horne, 1917- ~

Nothing can stop the man with the right mental attitude from achieving his goal; nothing on earth can help the man with the wrong mental attitude.
~ Eli Cossman, 1918-2002 ~

A great attitude does much more than turn on the lights in our worlds; it seems to magically connect us to all sorts of serendipitous opportunities that were somehow absent before the change.
~ Earl Nightingale, 1921-1989 ~

A happy person is not a person in a certain set of circumstances, but rather a person with a certain set of attitudes.
~ Hugh Downs, 1921- ~

A cloudy day is no match for a sunny disposition.
~ William Athur Ward, 1921- ~

The world does not have to change … The only thing that has to change is our attitude.
~ Gerald Jampolsky, 1925- ~

The good news is, that the bad news can be turned into good news when you change your attitude.
~ Robert H. Schuller, 1926- ~

Those who have easy, cheerful attitudes tend to be happier than those with less pleasant temperaments, regardless of money, "making it," or success.
~ Joyce Brothers, 1927- ~

It has never been, and never will be, easy work! But the road that is built in hope is more pleasant to the traveller than the road built in despair, even though they both lead to the same destination.
~ Marian Zimmer Bradley, 1930-1999 ~

Dream as if you'll live forever. Live as if you'll die today.
~ James Dean, 1931-1955 ~

The remarkable thing is we have a choice every day regarding the attitude we will embrace for that day. We cannot change our past … We cannot change the fact that people will act in a certain way. We cannot change the inevitable. The only thing we can do is play on the one string we have, and that is our attitude.
~ Charles Swindoll, 1934- ~

People who soar are those who refuse to sit back, sigh and wish things would change. They neither complain of their lot nor passively dream of some distant ship coming in. Rather, they visualize in their minds that they are not quitters; they will not allow life's circumstances to push them down and hold them under.
~ Swindoll ~

We are held back only by our beliefs. If you believe that where you are and what you have is the best you will ever do, then that's where you'll stay. If you believe that life can be better, then it will become better.
~ Famous Amos, 1937- ~
Watermelon Magic, 1996

Transmutation can be effected by the mind: first begin by changing your attitude (about something you fear or dislike) to a more positive outlook. Look at a situation negatively and it will become negative.
~ Michael W. Fox, 1937- ~

We live what we know. If we believe the universe and ourselves to be mechanical, we will live mechanically. On the other hand, if we know that we are part of an open universe, and that our minds are a matrix of reality, we live more creatively and powerfully. If we imagine that we are isolated beings, so many inner tubes floating on an ocean of indifference, we will lead different lives than if we know a universe of unbroken wholeness. Believing in a world of fixity, we will fight change; knowing a world of fluidity, we will cooperate with change.
~ Marilyn Ferguson, 1938- ~
The Aquarian Conspiracy, 1980

The difference between a limited you and an unlimited you begins with your attitude and state of mind. So, your first step in taking charge of your life is to learn to take charge of your thinking.
~ Tae Yun Kim, 1946- ~
Seven Steps to Inner Power, 1991

What separates the winners from the losers is how a person reacts to each new twist of fate.
~ Donald Trump, 1946- ~

The impulses of energy and information that create our life experiences are reflected in our attitudes toward life. And our attitudes are an outcome of and expressions of self-engendered impulses of energy and information.
~ Deepak Chopra, 1947- ~
Creating Affluence, 1993

We cannot choose how many years we will live, but we can choose how much life those years will have. We cannot control the beauty of our face, but we can control the expression on it. We cannot control life's difficult moments but we can choose to make life less difficult. We cannot control the negative atmosphere of the world, but we can control the atmosphere of our minds. Too often we try to choose and control things we cannot. Too seldom we choose to control what we can … our attitude.
~ John C. Maxwell, 1947- ~
Developing the Leader Within You, 1993

If you can't change your fate, change your attitude.
~ Amy Tan, 1952- ~

Our attitudes control our lives. Attitudes are a secret power working twenty-four hours a day, for good or bad. It is of paramount importance that we know how to harness and control this great force.
~ Tom Blandi ~

Life is a grindstone, but whether it grinds you down or polishes you up depends on what you are made of.
~ Robert E. Johnson ~

Your living is determined not so much by what life brings to you … as by the attitude you bring to life.
~ John Homer Mills ~

It is ironic that one of the few things in this life over which we have total control is our attitudes, and yet most of us live our entire life behaving as though we had no control whatsoever.
~ Jim Rohn ~

Life is the movie you see through your own unique eyes. It makes little difference what's happening out there. It's how you take it that counts.
~ Dennis Waitley ~
The Winner's Edge, 1980

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AUTONOMY / CONTROL

Related States & Conditions: Actualization/Fulfillment, Being/Essence/Soul, Detachment, Discipline, Equanimity, Individuality, Initiative, Integrity, Liberation/Liberty/Freedom, Mind, Moderation, Power, Presence, Questioning/Doubt, Relativity, Respect, Responsibility, Restraint, Self, Self-Reliance, Sincerity/Authenticity, Thinking/Thought, Unconscious/Subconscious

Syntonic: Affirmation/Approval, Appreciation, Attention/Awareness, Balance, Centering, Composure/Peace/Tranquility, Confidence, Congruence/Resonance, Conviction/Principle, Daring/Challenge, Decision/Decisiveness, Detachment, Determination/Persistence/Resolve, Enlightenment/Realization/Transcendence, Exploration, Flexibility/Flux/Flow, Focus/Intention, Goal/Purpose, Growth/Expansion, Introspection/Self-Knowledge, Learning, Meditation, Openness/Receptivity, Optimism/Positivism, Patience, Perspective, Practice, Preparation/Readiness, Release, Renewal, Retreat/Withdrawal, Silence/Stillness, Solitude, Strength, Understanding, Wisdom

Dystonic: Anger, Attachment, Avoidance/Denial/Refusal, Belief/Religion, Comparison/Competition, Complacency, Conformity, Criticism/Judgment, Defeat, Deferment/Delay, Delusion, Dependence, Depression/Despair/Despondency, Distraction/Diversion, Fear, Failure/Error, Fault, Greed, Guilt, Habit, Haste/Impatience, Hate, Insecurity/Risk, Indulgence/Temptation, Jealousy/Envy, Limitation, Loquacity, Loneliness, Regret, Revenge, Worry

The self-mastered man or woman sets himself or herself apart. He or she is like a tree grown in fertile ground. It grows green and doubles its yield of fruit.
~ *Book of Declarations of Virtues* ~
in *Kemet and the African Worldview*, Maulana Karenga and Jacob Carruthers, eds., 1986

Salvation is accomplished through the efforts of the individual. There is no mediator between man and his/her salvation.
~ Khemetic Saying ~
Temt Tchaas: Egyptian Proverbs, Muata Ashaya Ashby, ed., 1994

Motivate yourself by yourself; examine yourself by yourself. Thus self-controlled and fully conscious, you will live happily. For the self is master of the self; the self is the resort of the self. So control yourself, as a trader does a good horse.
~ Buddha, c. 563-483 BCE ~

It is better to conquer yourself
than to win a thousand battles.
Then the victory is yours.
~ Buddha ~
Dhammapada

For one who is self-controlled and always disciplined in action, victory over the self is always better than victory over others.
~ Ibid.

Life's good comes not from others' gift, nor ill
Man's pains and pains' relief are from within.
~ Tamil Poem ~
in *Purananuru*, 500 BCE

Each man is the architect of his own destiny.
~ Appius Claudius Caecus, 4th-3rd C. BCE ~
in Sallust, *Ad Caesarem*

I do not let changes of a given time determine the way I master myself. What I call self-mastery means that my nature and life abide where they are secure.
~ *Book of the Huainan Masters*, 2nd C. BCE ~

Who, then, is free? The wise man who can govern himself.
~ Horace, 65-8 BCE ~

No man is free who is not master of himself.
~ Epictetus, 50-120 ~

The most excellent jihad is that for the conquest of the self.
~ Muhammad, c. 570-632 ~

When you keep presence of mind, only then do you have autonomy. When you have autonomy, only then can you manage affairs.
~ Lu Dong Bin, c. 798 ~
The Secret of the Golden Flower: The Classic Chinese Book of Life, Thomas Cleary, tr., 1991

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Just be autonomous wherever you are, and right there is realization. Situations that come up cannot change you. Even if you have bad habits, you will spontaneously be liberated from them.
~ Linji Yixuan, d. 867 ~
in *Zen Essence: The Science of Freedom*, Thomas Cleary, tr. & ed., 1989

The highest manifestation of life consists in this: that a being governs its own actions. A thing which is subject to the direction of another is somewhat of a dead thing.
~ Thomas Aquinas, 1225-1274 ~
in Donald Attwater, *Modern Christian Revolutionaries*, 1947

You can never have a greater or a less dominion than over yourself.
~ Leonardo da Vinci, 1452-1519 ~

With freedom of choice and with honor, as though the maker and molder of thyself, thou mayest fashion thyself in whatever shape thou shalt prefer. Thou shalt have the power to generate into the lower forms of life which are brutish. Thou shalt have the power, out of thy soul's judgment, to be reborn into the higher forms.
~ Pico della Mirandola, 1463-1494 ~

How shall I be able to rule over others, that have not full power and command of myself?
~ François Rabelais, c. 1494-1553 ~

The greatest thing in the world is to know how to belong to oneself.
~ Michel de Montaigne, 1533-1592 ~
Essais, 1580

Alone, you are a sovereign.
Yourself, a precious kingdom.
Reign with peace and harmony!
What external force can possibly invade?
~ Hanshan Deqing, 1546-1623 ~
"Purify Your Mind," *Poems by Silly Mountain*, Upasaka Richard Cheung, tr.

He that would govern others first should be
The master of himself.
~ Philip Massinger, 1583-1640 ~
The Bondman, an Antient Stone, 1624

Human life is really a puppet show. So long as I am in control, not a string gets out of order, folding or unfolding. I decide on movement or rest, not a bit controlled by others. This is the way to transcend this world.
~ Hong Zicheng, fl. 1596 ~
Caigentan: Vegetable Roots Discourse, II.128, Robert Aitken & Daniel W. Y. Kwok, trs., 2006

My true being, the essence of my nature, myself, remains inviolate and inaccessible to the world's attacks.
~ Henri-Frédéric Amiel, 1821-1881 ~

The man who masters himself is delivered from the force that binds all creatures.
~ Johann von Goethe, 1749-1832 ~
Die Geheimnisse

Man who man would be,
Must rule the empire of himself.
~ Percy Bysshe Shelley, 1792-1822 ~

Self-command is the main elegance.
~ Ralph Waldo Emerson, 1803-1882 ~

He who lets the world, or his own portion of it, choose his plan of life for him, has no need of any other faculty than the ape-like one of imitation.
~ John Stuart Mill, 1806-1873 ~

Immense power is acquired by assuring yourself in your secret reveries that you were born to control affairs.
~ Andrew Carnegie, 1835-1919 ~

Perhaps ordinary Hedonism makes a mistake in failing to recognize … the pleasure which lies in the denial of pleasure. In order to enjoy life one must be a master of life – for to be a slave to its inconsistencies can only mean torment; and in order to enjoy the senses one must be master of *them*.
~ Edward Carpenter, 1844-1929 ~
Love's Coming of Age, 1896

I am the master of my fate;
I am the captain of my soul.
~ William Henley, 1849-1903 ~
Invictus, 1875

The future is of our own making – and (for me) the most striking characteristic of the century is just that development.
~ Joseph Conrad, 1857-1924 ~
Letter to H. G. Wells, 1903

What avails it if you have power over the whole of the world, if you have mastered every atom in the universe? That will not make you happy unless you

have the power of happiness in yourself, until you have conquered yourself.
~ Vivekananda, 1863-1902 ~
The Complete Works of Swami Vivekananda, 1984-1987, 4:155. 1926

A nation may conquer the waves, control the elements, develop the utilitarian problems of life seemingly to the utmost limits, and not yet realize that in the individual, the highest type of civilization is found in him who has learned to conquer self.
~ Ibid., 4:200

Body IS only mind in a grosser form, mind being composed of finer layers and the body being the denser layers; and when man has perfect control over his mind, he will also have control over his body.
~ Ibid., 6:140

In each of us there is a king. Speak to him and he will come forth.
~ Scandinavian Saying ~

Nothing ever really sets human nature free, but self-control.
~ Phyllis Bottome, 1884-1963 ~
in *The Wit of Women*, Lore & Maurice Cowan, eds., 1970

God and nature made us what we are, and then out of our own created genius we make ourselves what we want to be. Follow always that great law.
~ Marcus Garvey, 1887-1940 ~
African Fundamentalism, 1925

What thought has done, thought can undo. The mental patterns laid down in your subconscious throughout the ages can be consciously removed. This great thing within you, which is called will or choice, can decide your destiny. It can remove every obstruction and gradually implant new patterns in your mind.
~ Ernest Holmes, 1887-1960 ~
This Thing Called You, 1948

You are the thinker. You are the creator of thought patterns. You are the master of your fate. But you must exercise this mastership.
~ Ibid.

There's only one corner of the universe you can be certain of improving, and that's your own self.
~ Aldous Huxley, 1894-1963 ~
Time Must Have a Stop, 1944

As in a democracy, the sovereignty derives ultimately from the individual voter, so in the realm of thinking, the individual is his own authority … man ought to reassert his independence. The mind always dares in the solitude of one's study in the still hours of the night. In such thinking, there is strength.
~ Lin Yutang, 1895-1976 ~
The Pleasures of a Nonconformist, 1962

Let every man have the courage to think for himself. In this capacity of man to think for himself … lies the true motive force of all human progress.
~ Ibid.

One has to be a light to oneself; this light is the law. There is no other law. All the other laws are made by thought and so fragmentary and contradictory. To be a light to oneself is not to follow the light of another, however reasonable, logical, historical, and however convincing. You cannot be a light to yourself if you are in the dark shadows of authority, of dogma, of conclusion.
~ Jiddu Krishnamurti, 1895-1986 ~
Krishnamurti's Journal, 1982

And when man faces destiny, destiny ends and man comes into his own.
~ André Malraux, 1901-1976 ~
The Voices of Silence, Stuart Gilbert, tr., 1953

We are not permitted to choose the frame of our destiny. But what we put into it is ours.
~ Dag Hammarskjöld, 1905-1961 ~

Man can will nothing unless he has first understood that he must count on no one but himself; that he is alone, abandoned on earth in the midst of his infinite responsibilities, without help, with no other aim than the one he sets himself, with no other destiny than the one he forges for himself on this earth.
~ Jean-Paul Sartre, 1905-1980 ~

Up to a point a man's life is shaped by environment, heredity, and movements and changes in the world about him; then there comes a time when it lies within his grasp to shape the clay of his life into the sort of thing he wishes to be … Everyone has it within his power to say, this I am today, that I shall be tomorrow.
~ Louis L'Amour, 1908-1988 ~

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It is far better to be free to govern, or misgovern yourself, than to be governed by anybody else.
~ Kwame Nkrumah, 1909-1972 ~

To know oneself, one should assert oneself.
~ Albert Camus, 1913-1960 ~
Notebooks

We must first recover possession of our own being before we can act wisely or taste any experience in its human reality. As long as we are not in our own possession, all our activity is futile. If we let all our wine run out of the barrel and down the street, how will our thirst be quenched?
~ Thomas Merton, 1915-1968 ~
No Man Is an Island, 1955

Our relationship to past symbols of authority is changing because we are awakening to ourselves as individual beings with an inner rulership. Property and credentials and status are not as intimidating any more ... New symbols are rising: pictures of wholeness. Freedom sings within us as well as outside us.
~ M. C. Richards, 1916-1999 ~
The Crossing Point, 1973

No force anywhere on earth is as imperialistic as the human soul. It occupies and is occupied in turn, but it always considers its empire too narrow. Suffocating, it desires to conquer the world in order to breathe.
~ Vilayat Khan, 1916-2004 ~
in Lawrence LeShan, *How to Meditate*, 1974

We can let circumstances rule us, or we can take charge and rule our lives from within.
~ Earl Nightingale, 1921-1989 ~

If you don't run your own life, someone else will.
~ John Atkinson, 1923- ~

If you want to manage your problems successfully, you need to take a chance, take charge, and take control.
~ Robert H. Schuller, 1926- ~
Power Thoughts, 1993

It is only when one has taken the leap into the unknown of total selfhood, psychological independence and unique individuality that one is free to proceed along still higher paths of spiritual growth and free to manifest love in its greatest dimensions.
~ M. Scott Peck, 1936-2005 ~
The Road Less Travelled, 1978

There are two things over which you have complete dominion, authority and control – your mind and your mouth.
~ Molefi Asante, 1942- ~

We are the only creatures on earth who can change our biology by what we think and feel.
~ Deepak Chopra, 1947- ~
Journey Into Healing: Awakening the Wisdom Within You, 1994

Can't nothin' make your life work if you ain't the architect.
~ Terry McMillan, 1951- ~

It isn't until you come to a spiritual understanding of who you are – not necessarily a religious feeling, but deep down, the spirit within – that you can begin to take control.
~ Oprah Winfrey, 1954- ~

The secret of success is learning how to use pain and pleasure instead of having pain and pleasure use you. If you do that, you're in control of your life. If you don't, life controls you.
~ Anthony J. Robbins, 1960- ~

There is no higher authority on the planet, when it comes to deciding what's best for you, than you. Life is a banquet, so you should eat until you're full, and do as you please as long as you're not hurting anybody else ... You can't get satisfaction living your life according to someone else's rules.
~ RuPaul, 1960- ~
Lettin It All Hang Out, 1995

Sovereignty isn't something someone gives you ... It's a responsibility you carry inside yourself ... each man and woman among us has to be sovereign. Sovereignty begins with yourself.
~ Eddie Benton-Banai ~
in Steve Wall & Harvey Arden, *Wisdomkeepers*, 1990

Though he has dominion over nature, he cannot destroy it without destroying himself. The key to his expression of dominion is first to gain sovereignty of his own nature.
~ The Findhorn Community ~
The Findhorn Garden, 1975

In order to become the winner that you will respect and admire ... you must have control of the authorship of your own destiny ... the pen that writes your life story MUST be held in your own hand.
~ Irene C. Kassorla ~

AVOIDANCE / DENIAL / REFUSAL

Related States & Conditions: Appearance/Form, Attitude, Conviction/Principle, Deferment/Delay, Delusion, Dependence, Distraction/Diversion, Fear, Inaction, Insecurity/Risk, Suffering, Struggle, Worry

Syntonic: Acceptance, Actualization/Fulfillment, Affirmation/Approval, Appreciation, Attention/Awareness, Autonomy/Control, Centering, Confidence, Courage, Daring/Challenge, Decision/Decisiveness, Detachment, Enlightenment/Realization/Transcendence, Engagement/Integration/Involvement, Equanimity, Exploration, Forgiveness, Love-Agape, Meditation, Openess/Receptivity, Optimism/Positivism, Prudence, Release, Spirituality, Strength, Transformation, Understanding

Dystonic: Attachment, Conflict/Opposition, Criticism/Judgment, Defeat, Depression/Despair/Despondency, Fault, Grief/Sorrow, Habit, Hate, Jealousy/Envy, Limitation, Loneliness, Regret

Nowhere!
Not in the sky,
Nor in the midst of the sea,
Nor deep in the mountains,
Can you hide from your own mischief.
~ Buddha, c. 563-483 BCE ~
Dhammapada

Aversion is a form of bondage. We are tied to what we hate or fear. That is why, in our lives, the same problem, the same danger or difficulty, will present itself over and over again in various prospects, as long as we continue to resist or run away from it instead of examining it and solving it.
~ Patanjali, c. 200-150 BCE ~

Do not try to drive pain away by pretending that it is not real. If you seek serenity in oneness, pain will vanish of its own accord.
~ Sanskrit Saying ~

If you don't bring forth what is inside you, what you don't bring forth will destroy you.
~ Jesus of Nazareth, c. 5-38 CE ~
in *The Gospel of Thomas*

Those who prefer quiet to noise tend to avoid people and seek solitude. They don't know that just thinking of avoiding people simply engenders the self, that thinking to be quiet is itself the spark to become active. How can they realize that others and they are actually one, and reach the point where there is no distinction between actvity and repose?
~ Hong Zicheng, fl. 1596 ~
Caigentan: Vegetable Roots Discourse, II.106, Robert Aitken & Daniel W. Y. Kwok, trs., 2006

It is easy to keep things at a distance; it is hard to be naturally beyond them.
~ Bunan, 1603-1676 ~

There are many things we despise, that we may not have to despise ourselves.
~ Marquis de Vauvenargues, 1715-1747 ~
Reflections and Maxims, 1746

To repel one's cross is to make it heavier.
~ Henri-Frédéric Amiel, 1821-1881 ~

Let me not pray to be sheltered from dangers but to be fearless in facing them. Let me not be for the stilling of my pain but for the heart to conquer it.
~ Rabindranath Tagore, 1861-1941 ~

When an inner situation is not made conscious, it happens outside as fate.
~ Carl Jung, 1875-1961 ~
Aion, 1951

You must know when, how, and to whom you must say "no." This involves considerable difficulty at times. You must not hurt people, or want to hurt them, yet you must not placate them at the price of infidelity to higher and more essential values.
~ Thomas Merton, 1915-1968 ~
Conjectures of a Guilty Bystander, 1966

You can't recover from what you do not understand.
~ Lillian Hellman, 1905-1984 ~
Maybe: A Story, 1980

Fear of knowing is very deeply a fear of doing.
~ Abraham Maslow, 1908-1970 ~

You must constantly guard against the trap of falling into a routine of remaining busy with unimportant chores that will provide you with an excuse to avoid meaningful challenges or opportunities that could change your life for the better.
~ Og Mandino, 1923-1996 ~

You cannot fix what you will not face.
~ James Baldwin, 1924-1987 ~

In the absence of wake-up calls, many of us never really confront the critical issues of life.
~ Stephen Covey, 1932- ~
First Things First, 1994

One of the difficulties or traps of spiritual practice which aims for transcendence is denial – which means that because I don't want to have anger, greed, hatred and delusion, I pretend I don't have them. Nevertheless, they may well arise from time to time in my experience. The most important thing is coming back to authenticity, to truth-telling. So long as I'm experiencing anger or fear or guilt or greed, or any of those negative emotions, it's better to acknowledge them, work with them and release them than to fall into denial. Because if we deny them, they tend to reappear in unexpected ways.
~ Frances Vaughan, 1935- ~
In the Meantime, Interview with Susan Bridle

The problem is not that human beings have hostile and sexual feelings, but rather that human beings have a conscious mind that is so often unwilling to face these feelings and tolerate the pain of dealing with them, and that is so willing to sweep them under the rug.
~ M. Scott Peck, 1936-2005 ~
The Road Less Travelled, 1978

We are all in need, in crisis, although most of us still seek to hide the reality of our brokenness from ourselves and one another.
~ Peck ~
The Different Drum: Community Making and Peace, 1987

If you aren't willing to listen to the Other, the one who is different from you – because you fear that person or what she or he represents, you'll pay for it. The monster that you're projecting onto the other person will get bigger and more terrifying, because your fear will feed it. If you turn away at a stage when you could have listened and spoken in a responsible and nonviolent way, there'll be a violent explosion that will harm you *and* the other person. The monster you've created isn't going to go away – it's going to go on tripping you up until you deal with it.
~ Gloria Anzaldúa, 1942-2004 ~

Everything in the universe, including every part of ourselves, wants love and acceptance. Anything in life we don't accept will simply make trouble for us until we make peace with it.
~ Shakti Gawain, 1948- ~
Return to the Garden: A Journey of Discovery, 1989

We avoid things that we're afraid of because we think there will be dire consequences if we confront them. But the truly dire consequences in our lives come from avoiding things we need to learn about or discover.
~ Gawain ~
The Path of Transformation: How Healing Ourselves Can Change the World, 1993

Denial, and the mechanism of perceptual defense that underlies it, touch your life in more ways than you could ever imagine. Problems don't get better with time. You cannot change what you do not acknowledge. And what you do not acknowledge is going to get worse until you do.
~ Phillip McGraw, 1950- ~
Life Strategies: Doing What Works, Doing What Matters, 1999

The journey has to start from where we are. There is no running away because your mind goes where you go.
~ Pandit Rajmani Tigunait, 1953- ~

It's not denial. I'm just selective about the reality I accept.
~ Bill Watterson, 1958-
Calvin and Hobbes

As we get more sensitive to our life and what it truly is, we can't run away. We can try for a while, and most of us will try for as long as we can. But we can't run indefinitely.
~ Charlotte Joko Beck ~
Everyday Zen, 1989

What we can't face looks for us anyway.
~ John Trudell ~

BALANCE

Related States & Conditions: Actualization/Fulfillment, Being/Essence/Soul, Centering, Collaboration/Synergy, Compassion/Empathy/Kindness, Composure/Peace/Tranquility, Congruence/Resonance, Connection/Interbeing/Interdependence, Detachment, Engagement/Integration/Involvement, Equanimity, Flexibility/Flux/Flow, Friendship, Giving/Serving, Health/Healing, Moderation, Oneness/Wholeness/Unity, Paradox, Partnership, Polarity/Contrast, Reciprocity/Reflection, Relationship, Relativity, Restraint, Solution, Synthesis, Unconscious/Subconscious

Syntonic: Affirmation/Approval, Appreciation, Attention/Awareness, Autonomy/Control, Enlightenment/Realization/Transcendence, Exploration, Forgiveness, Growth/Expansion, Introspection/Self-Knowledge, Learning, Lila/Leisure, Love-Eros, Meditation, Openness/Receptivity, Optimism/Positivism, Patience, Practice, Preparation/Readiness, Prudence, Release, Renewal, Retreat/Withdrawal, Self-Reliance, Silence/Stillness, Solitude, Spontaneity, Strength, Understanding, Wisdom

Dystonic: Anger, Attachment, Avoidance/Denial/Refusal, Chaos/Uncertainty, Comparison/Competition, Conformity, Criticism/Judgment, Defeat, Delusion, Dependence, Depression/Despair/Despondency, Distraction/Diversion, Fear, Fault, Greed, Guilt, Haste/Impatience, Hate, Indulgence/Temptation, Insecurity/Risk, Jealousy/Envy, Loquacity, Regret, Revenge, Worry

Everything flows, out and in; everything has its tides; all things rise and fall; the pendulum-swing manifests in everything; the measure of the swing to the right is the measure of the swing to the left; rhythm compensates.
~ Hermes Trismegistus ~
in *The Kybalion: A Study of the Hermetic Philosophy*, 1908

One must not lose sight of practical matters in order to pursue spiritual ones. The superior person maintains a proper balance.
~ *Yi Jing*, c. 1150 BCE ~
"Sun: Mildness" in *The Photographic I Ching*, Dhiresha McCarver, tr., 1997

Just as you breathe in and breathe out
Sometimes you're ahead and other times behind
Sometimes you're strong and other times weak.
~ Laozi, 570-490 BCE ~
Tao Te Ching, Gia Fu-Feng & Jane English, trs., 1972

Where the solid qualities are in excess of accomplishments, we have rusticity; where the accomplishments are in excess of the solid qualities, we have the manners of a clerk. When the accomplishments and solid qualities are equally blended, we then have the man of virtue.
~ Kongfuzi, c. 551-c. 479 BCE ~
Analects

Where there is sunshine, there is also shade.
~ Kashmiri Saying ~

The best and safest thing is to keep a balance in your life, acknowledge the great powers around us and in us. If you can do that, and live that way, you are really a wise man.
~ Euripides, c. 485-406 BCE ~

Human lives go along with circumstances. It is not necessary to reject activity and seek quiet; just make yourself inwardly empty while outwardly harmonious. Then you will be at peace in the midst of frenetic activity in the world.
~ Yuanwu Kekin, 1063-1135 ~
in *Zen Essence: The Science of Freedom*, Thomas Cleary, tr. & ed., 1989

Observe the qualities of expansion and contraction
in the fingers of your hand:
surely after the closing of the fist comes the
opening.
If the fingers were always closed or always open,
the owner would be crippled.
Your movement is governed by these two qualities:
they are as necessary to you
as two wings are to a bird.
~ Jalaluddin Rumi, 1207-1273 ~
"Two Wings," Mathnawi III, 3762-66
The Pocket Rumi Reader, Kabir Helminski, ed., 2001

Be humble, for you are made of dung. Be noble, for you are made of stars.
~ Serbian Saying ~

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The dark threads were as needful, in the weaver's skillful hand,
as the threads of gold and silver, for the pattern which he planned.
~ Greek Saying ~

Ask counsel of both times, of the ancient time what is best; and of the latter time what is fittest.
~ Francis Bacon, 1561-1626 ~

Whatever difference may appear in the fortunes of mankind, there is, nevertheless, a certain compensation of good and evil which makes them equal.
~ François de La Rochefoucauld, 1613-1680 ~

If people can be firm in decision and flexible in gradual practice, neither hurrying nor lagging, neither aggressive nor weak, with hardness and softness balancing each other, then they will benefit wherever they go.
~ Liu Yiming, b. c. 1737 ~
Awakening to the Tao, Thomas Cleary, tr., 1988

A perfect equity adjusts its balance in all parts of life … The world looks like a multiplication table, or a mathematical equation, which, turn it how you will, balances itself.
~ Ralph Waldo Emerson, 1803-1882 ~
"The Oversoul," *Essays: First Series*, 1841

For everything you have missed, you have gained something else; and for everything you gain, you lose something else.
~ Emerson ~

If ever the faculties of the great majority of mankind were exclusively bent upon the pursuit of material objects, it might be anticipated that an amazing reaction would take place in the souls of some. I should be surprised if mysticism did not soon make some advance among a people solely engaged in promoting its own worldly welfare.
~ Alexis de Tocqueville, 1805-1859 ~

Into each life some rain must fall;
Some days must be dark and dreary.
~ Henry Wadsworth Longfellow, 1807-1882 ~
"The Rainy Day," *Ballads and Other Poems*, 1842

Keep your eyes on the stars, and your feet on the ground.
~ Theodore Roosevelt, 1858-1919 ~

Calm, activity – each has its use.
~ Soyen Shaku, 1859-1919 ~

The movement of life has its rest in its own music.
~ Rabindranath Tagore, 1861-1941 ~

In the ocean we cannot raise a wave without causing a hollow somewhere else. The sum total of the good things in the world has been the same throughout in its relation to man's need and greed. It cannot be increased or decreased.
~ Vivekananda, 1863-1902 ~
The Complete Works of Swami Vivekananda, 1984-1987, 1:111, 1926

The ideal man is he who, in the midst of the greatest silence and solitude, finds the intensest activity, and in the midst of the intensest activity finds the silence and solitude of the desert.
~ Ibid., 1:34

Ordinarily speaking, spiritual aspiration ought to be balanced through the intellect; otherwise it may degenerate into mere sentimentality.
~ Ibid., 7:22

The world acquires value only through its extremes and endures only through moderation; extremists make the world great, the moderates give it stability.
~ Paul Valéry, 1871-1945 ~

The word "happiness" would lose its meaning if it were not balanced by sadness.
~ Carl Jung, 1875-1961 ~

Keep self well-balanced, and keep the body physically fit, the mental body alert, and the spiritual body – give it an opportunity to manifest.
~ Edgar Cayce, 1877-1945 ~
Reading No. 342-1

A lament in one ear, maybe; but always a song in the other. And to me life is simply an invitation to live.
~ Sean O'Casey, 1880-1964 ~

I would have you consider your judgment and your appetite even as you would two loved guests in your house.
Surely you would not honor one guest above the other; for he who is more mindful of one loses the love and the faith of both.
~ Khalil Gibran, 1883-1931 ~
The Prophet, 1923

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Order is not pressure which is imposed from without but an equilibrium which is set up from within.
~ José Ortega y Gasset, 1883-1955 ~

But I am not so sure that to be balanced is necessarily a virtue. Some urgent inner problem or some imbalance may actually improve the impetus for dealing with outer wrongs. The rebel who is stirred to action by injustice or cruelty to others may well have himself suffered from an inner tyrant which bullies him. Most geniuses in whatever field are, to ordinary eyes, more than a little mad. The heavy prices some artists have to pay for their unusual insight may be lack of balance.
~ Irene Claremont de Castillejo, 1885-1967 ~
Knowing Woman: A Feminine Psychology, 1973

Serenity of spirit and turbulence of action should make up the sum of man's life.
~ Vita Sackville-West, 1892-1962 ~

The good life can be lived only in a society where tidiness is preached and practiced, but not too fanatically, and where efficiency is always haloed, as it were, by a tolerated aura of mess.
~ Aldous Huxley, 1894-1963 ~
Themes and Variations, 1950

Apparently, in nature's scheme, there is not a blessing in this life without its concomitant evils, and not an evil without its compensatory blessings.
~ Lin Yutang, 1895-1976 ~
The Vigil of a Nation, 1944

My studies of self-actualizing people find in them simultaneously the ability to abstract without giving up concreteness and the ability to be concrete without giving up abstractness.
~ Abraham Maslow, 1908-1970 ~

The great skill of life is to be able to maintain the innocence of a child in one's heart while at the same time possessing mastery and control. The combination of these two modes of being is a great art.
~ Vilayat Khan, 1916-2004 ~
Awakening: A Sufi Experience, 1999

We must learn to be still in the midst of activity and to be vibrantly alive in repose.
~ Indira Gandhi, 1917-1984 ~

It is necessary to teach both to accept and to reject the past with a kind of balance that takes considerable skill. Science alone of all the subjects contains within itself the lesson of the danger of belief in the infallibility of the greatest teachers of the proceeding generation.
~ Richard Feynman, 1918-1988 ~
The Pleasure of Finding Things Out, Jeffrey Robbins, ed., 1999

Man always travels along precipices ... His truest obligation is to keep his balance.
~ Pope John Paul II, 1920-2005 ~

We must adjust to changing times and still hold to unchanging principles.
~ Jimmy Carter, 1924- ~

We must learn to balance the material wonders of technology with the spiritual demands of our human race.
~ John Naisbitt, 1929- ~

When a person has access to both the intuitive, creative, and visual right brain and the analytical, logical, verbal left brain, then the whole brain is working. There is psychic synergy taking place in our own head. And this tool is best suited to the reality of what life is, because life is not just logical – it is also emotional.
~ Stephen Covey, 1932- ~
The 7 Habits of Highly Effective People, 1989

Balance isn't either/or; it's and.
~ Covey ~
First Things First, 1994

Activity and reflection should ideally complement and support each other. Action by itself is blind, reflection impotent.
~ Mihaly Csikszentmihalyi, 1934- ~
Flow: The Psychology of Optimal Experience, 1990

A life of wisdom must be a life of contemplation combined with action.
~ M. Scott Peck, 1936-2005 ~
The Road Less Travelled, 1978

Be aware of wonder. Live a balanced life – learn some and think some and draw and paint and sing and dance and play and work every day some.
~ Robert Fulghum, 1937- ~

Happiness is equilibrium. Shift your weight. Equilibrium is pragmatic. You have to get everything into proportion. You compensate,

rebalance yourself so that you maintain your angle to your world. When the world shifts, you shift.
~ Tom Stoppard, 1937- ~

Balance is a perfectionist ideal, never to be found in actual life. Therefore, it is not a good image to keep in mind. Rather, the soul's complexity is achieved over time, through error and extreme. There may be only rare moments, quickly fading, in which the desired amalgam appears to be within reach. Most of the time we feel the unwelcome tug of one side or the other. That, I believe, is as it should be. We are guided by our emotions, by pain, by the feeling of going wrong. The point is to enter the mysterious complexity of the soul's polytheistic structures, and not to arrive at some static point of perfect balance.
~ Thomas Moore, 1940- ~
Soul Mates: Honoring the Mysteries of Love and Relationship, 1994

A balanced life doesn't just happen. It is a state of grace we create by staying connected with our thoughts and feelings and consciously measuring what we do. Just as feeling fit and flexible demands physical exercise, just as expanding your mind requires intellectual effort, so bringing your life into balance and maintaining your spiritual equilibrium require focused awareness and daily retreat from the stresses of the world.
~ Susan L. Taylor, 1946- ~
Lessons in Living, 1995

By trying to focus only on the things we deem "positive" and ignoring or repressing the rest, we are simply perpetuating the polarization of light and dark forces. Ironically, this further distorts and empowers the very energies we are trying to avoid. We must deeply recognize that there is no split between "spiritual" and "unspiritual," good and bad. All aspects of life are elements of the life force and facets of the divine. True healing comes from owning and accepting all of life's energies within ourselves.
~ Shakti Gawain, 1948- ~
Return to the Garden: A Journey of Discovery, 1989

The secret of effortless control is balance – continuous adjustment of continuous change. Like learning to ride a bike, using less and less means to control greater and greater power.
~ Stephen Nachmanovitch, 1950- ~

Difficulties are opportunities to better things; they are stepping stones to greater experience. Perhaps someday you will be thankful for some temporary failure in a particular direction. When one door closes, another always opens; as a natural law it has to, to balance.
~ Brian Adams ~
How to Succeed, 1985

It's a question of balance: don't take yourself or your task too seriously, yet give it your best. It may seem like walking a tightrope in the beginning but later the spaciousness of your mind will make it seem like a broad path with lots of room on either side. When you live like this your presence becomes quite natural, and like a flower or a waterfall, your actions have an unselfconscious beauty which enriches existence not just for yourself but for everyone.
~ G. BlueStone ~
Maverick Sutras, 1994

If we have a long-range view, then we realize that equilibrium comes in the course of nature's progression. Nature does not achieve balance by keeping to one level. Rather, elements and seasons alternate with one another in succession. Balance … is not stasis but a dynamic process of many overlapping alternations; even if some phases seem wildly excessive, they are balanced by others. Everything has its place. Everything has a season. As events turn, balance is to know what is here, what is coming, and how to be in perfect harmony with it. Then one attains a state of sublimity that cannot be challenged.
~ Deng Ming-Dao ~
365 Tao: Daily Meditations, 1992

The middle path is the way of balance, neither to the left nor the right, neither to the wrong nor the correct, but we shall not have this balance through trying to grasp it. It will come when the extremes are properly looked at and dissolved. The mind is always wanting to grasp something in order to stay with it and not let it go, but in doing that it is not open, and for the middle path it needs to be open.
~ Ajahn Dhiravamsa ~
The Middle Path of Life: Talks on the Practice of Insight Meditation, 1988

The heroic quest is not about power over, about conquest and domination; it is a quest to bring balance into our lives through the marriage of both feminine and masculine aspects of our nature.
~ Maureen Murdock ~
The Heroine's Journey, 1990

BEGINNING / ENDEAVOUR

Related States & Conditions: Action, Actualization/Fulfillment, Breakthrough/Epiphany/Turning Point, Cause, Choice/Volition, Creativity/Discovery/Innovation, Daring/Challenge, Death/Dying, Decision/Decisiveness, Desire, Determination/Persistence/Resolve, Direction, Engagement/Integration/Involvement, Exploration, Focus/Intention, Growth/Expansion, Initiative, Inspiration, Journey/Path, Opportunity, Possibility/Potential, Presence, Renewal, Seeking, Synthesis, Today, Vision/Visualization

Syntonic: Ability, Affirmation/Approval, Appreciation, Attention/Awareness, Autonomy/Control, Centering, Commitment/Dedication, Confidence, Conviction/Principle, Courage, Diligence, Discipline, Dispatch, Expectation/Hope, Faith, Flexibility/Flux/Flow, Imagination, Ingenuity, Listening, Openness/Receptivity, Optimism/Positivism, Passion, Practice, Preparation/Readiness, Power, Release, Retreat/Withdrawal, Self-Reliance, Silence/Stillness, Spontaneity, Strength, Zeal/Zest

Dystonic: Anger, Attachment, Avoidance/Denial/Refusal, Conformity, Complacency, Defeat, Deferment/Delay, Delusion, Dependence, Depression/Despair/Despondency, Distraction/Diversion, Fear, Habit, Inaction, Insecurity/Risk, Jealousy/Envy, Limitation, Loquacity, Regret, Worry

A setback at the beginning of an undertaking offers an excellent opportunity to withdraw from the struggle and re-evaluate the situation.
~ *Yi Jing*, c. 1150 BCE ~
"Ming: Darkening of the Light," in *The Photographic I Ching*, Dhiresha McCarver, tr., 1997

A journey of a thousand miles must begin with a single step.
~ Laozi, c. 570-490 BCE ~
Daode Jing

All difficult things have their origin in that which is easy, and great things in that which is small … A terrace nine stories high begins with a pile of dirt.
~ Laozi ~

The beginning is the most important part of any work, especially in the case of a young and tender thing; for that is the time at which the character is being formed and the desired impression more readily taken.
~ Plato, c. 427-347 BCE ~
The Republic, c. 360 BCE

Well begun is half done.
~ Aristotle, 384-322 BCE ~

He who has begun has half done. Dare to be wise; begin!
~ Horace, 65-8 BCE ~
Epistles

Do not despise the bottom rungs in the ascent to greatness … If you wish to reach the highest, begin at the lowest.
~ Publilius Syrus, c. 42 BCE ~

Have you found the beginning, then, that you are looking for the end? You see, the end will be where the beginning is.
~ Jesus of Nazareth, c. 5 BCE-c. 30 CE ~
in *The Gospel of Thomas*, Stephen Patterson & Marvin Meyer, trs.

Begin; to begin is half the work. Let half still remain; again begin this, and thou wilt have finished.
~ Ausonius, c. 310-c. 395 ~

The beginning of cultivating yourself is right in yourself; on a thousand mile journey, the first step is the most important. If you can do both of these well, the infinite sublime meanings of hundreds of thousands of teachings will be fulfilled.
~ Ying-An ~
in *Zen Essence: The Science of Freedom*, Thomas Cleary, tr. & ed., 1989

Be willing to be a beginner every single morning.
~ Meister Eckhart, 1260-1327 ~

Wherever you are is the entry point.
~ Kabir, 1440-1518 ~
in Julia Cameron, *Transitions: Prayers and Declarations for a Changing Life*, 1999

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If the first button of one's coat is wrongly buttoned, all the rest will be crooked.
~ Giordano Bruno, 1548-1600 ~

We have it in our power to begin the world again.
~ Thomas Paine, 1737-1809 ~
Common Sense, 1776

All beginnings require that you unlock new doors.
~ Nachman of Breslov, 1772-1810 ~

Fear not that thy life shall come to an end, but rather fear that it shall never have a beginning.
~ John Henry Newman, 1801-1890 ~

What we call results are beginnings.
~ Ralph Waldo Emerson, 1803-1882 ~
The Conduct of Life, 1860

In creating, the only hard thing's to begin; a grass-blade's no easier to make than an oak.
~ James Russell Lowell, 1819-1891 ~

So never lose an opportunity of urging a practical beginning, however small, for it is wonderful how often in such matters the mustard-seed germinates and roots itself.
~ Florence Nightingale, 1820-1910 ~

Begin at the beginning ... and go on until you come to the end: then stop.
~ Lewis Carroll, 1832-1898 ~
Alice's Adventures in Wonderland, 1865

But the beginning of things, of a world especially, is necessarily vague, tangled, chaotic, and exceedingly disturbing.
~ Kate Chopin, 1851-1904 ~

Start where you are with what you have, knowing that what you have is plenty enough.
~ Booker T. Washington, 1856-1915 ~

Wherever you are, that is a point from which you can start to the center.
~ Vivekananda, 1863-1902 ~
The Complete Works of Swami Vivekananda, 1984-1987, 3:536, 1926

Just to be on the first step should make you happy and proud. To have reached this point is no small achievement: what you have done already is a wonderful thing.
~ Constantine Cavafy, 1863-1933 ~

Keep on beginning and failing. Each time you fail, start all over again, and you will grow stronger until you have accomplished a purpose – not the one you began with perhaps, but one you'll be glad to remember.
~ Annie Sullivan, 1866-1936 ~

The past is but a beginning of a beginning, and all that is and has been is but the twilight of the dawn.
~ H. G. Wells, 1866-1946 ~

Each morning is a fresh beginning. We are, as it were, just beginning life. We have it entirely in our own hands. And when the morning with its fresh beginning comes, all yesterdays should be yesterdays, with which we have nothing to do. Sufficient is it to know that the way we lived our yesterday has determined for us our today. And, again, when the morning with its fresh beginning comes, all tomorrows should be tomorrows, with which we have nothing to do. Sufficient to know that the way we live our today determines our tomorrow.
~ Ralph Waldo Trine, 1866-1958 ~
In Tune With the Infinite, 1897

There are thousands of reasons why you cannot do what you want to. All you need is one reason why you can.
~ Willis R. Whitney, 1868-1958 ~

Every beginning is a consequence – every beginning ends something.
~ Paul Valéry, 1871-1945 ~

This is not the end. It is not even the beginning of the end. But it is, perhaps, the end of the beginning.
~ Winston Churchill, 1874-1965 ~
Speech, Mansion House, 1942

One does not need buildings, money, power, or status to practice the Art of Peace. Heaven is right where you are standing, and that is the place to train.
~ Morihei Ueshiba, 1883-1969 ~
The Art of Peace, John Stevens, tr., 1992

What we call the beginning is often the end
And to make our end is to make a beginning.
The end is where we start from.
~ T. S. Eliot, 1885-1965 ~
Four Quartets, 1943

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Whatever a man does he must do first in his mind.
~ Albert Szent-Györgyi, 1893-1986 ~

The sum of all our days is just our beginning.
~ Lewis Mumford, 1895-1990 ~

The ending (of the old way of thinking) is the beginning, and the beginning is the first step, and the first step is the only step.
~ Jiddu Krishnamurti, 1895-1986 ~
The Second Penguin Krishnamurti Reader, Mary Lutyens, ed., 1973

In eternity everything is just beginning.
~ Elias Canetti, 1905-1994 ~

There will come a time when you believe everything is finished. That will be the beginning.
~ Louis L'Amour, 1908-1988 ~

All great deeds and all great thoughts have a ridiculous beginning. Great works are often born on a street corner or in a restaurant's revolving door.
~ Albert Camus, 1913-1960 ~

Nourish beginnings, let us nourish beginnings.
Not all things are blest, but the
seeds of all things are blest.
The blessing is in the seed.
~ Muriel Rukeyser, 1913-1980 ~
"Elegy in Joy," *The Green Wave*

The end is in the beginning and lies far ahead.
~ Ralph Ellison, 1914-1994 ~
Invisible Man, 1952

We do not want to be beginners. But let us be convinced of the fact that we will never be anything else but beginning all our lives.
~ Thomas Merton, 1915-1968 ~

Begin somewhere; you cannot build a reputation on what you intend to do.
~ Liz Smith, 1923- ~

Take the first step in faith. You don't have to see the whole staircase, just take the first step.
~ Martin Luther King, Jr., 1929-1968 ~

You may be disappointed if you fail, but you are doomed if you don't try.
~ Beverly Sills, 1929- ~

You start with what you can. You start here and now, from your local position. Because your feet are on the ground. You have to start from yourself, from your ground, not to be in the air. That's why struggle starts locally, and it expands, and it connects globally. You have to start locally from your soil, from your village, from your country, from your state. To liberate yourself.
~ Nawal el Saadawi, 1931- ~
Interview by Stephanie McMillan, 1999

This instant is a new beginning for all. If you really jump into a now-moment you will be completely renewed.
~ Tolbert McCarroll, 1931- ~
Notes from the Song of Life, 1977

But the greatest miracle for me was getting started. I feel – and the anxiety is still vivid to me – that I might easily have failed before I began.
~ V. S. Naipaul, 1932- ~

You must begin by knowing that you have already arrived.
~ Richard Bach, 1936- ~
Jonathan Livingston Seagull, 1970

Vision is not enough; it must be combined with venture. It is not enough to stare up the steps; we must step up the stairs.
~ Václav Havel, 1936- ~

It ain't nothing to find no starting place in the world. You just start from where you find yourself.
~ August Wilson, 1945-2005 ~

Don't wait for something big to occur. Start where you are, with what you have, and that will always lead you into something greater.
~ Mary Manin Morrissey, 1951- ~

To choose is also to begin.
~ Starhawk, 1951- ~
Dreaming the Dark: Magic, Sex, and Politics, 1982

Watch yourself. Every minute we change. It is a great opportunity. At any point, we can step out of our frozen selves and our ideas and begin fresh.
~ Natalie Goldberg ~
Writing Down the Bones, 1986

No first step can be really great; it must of necessity possess more of prophecy than of achievement; nevertheless, it is by the first step that a man marks the value, not only of his cause, but of himself.
~ Katherine Thurston ~

BEING / ESSENCE / SOUL

Related States & Conditions: Actualization/Fulfillment, Attention/Awareness, Autonomy/Control, Cause, Centering, Choice/Volition, Connection/Interbeing/Interdependence, Conscience, Continuity, Death/Dying, Desire, Dreams/Dreaming, Engagement/Integration/Involvement, Enlightenment/Realization/Transcendence, Expression, Focus/Intention, Growth/Expansion, Identity, Individuality, Insight/Intuition/Instinct, Inspiration, Integrity, Introspection/Self-Knowledge, Journey/Path, Learning, Logos, Love-Agape, Manifestation, Meaning, Memory, Mind, Oneness/Wholeness/Unity, Perspective, Possibility/Potential, Power, Presence, Reciprocity/Reflection, Seeking, Sex/Sexuality, Self, Shadow, Sincerity/Authenticity, Spirituality, Thinking/Thought, Time, Today, Truth, Unconscious/Subconscious, Wonder/Mystery

Syntonic: Acceptance, Adversity, Affirmation/Approval, Appreciation, Celebration, Compassion/Empathy/Kindness, Composure/Peace/Tranquility, Congruence/Resonance, Courage, Detachment, Direction, Discipline, Disclosure/Veracity, Equanimity, Exploration, Faith, Flexibility/Flux/Flow, Forgiveness, Friendship, Giving/Serving, Imagination, Liberation/Liberty/Freedom, Listening, Love-Eros, Meditation, Openness/Receptivity, Oppression, Optimism/Positivism, Partnership, Passion, Practice, Preparation/Readiness, Questioning/Doubt, Release, Relationship, Renewal, Retreat/Withdrawal, Self-Reliance, Silence/Stillness, Simplicity, Solitude, Spontaneity, Strength, Struggle, Suffering, Understanding, Vision/Visualization, Wisdom, Zeal/Zest

Dystonic: Anger, Attachment, Avoidance/Denial/Refusal, Conformity, Complacency, Criticism/Judgment, Defeat, Delusion, Dependence, Depression/Despair/Despondency, Distraction/Diversion, Fear, Fault, Greed, Guilt, Habit, Hate, Insecurity/Risk, Jealousy/Envy, Limitation, Loquacity, Regret, Revenge, War/Agression/Violence, Worry

The Soul is made of consciousness and mind; it is made of life and vision. It is made of the earth and the waters; it is made of air and space. It is made of light and darkness; it is made of desire and peace. It is made of anger and love; it is made of virtue and vice. It is made of all that is near; it is made of all that is afar. It is made of all.
~ *Upanishads*, c. 1400-c. 800 BCE ~

As the moon retaineth her nature, though darkness spread itself before her face as a curtain, so the Soul remaineth perfect even in the bosom of a fool.
~ Akhenaton, c. 1385-c. 1355 BCE ~

You should know that the essential Bodhi is wondrous and bright, being neither cause nor condition, neither self as such nor not self as such, neither unreality nor not unreality, for it is beyond all forms and is identical with all things. How can you now think of it and use frivolous terminology of the world to express it? This is like trying to catch or touch the void with your hand; you will only tire yourself, for how can you catch the void?
~ Buddha, c. 563-483 BCE ~
Surangama Sutra, Upasaka Lu K'uan Yu (Charles Luk), tr., 1966

You could never arrive at the limits of the soul, no matter how many roads you traveled, so deep is its mystery.
~ Heraclitus, c. 540-c. 480 BCE ~

The sphere of the soul maintains its perfect form when it is not extended toward any object, or shrinking in on itself, or dispersed or sunk down, but only when it is bathed in light, the light in which it sees the truth, both in all things and in itself.
~ Marcus Aurelius, 121-180 ~
The Spiritual Teachings of Marcus Aurelius, Mark Forstater, tr., 2000

As our body is a part of the universe, so also our soul is a part of the Soul of the universe … Souls are responsive to one another because they all come from the same soul.
~ Plotinus, 205-270 ~
Enneads, 250

It is ignorance that causes us to identify ourselves with the body, the ego, the senses, or anything that is not the Atman. He is wise who overcomes this ignorance by devotion to the Atman.
~ Shankara, 686-718 ~
Viveka-Chudamani

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Let each and every one of you turn the light inwards and not try to memorize my words … The one thing essential now is to recollect your mind to attain the fundamental, the very root of your being. Having arrived at the root, you need have no worry about the accidentals.
~ Guishan Lingyou, 771-854 ~
in *The Golden Age of Zen*, John Chwan-Hwa Wu, ed., 1996

I explain to you matters
Pertaining to enlightenment,
But don't try to keep
Your mind on them.
Just turn to the ocean
Of your own essence
And develop practical accord with its nature.
~ Yangshan Huiji, 803-887 ~

When you suddenly
Realize the source of mind,
You open a box of jewels.
Honorable on earth and in the heavens,
You are aloof even
From the joy of meditation.
The essence containing all flavors
Is the supreme delicacy,
Worth more than ten thousand
Ounces of pure gold.
~ Fenyang Shanzhao, 947-1024 ~

Your deep soul hides itself from consciousness. So you need to increase aloneness, elevation of thinking, penetration of thought, liberation of mind – until finally your soul reveals itself to you, spangling a few sparkles of her lights.
~ *Kabbalah* ~
The Essential Kabbalah, Daniel Chanan Matt, ed., 1996

The soul enjoys the body in its pleasures and takes over to heal it in its illnesses.
~ Marsilio Ficino, 1433-1499 ~

The soul is the mirror of an indestructible universe.
~ Gottfried Leibniz, 1646-1716 ~
The Monadology, 1714

The soul is a fire that darts its rays through all the senses; it is in this fire that existence consists; all the observations and all the efforts of philosophers ought to turn toward this ME, the center and moving power of our sentiments and ideas.
~ Madame de Staël, 1766-1817 ~

There is one spectacle grander than the sea, that is the sky; there is one spectacle grander than the sky, that is the interior of the soul.
~ Victor Hugo, 1802-1885 ~

For the sense of being which in calm hours rises, we know not how, in the soul, is not diverse from things, from space, from light, from time, from man, but one with them and proceedeth obviously from the same source whence their life and being also proceedeth.
~ Ralph Waldo Emerson, 1803-1882 ~
"Self-Reliance," *Essays: First Series*, 1841

Life is real! Life is earnest! And the grave is not its goal;
dust thou art, to dust returnest, was not spoken of the soul.
~ Henry Wadsworth Longfellow, 1807-1882 ~

The seat of a soul is not inside a person or outside a person but the very place they overlap and meet with the world.
~ Gerard de Nerval, 1808-1855 ~

There is no short cut, no patent tram-road, to wisdom: After all the centuries of invention, the soul's path lies through the thorny wilderness which must still be trodden in solitude, with bleeding feet, with sobs for help, as it was trodden by those of old times.
~ George Eliot, 1819-1880 ~

Save his own soul he hath no star
And sinks, except his own soul guide.
~ A. C. Swinburne, 1837-1909 ~

To recognize that the soul of a man is unknowable, is the ultimate achievement of wisdom. The final mystery is oneself. When one has weighed the sun in the balance, and measured the steps of the moon, and mapped out the seven heavens star by star, there still remains oneself. Who can calculate the orbit of his own soul?
~ Oscar Wilde, 1856-1900 ~
De Profundis, 1905

Pray all the time, read all the scriptures in the world, and worship all the gods there are … unless you realize the Soul there is no freedom.
~ Vivekananda, 1863-1902 ~
The Complete Works of Swami Vivekananda, 1984-1987, 4:245, 1926

I must before I die, find some way to say the essential thing that is in me, that I have never said yet – a thing that is not love or hate or pity or scorn, but the very breath of life, fierce and coming from far away, bringing into human life the vastness and fearless force of non-human things.
~ Bertrand Russell, 1872-1970 ~
The Selected Letters of Bertrand Russell, Vol. I, 1884-1914, Nicholas Griffin, ed.

It is only when life is overwrought with the tyranny of doing that we miss the joy of being; and it is only the consciousness of being that makes us capable of any worthy action.
~ Holbrook Jackson, 1874-1948 ~
Southward Ho! And Other Essays, 1914

Extensive as the "external" world is, with all its sidereal distances, it hardly bears comparison with the dimensions, the *depth-dimensions*, of our inner being, which does not even need the spaciousness of the universe to be, in itself, almost unlimited. It seems to me more and more as though our ordinary consciousness inhabited the apex of a pyramid whose base in us (and, as it were, beneath us) broadens out to such an extent that the farther we are able to let ourselves down into it, the more completely do we appear to be included in the realities of earthly and, in the widest sense, *worldly*, existence, which are not dependent on time and space. From my earliest youth I have felt the intuition that at some deeper cross-section of this pyramid of consciousness, mere *being* could become an event, the inviolable presence and simultaneity of everything that we, on the upper, "normal," apex of self-consciousness, are permitted to experience only as entropy.
~ Rainier Maria Rilke, 1875-1926 ~

Be. And, at the same time, know what it is not to be.
The non-being inside you allows you to vibrate in full resonance with your world. Use it for once.
~ Rilke ~
Part Two, Sonnet XIII, *In Praise of Mortality: Selections from Rilke's Duino Elegies and Sonnets to Orpheus*, Joanna Macy & Anita Barrows, trs., 2005

We mostly spend (our scattered lives) conjugating three verbs: to Want, to Have, and to Do. Craving, clutching, and fussing, on the material, political, social, emotional, intellectual – even on the religious – plane, we are kept in perpetual unrest forgetting that none of these verbs have any ultimate significance, except as far as they are transcended by and included in the fundamental verb, to Be: and that Being, not wanting, having and doing, is the essence of a spiritual life.
~ Evelyn Underhill, 1875-1941 ~
The Spiritual Life, 1937

We can never finally know. I simply believe that some part of the human Self or Soul is not subject to the laws of space and time.
~ Carl Jung, 1875-1961 ~

No one can give a definition of the soul. But we know what it feels like. The soul is the sense of something higher than ourselves, something that stirs in us thoughts, hopes, and aspirations which go out to the world of goodness, truth, and beauty. The soul is a burning desire to breathe in this world of light and never to lose it – to remain children of light.
~ Albert Schweitzer, 1875-1965 ~
Reverence for Life: The Words of Albert Schweitzer, Harold Robles, ed., 1993

Your duty is to be; and not to be this or that.
~ Ramana Maharshi, 1879-1950 ~
Talks with Sri Ramana Maharshi, 1955

Just what we really are matters more than what other people think of us.
~ Jawaharlal Nehru, 1889-1964 ~

It is with the soul that we grasp the essence of another human being, not with the mind, not even with the heart.
~ Henry Miller, 1891-1980 ~
The Books in My Life, 1952

Man has falsely identified with the pseudo-soul or ego. When he transfers his sense of identity to his true being, the immortal Soul, he discovers that all pain is unreal. He no longer can even imagine the state of suffering.
~ Paramahansa Yogananda, 1893-1952 ~
Sayings of Paramahansa Yogananda, 1952

As soon as we start looking through the outer and visible to the inner and invisible and trying to see how form and meaning relate, most of the old body/soul dichotomy vanishes. The soul then becomes the body's *meaning*, and the body the expression of the soul.
~ Karlfried Durckheim, 1896-1988 ~
The Call for the Master, Vincent Nash, tr., 1989

The life force and the mind are operating, but the mind will tempt you to believe that it is "you."

Therefore, understand always that you are the timeless, spaceless witness. And even if the mind tells you that you are the one who is acting, don't believe the mind. Always keep your identity separate from that which is doing the working, thinking and talking. That which has happened – that is, the apparatus which is functioning – has come upon your original essence, but you are not that apparatus.
~ Nisargadatta, 1897-1981 ~
Prior to Consciousness: Talks with Sri Nisargadatta Maharaj, Jean Dunn, ed., 1990

Just to be is a blessing. Just to live is holy.
~ Abraham Heschel, 1907-1972 ~

In the greatest confusion there is still an open channel to the soul. It may be difficult to find because by mid-life it is overgrown … But the channel is always there, and it is our business to keep it open, to have access to the deepest part of ourselves.
~ Saul Bellow, 1915-2005 ~

It is as if consciousness rests upon a self-sustaining and imagining substrate – an inner place or deeper person or ongoing presence – that is simply there even when all our subjectivity, ego, and consciousness go into eclipse. Soul appears as a factor independent of the events in which we are immersed. Though I cannot identify soul with anything else, I also can never grasp it by itself apart from other things, perhaps because it is like a reflection in a flowing mirror, or like the moon which mediates only borrowed light. But just this peculiar and paradoxical intervening variable gives one the sense of having or being a soul. However intangible and indefinable it is, soul carries highest importance in hierarchies of human values, frequently being identified with the principle of life and even of divinity.
~ James Hillman, 1926- ~
Re-Visioning Psychology, 1975

If I see one dilemma with Western man, it's that he can't accept how beautiful he is. He can't accept that he is pure light, that he's pure love, that he's pure consciousness, that he's divine.
~ Ram Dass, 1931- ~
in *Esquire*, 1972

There is nothing to do but be.
~ Stephen Levine, 1937- ~

Soulfulness … Its goal is not to make life problem-free, but to give ordinary life depth and value.
~ Thomas Moore, 1940- ~
Care of the Soul, 1992

The real you is a non-local field of information that is trapped in space and time by the body and mind. Your soul, the thinker of thoughts, finds expression through the mind and body, but when body and brain are destroyed, nothing happens to the real you. The unconditional spirit is not energy or matter, it is in the silent spaces between our thoughts.
~ Deepak Chopra, 1947- ~
Journey Into Healing: Awakening the Wisdom Within You, 1994

When you get in touch with the part of yourself that is eternal and nonchanging, you have true knowledge of your own immortality, and fear melts away like snow in the summer breeze.
~ Ibid.

Being is the eternal, ever-present One Life beyond the myriad forms of life that are subject to birth and death. However, Being is not only beyond but also deep within every form as its innermost invisible and indestructible essence. This means it is accessible to you now as your own deepest self, your true nature. But don't seek to grasp it with your mind. Don't try to understand it. You can only know it when your mind is still. When you are present, when your attention is fully and intensely in the Now, being can be felt, but it can never be understood mentally. To regain awareness of Being and to abide in that state of "feeling-realization" is enlightenment.
~ Eckhard Tolle, 1948- ~
The Power of Now: A Guide to Spiritual Enlightenment, 1999

When the energy of the soul is recognized, acknowledged, and valued, it begins to infuse the life of the personality. When the personality comes fully to serve the energy of its soul, that is authentic empowerment. This is the goal of the evolutionary process in which we are involved and the reason for our being. Every experience that you have and will have upon the Earth encourages the alignment of your personality with your soul. Every circumstance and situation gives you the opportunity to choose this path, to allow your soul to shine through you, to bring into the physical world through you its unending and unfathomable reverence for and love of Life.
~ Gary Zukav ~
The Seat of the Soul, 1990

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BELIEF / RELIGION

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Syntonic: Acceptance, Affirmation/Approval, Appreciation, Celebration, Centering, Compassion/Empathy/Kindness, Composure/Peace/Tranquility, Congruence/Resonance, Direction, Discipline, Exploration, Forgiveness, Giving/Serving, Imagination, Learning, Liberation/Liberty/Freedom, Listening, Meditation, Openness/Receptivity, Optimism/Positivism, Preparation/Readiness, Questioning/Doubt, Release, Renewal, Retreat/Withdrawal, Self-Reliance, Silence/Stillness, Sincerity/Authenticity, Solitude, Struggle, Suffering, Understanding, Vision/Visualization, Wisdom, Zeal/Zest

Dystonic: Anger, Attachment, Avoidance/Denial/Refusal, Conformity, Criticism/Judgment, Delusion, Dependence, Distraction/Diversion, Fear, Fault, Guilt, Hate, Habit, Limitation, Oppression, Revenge, War/Aggression/Violence

However many holy words you read, however many you speak, what good will they do you if you do not act upon them?
~ Buddha, c. 563-483 BCE ~
Dhammapada

As unnecessary as a well is
to a village on the banks of a river,
so unnecessary are all scriptures
to someone who has seen the truth.
~ *Bhagavad Gita*, c. 400 BCE ~
2:46, Stephen Mitchell, tr., 2000

Hell and heaven are in your own heart. Unless heaven reside within you, the mere reading or reciting of sacred books profiteth nothing.
~ *T'ai Shang Kan Ying P'ien* ~
Paul Carus & Teitaro Suzuki, trs., 1906

The nature of God is a circle whose center is everywhere, and its circumference nowhere.
~ Empedocles, c. 490-c. 430 BCE ~
in *A Dictionary of Thought*, Tryon Edwards, ed., 1901

Religion is regarded by the common people as true, by the wise as false, and by rulers as useful.
~ Seneca, c. 4 BCE-65 CE ~

Light your lamp first at home and afterward at the mosque.
~ Muslim Saying ~

The true believer begins with himself.
~ Berber (North Africa) Saying ~

God requires no synagogue – except in the heart.
~ Hasidic Saying ~

The kingdom of God cometh not with observation; neither shall they say, Lo here! or, Lo there! for behold, the kingdom of God is within you.
~ Jesus of Nazareth, c. 5-c. 38 CE ~
in *The Bible*, Luke 17:20-21

Preach the gospel all the time. If necessary use words.
~ Francis of Assisi, c. 1181-1226 ~

All religions,
all this singing,
is one song.
The differences are just
illusion and vanity.
The sun's light looks a little different
on this wall than it does on that wall ...
but it's still one light.
~ Jalaluddin Rumi, 1207-1273 ~
Rumi: One-Handed Basket Weaving, Coleman Barks, tr., 1991

Beware of confining yourself to a particular belief and denying all else, for much good would elude you – indeed, the knowledge of reality would elude you. Be in yourself a matter for all forms of belief, for God is too vast and tremendous to be restricted to one belief rather than another.
~ Muhyiddin Ibn Al 'Arabi, 1165-1240 ~
in Vilayat Khan, *Awakening: A Sufi Experience*, 1999

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I follow the religion of Love: whatever way Love's camels take, that is my religion.
~ Al 'Arabi ~
in *The Essential Writings of Mahatma Gandhi*, Raghavan Iyer, ed., 1993

Whatever your heart clings to and relies upon, that is really your God.
~ Martin Luther, 1483-1546 ~

What a man would like to be true, he preferentially believes.
~ Francis Bacon, 1561-1626 ~

I count religion but a childish toy,
And hold there is no sin but ignorance.
~ Christopher Marlowe, 1564-1593 ~

I do not feel obliged to believe that the same God who has endowed us with sense, reason, and intellect has intended us to forgo their use.
~ Galileo Galilei, 1564-1642 ~

'Twas only fear first in the world made gods.
~ Ben Jonson, 1572-1637 ~
Sejanus, 1603

We have just enough religion to make us hate, but not enough to make us love one another.
~ Jonathan Swift, 1667-1745 ~
Thoughts on Various Subjects, 1711

I conceive some scattered notions about a superior power to be of singular use for the common people, as furnishing excellent materials to keep people quiet when they grow peevish, and providing topics of amusement in a tedious winter-night.
~ Swift ~
An Argument Against Abolishing Christianity, 1708

There is a very good saying that if triangles invented a god, they would make him three-sided.
~ Charles Montesquieu, 1689-1755 ~
Lettres persanes

If God did not exist, it would be necessary to invent him.
~ François-Marie Voltaire, 1694-1778 ~
Epitre à l'auteur du livre des trois imposteurs, 1770

If God made us in His image, we have certainly returned the compliment.
~ Voltaire ~
Le sottisier, c. 1735-c. 1750

Generally speaking, the errors in religion are dangerous; those in philosophy only ridiculous.
~ David Hume, 1711-1776 ~

All religions are ancient monuments to superstitions, ignorance, ferocity; and modern religions are only ancient follies rejuvenated.
~ Paul Holbach, 1723-1789 ~
Le bons sens, ou, idées naturelles opposées aux idées surnaturelles, 1772

You can preach a better sermon with your life than with your lips.
~ Oliver Goldsmith, c. 1728-1774 ~

I do not believe in the creed professed by the Jewish church, by the Roman church, by the Greek church, by the Turkish church, by the Protestant church, nor by any church that I know of. My own mind is my own church.
~ Thomas Paine, 1737-1809 ~

Infidelity does not consist in believing or in disbelieving; it consists in professing to believe what one does not believe.
~ Paine ~

In every country and every age, the priest had been hostile to Liberty.
~ Thomas Jefferson, 1743-1826 ~

It is in our lives and not our words that our religion must be read.
~ Jefferson ~

To have a positive religion is not necessary. To be in harmony with yourself and the universe is what counts, and this is possible without positive and specific formulation in words.
~ Johann von Goethe, 1749-1832 ~

Religious bondage shackles and debilitates the mind and unfits it for every noble purpose, every expanded prospect.
~ James Madison, 1751-1836 ~

Alas! The fearful unbelief is unbelief in yourself.
~ Thomas Carlyle, 1795-1881 ~

I oppose all religion which is based on the opinions of men; and, as God never gave an opinion, I am not bound to believe that man's opinions are from God. The difference between man's opinion and God's wisdom is more than one would naturally suppose; but the former is taken for a truth, and

this makes the trouble with which the wise have to contend.
~ Phineas Quimby, 1802-1866 ~
in Annetta Gertude Dresser, *The Philosophy of P. P. Quimby*, 1895

People never seem to have thought of the fact that they are responsible to themselves for their belief. To analyze their belief is to know themselves, which is the greatest study of man. There is one thing that man is ignorant of. It is this: that he is a sufferer from his own belief, not knowingly, but by his own consent. Not being intelligent enough to judge of cause and effect, he becomes the victim of his own free will ... When a person tells you anything which you cannot understand, you are not bound to believe it unless you please; but, if you do, you convict yourself of a crime which you have acknowledged right. Our belief cannot alter a scientific truth, but it may alter our feelings for happiness or misery. Disease is the misery of our belief, happiness is the health of our wisdom, so that man's happiness or misery depends on himself. Now, a sour misery comes from our belief, and not from the thing believed, it is necessary to be on the watch, so as not to be deceived by false guides.
~ Ibid.

We do not believe in immortality because we can prove it, but we try to prove it because we cannot help believing it.
~ Harriet Martineau, 1802-1876 ~

Belief consists in accepting the affirmations of the soul; unbelief, in denying them.
~ Ralph Waldo Emerson, 1803-1882 ~

There lives more faith in honest doubt,
Believe me, than in half the creeds.
~ Alfred Lord Tennyson, 1809-1892 ~
"In Memoriam," 1850

Prayer does not change God, but changes him who prays.
~ Søren Kierkegaard, 1813-1855 ~

Religious talk is a very feast to self-deceit.
~ Frederick Faber, 1814-1863 ~
Spiritual Conferences, 1859

To believe is to be strong. Doubt cramps energy. Belief is power.
~ Frederick Robertson, 1816-1853 ~

Religion is the sign of the oppressed creature, the feelings of a heartless world, just as it is the spirit of unspiritual conditions. It is the opium of the people.
~ Karl Marx, 1818-1883 ~
Criticism of Hegel's Philosophy of Right, 1844

What is your religion? I mean – not what you know about religion but the belief that helps you most?
~ George Eliot, 1819-1880 ~

Our hope of immortality does not come from any religions, but nearly all religions come from that hope.
~ Robert Ingersoll, 1833-1899 ~

As one can ascend to the top of a house by means of a ladder or a bamboo or a staircase or a rope, so diverse are the ways and means to approach God, and every religion in the world shows one of these ways.
~ Shri Ramakrishna, 1834-1886 ~

Few really believe. The most only believe that they believe or even make believe.
~ John Lancaster Spalding, 1840-1916 ~
Thoughts and Theories of Life and Education, 1897

It is a fact of human nature that men can live and die by the help of a sort of faith that goes without a single dogma or definition.
~ William James, 1842-1910 ~
The Will to Believe and Other Essays in Popular Philosophy, 1897

Be not afraid of life. Believe that life is worth living, and your belief will help you create the fact.
~ James ~

So many gods, so many creeds, so many paths ... while just the act of being kind is all the world needs.
~ Ella Wheeler Wilcox, 1850-1919 ~

If you can't have faith in what is held up to you for faith, you must find things to believe in yourself, for a life without faith in something is too narrow a space to live.
~ George Woodberry, 1855-1930 ~
Selected Letters of George Edward Woodberry, 1933

Religion is an illusion and it derives its strength from the fact that it falls in with our instinctual desires.
~ Sigmund Freud, 1856-1939 ~
Lecture 35, *New Introductory Lectures on Psychoanalysis*, 1933

There is only one religion, though there are a hundred versions of it.
~ George Bernard Shaw, 1856-1950 ~
Arms and the Man, 1894

The moment we want to believe something, we suddenly see all the arguments for it, and become blind to the arguments against it.
~ Shaw ~
The Intelligent Woman's Guide to Socialism and Capitalism, 1928

You must bear in mind that religion has to do only with the soul and has no business to interfere in social matters; you must also bear in mind that this applies completely to the mischief which has already been done.
~ Vivekananda, 1863-1902 ~
The Complete Works of Swami Vivekananda, 1984-1987, 4:358, 1926

Religion has no business to formulate social laws and insist on the difference between beings, because its aim and end is to obliterate all such fictions and monstrosities.
~ Ibid.

There is no knowledge without experience, and man has to see God in his own soul. When man has come face to face with the one great fact in the universe, then alone will doubts vanish and crooked things become straight. This is "seeing God." Our business is to verify, not to swallow. Religion, like other sciences, requires you to gather facts, to see for yourself, and this is possible when you go beyond the knowledge which lies in the region of the five senses. Religious truths need verification by everyone.
~ Ibid., 6:133

Religion is the only science where there is no surety, because it is not taught as a science of experience. This should not be. There is always, however, a small group of men who teach religion from experience. They are called mystics, and these mystics in every religion speak the same tongue and teach the same truth. This is the real science of religion. As mathematics in every part of the world does not differ, so the mystics do not differ. They are all similarly constituted and similarly situated. Their experience is the same and this becomes law.
~ Ibid., 6:81

The idea of supernatural beings may rouse to a certain extent the power of action in man, but it also brings spiritual decay. It brings dependence; it brings fear; it brings superstition. It degenerates into a horrible belief in the natural weakness of man. There is no supernatural … but there are in nature gross manifestations and subtle manifestations. The subtle are the causes, the gross the effects. The gross can be easily perceived by the senses; not so the subtle.
~ Ibid., 1:122

My atheism, like that of Spinoza, is true piety towards the universe and denies only gods fashioned by men in their own image to be servants of their human interests.
~ George Santayana, 1863-1952 ~

Upon this little word *belief* hang all your sorrows and joy.
~ James Allen, 1864-1912 ~

What a joy it would be when people realize that religion consists not in outward ceremonial but an ever-growing inward response to the highest impulses that man is capable of.
~ Mahatma Gandhi, 1869-1948 ~
Letter to Samuel E. Stokes, *Mahadevbhaini Diary*, Vol. II

I can say without the slightest hesitation, and yet in all humility, that those who say that religion has nothing to do with politics do not know what religion means.
~ Gandhi ~
Gandhi's Autobiography, Mahadev Desai, tr., 1948

God has no religion.
~ Gandhi ~

To give pleasure to a single heart by a single act is better than a thousand heads bowing in prayer.
~ Gandhi ~

There are no longer any gods whom we can invoke to help us. The great religions of the world suffer from increasing anaemia because the helpful numina have fled from the woods, rivers, mountains, and animals, and the God-men have disappeared underground into the unconscious.
~ Carl Jung, 1875-1961 ~
"On the Religious Function of the Psyche"

Religion is doing; a man does not merely *think* his religion or feel it, he "lives" his religion as much as he is able, otherwise it is not religion but fantasy or philosophy.
~ George Gurdjieff, 1877-1949 ~

Man is a credulous animal and must believe *something*. In the absence of good grounds for belief, he will be satisfied with bad ones.
~ Bertrand Russell, 1872-1970 ~
Unpopular Essays, 1950

Religion is based … primarily and mainly upon fear. It is partly the terror of the unknown and partly … the wish to feel that you have a kind of elder brother who will stand by you in all your troubles and disputes. Fear is the basis of the whole thing – fear of the mysterious, fear of defeat, fear of death. Fear is the parent of cruelty, and therefore it is no wonder if cruelty and religion have gone hand in hand.
~ Russell ~
Why I Am Not a Christian: And Other Essays on Religion and Related Subjects, 1957

In every spiritual attitude, a political attitude is latent.
~ Thomas Mann, 1875-1955 ~

I cannot conceive of a God who rewards and punishes his creatures, or has a will of the type of which we are conscious in ourselves.
~ Albert Einstein, 1879-1955 ~
The World As I See It, Alan Harris, tr., 1956, 1984

My religion consists of a humble admiration of the illimitable superior spirit who reveals himself in the slight details we are able to perceive with our frail and feeble mind.
~ Einstein ~

There lies at the back of every creed something terrible and hard for which the worshipper may one day be required to suffer.
~ E. M. Forster, 1879-1970 ~
Two Cheers for Democracy, 1951

We must respect the other fellow's religion, but only in the sense and to the extent that we respect his theory that his wife is beautiful and his children smart.
~ H. L. Mencken, 1880-1956 ~
Minority Report: H. L. Mencken's Notebooks, 1956

Fear of death and fear of life both become piety.
~ Ibid.

There is no prospect that man will ever be without religion, but there is every prospect that he will soon be beyond our present religious beliefs.
~ William Pickens, 1881-1954 ~
Preachers Defend Hell, 1923

Priests and rituals are only crutches for the crippled life of the soul.
~ Franz Kafka, 1883-1924 ~

Is not religion all deeds and all reflection,
And that which is neither deed nor reflection, but a wonder and a surprise ever springing in the soul, even while the hands hew the stone or tend the loom?
Who can separate his faith from his actions, or his belief from his occupations? …
Your daily life is your temple and your religion.
Whenever you enter into it take with you your all.
~ Khalil Gibran, 1883-1931 ~
The Prophet, 1923

The truly religious man does not embrace a religion; and he who embraces one has no religion.
~ Gibran ~

Construction of shrine and temple buildings is not enough. Establish yourself as a living Buddha image. We all should be transformed into goddesses of compassion or victorious buddhas.
~ Morihei Ueshiba, 1883-1969 ~
The Art of Peace, John Stevens, tr., 1992

A man has no religion who has not slowly and painfully gathered one together, adding to it, shaping it; and one's religion is never complete and final, it seems, but must always be undergoing modification.
~ D. H. Lawrence, 1885-1930 ~

It is a fine thing to establish one's own religion in one's heart, not to be dependent on tradition and second-hand ideals. Life will seem to you, later, not a lesser, but a greater thing.
~ Lawrence ~
Selected Letters of D. H. Lawrence, Diana Trilling, ed., 1958

Organized religion has become fossilized, which inhibits the spiritual transformation necessary to keep pace with man's development.
~ Irene Claremont de Castillejo, 1885-1967 ~
Knowing Woman: A Feminine Psychology , 1973, 1990

It is not necessary to spend your entire time in prayer and meditation. Rather, seek to make your work a prayer, your believing an act, your living an art. It is then that the object of your faith will be made visible to you.
~ Ernest Holmes, 1887-1960 ~
This Thing Called You, 1948

Religion is behavior and not mere belief.
~ Sarvepalli Radhakrishnan, 1888-1975 ~
in *Theosophical Movement*, 1968 March

It is not God that is worshipped but the group or authority that claims to speak in His name. Sin becomes disobedience to authority not violation of integrity.
~ Radhakrishnan ~
in J. A. L. Brown, *Techniques of Persuasion*, 1965

I can well imagine a religion in which there are no doctrines, so that nothing is spoken. Clearly, then, the essence of religion can have nothing to do with what is sayable.
~ Ludwig Wittgenstein, 1889-1951 ~
in *The Enlightened Mind: An Anthology of Sacred Prose*, Stephen Mitchell, ed., 1991

It is utter terror and loneliness that drive a man to address the void as "Thou."
~ Edna St. Vincent Millay, 1892-1950 ~

There is no social evil, no form of injustice, whether of the feudal or the capitalist order, which has not been sanctified in some way or another by religious sentiment and thereby rendered more impervious to change.
~ Reinhold Niebuhr, 1892-1971 ~

The tendency to claim God as an ally for our partisan values and ends is … the source of all religious fanaticism.
~ Niebuhr ~

Prayer may not change things for you, but it sure changes you for things.
~ Samuel Moor Shoemaker, Jr., 1893-1963 ~

From being an activity concerned mainly with symbols religion will be transformed into an activity concerned mainly with experience and intuition – an everyday mysticism.
~ Aldous Huxley, 1894-1963 ~

God, to me, it seems,
is a verb
not a noun,
proper or improper.
~ Buckminster Fuller, 1895-1983 ~
No More Secondhand God, 1963

The constant assertion of belief is an indication of fear.
~ Jiddu Krishnamurti, 1895-1986 ~
The Second Penguin Krishnamurti Reader, M. Lutyens, ed., 1973

So to understand that light, that truth, that immeasurable reality, we must first understand what we call religion and be free of it – not verbally, not intellectually, not through explanations, but actually free; because freedom – not your intellectual freedom but the actual state of freedom – gives vitality. When you have walked through all this rubbish, when you have put aside all these confusing, traditional, imitative things, then the mind is free, then the mind is alert, then the mind is passionate. And it is only such a mind that can proceed.
~ Krishnamurti ~
On God, 1992

So long as religion, *any* religion, clings to an otherworld-liness, this tendency to deny and escape from this sentient life which God has given us so abundantly, we will, by doing so, by just so much prevent religion, *any* religion, from being in touch with modern man's consciousness.
~ Lin Yutang, 1895-1976 ~
From Pagan to Christian, 1959

The basis of all religions is the cold fact of human mortality.
~ Lin ~
On the Wisdom of America, 1950

It is an open question whether any behaviour based on fear of eternal punishment can be regarded as ethical or should be regarded as merely cowardly.
~ Margaret Mead, 1901-1978 ~
in *Redbook*, 1971 February

Faith in a holy cause is to a considerable extent a substitute for the lost faith in ourselves.
~ Eric Hoffer, 1902-1983 ~
The True Believer: Thoughts on the Nature of Mass Movements, 1951

True religion cannot be obtained by seeking for some good; that is the way to attain something in a material sense. The way to work on spiritual things is quite different. Even to talk about spiritual things is not actually spiritual but a kind of substitute.
~ Shunryu Suzuki, 1905-1971 ~

You have to go past the imagined image of (the sacred). Such an image of one's god becomes a final obstruction, one's ultimate barrier. You hold on to your own ideology, your own little manner of thinking, and when a larger experience of God

approaches, an experience greater than you are prepared to receive, you take flight from it by clinging to the image in your mind. This is known as preserving your faith ... I don't have faith; I have experience. I have experience of wonder of life.
~ Joseph Campbell, 1904-1987 ~
in Joseph Campbell & Bill Moyers, *The Power of Myth*, 1988

Most religions do not make men better, only warier.
~ Elias Canetti, 1905-1994 ~

Since religion is dead, religion is everywhere. Religion was once an affair of the church; it is now in the streets, in each man's heart. Once there were priests; now every man's a priest.
~ Richard Wright, 1908-1960 ~
The Outsider, 1953

There is no heaven or hell in the sense that they are places one goes after death. The heaven or hell to which one goes is right there in the span of years that we spend in this body on earth.
~ Adam Clayton Powell, Jr., 1908-1972 ~

In what concerns divine things, belief is not appropriate. Only certainty will do. Anything less than certainty is unworthy of God.
~ Simone Weil, 1909-1943 ~

Religion, insofar as it is a sense of consolation, is a hindrance to true faith; and in this sense atheism is a purification.
~ Weil ~
The Simone Weil Reader, George Panichas, ed., 1992

Some like to understand what they believe in. Others like to believe what they understand.
~ Stanislaw Lec, 1909-1996 ~
in *Faber Book of Aphorisms*, 1964

"Belief" is one of the expressions of faith. It implies assent to dogmatic propositions on someone else's authority. Beliefs therefore may be a hurdle to direct experience, to intuitive perception of Reality/Truth ... Faith is the Specifically Human constituent and "beliefs" are the forms it assumes at certain stages of spiritual development. Beliefs are time- and culture-bound.
~ Frederick Franck, 1909- ~
A Little Compendium on That Which Matters, 1993

In our time the survival of the religious institutions and their traditional structures is of minor importance compared with the survival of a religious orientation to life as-such. Without it, life-as-such is in mortal jeopardy.
~ Ibid.

Mythology is what grownups believe, folklore is what they tell children, and religion is both.
~ Cedric Whitman, 1916-1979 ~

The need for believers of many faiths who feel strongly compelled to free themselves from outdated belief systems such as dogma, superstition, customs, prescriptions, and hackneyed concepts is growing increasingly stronger. Here, doubt is not an enemy of faith, but a servant that can help liberate individuals from the constraints of narrow conditioning, replacing theoretical belief with direct mystical experience.
~ Vilayat Khan, 1916-2004 ~
Awakening: A Sufi Experience, 1999

It may be that our role on this planet is not to worship God, but to create him.
~ Arthur C. Clarke, 1917- ~

I do not think that I will ever reach a stage when I will say, "This is what I believe. Finished." What I believe is alive ... and open to growth.
~ Madeleine L'Engle, 1918- ~

The habit of religion is oppressive, an easy way out of personal thought.
~ Peter Ustinov, 1921-2004 ~
Everybody's, 1957

Every day people are straying away from the church and going back to God.
~ Lenny Bruce, 1923-1966 ~

If the concept of God has any validity or use, it can only be to make us larger, freer and more loving. If God cannot do this, then it is time we got rid of Him.
~ James Baldwin, 1924-1987 ~
The Fire Next Time, 1962

The idea of a good society is something you do not need a religion and eternal punishment to buttress; you need a religion if you are terrified of death.
~ Gore Vidal, 1925- ~
The Listener, 1978

The Lord can be addressed by any name that tastes sweet to your tongue, or pictured in any form that appeals to your sense of wonder and awe.
~ Satya Sai Baba, 1926- ~

Religion is not necessarily a good thing. It depends; religion can lead to great good, but it can equally lead to unspeakable evil and suffering.
~ Desmond Tutu, 1931- ~
"The Secular State and Religions," *The Wisdom of Desmond Tutu*, Michael Battle, ed., 1998

If we can put the names of our faiths aside for the moment and look at principles, we will find a common thread running through all the great religious expressions.
~ Louis Farrakhan, 1934- ~

The religious response that has occurred in the Western world – a revolution that has made us more sensitive to the religions of the Orient – is an understanding that whatever answers there are must come from ourselves. The great turmoil in the religions is caused by the spirit demanding interiority. Faith is not dying in the West. It is merely moving inside.
~ Anthony Padovano, 1934- ~

Not only is there no God, but try getting a plumber on weekends.
~ Woody Allen, 1935- ~
Getting Even, 1972

We can reject everything else: religion, ideology, all received wisdom. But we cannot escape the necessity of love and compassion. This, then, is my true religion, my simple faith … There is no need for temples; no need for complicated philosophy. Our own heart, our own mind, is our temple. The doctrine is compassion.
~ Dalai Lama, 1935- ~
Ethics for the New Millennium, 1999

The profession of a religious belief is a lie if it does not significantly determine one's economic, political, and social behavior.
~ M. Scott Peck, 1936-2005 ~
The Different Drum: Community Making and Peace, 1987

God is a concept
By which we measure our pain.
~ John Lennon, 1940-1980 ~

What would it mean to live in a nurturing society, one where even men nurtured self, one another and others? … From a theological point of view (it would mean) the recovery of the tradition of God as Mother.
~ Matthew Fox, 1940- ~

Politics and church are the same thing. They keep people in ignorance.
~ Bob Marley, 1946-1981 ~

To choose unbelief is to choose mind over dogma, to trust in our humanity instead of all these dangerous divinities.
~ Salman Rushdie, 1947- ~
"Imagine No Heaven," *Letters to the Six Billionth World Citizen*, 1999

Religions become corrupted when leaders are assigned to explain God's will to people instead of showing them how to find this direction within themselves.
~ James Redfield, 1950- ~

Beliefs have the power to create and the power to destroy … If we believe in magic, we'll live a magical life. If we believe our life is defined by narrow limits, we've suddenly made those beliefs real.
~ Anthony J. Robbins, 1960- ~

We are so much stronger than we imagine, and belief is one of the most valiant and long-lived human characteristics. To believe, when all along we humans know that nothing can cure the briefness of this life, that there is no remedy for our basic mortality, that is a form of bravery … Without belief, we would be left with nothing but an overwhelming doom, every single day.
~ Lance Armstrong, 1971- ~
It's Not About the Bike, 2000

What you believe is what you get. If a person has been introduced in some external way to a particular form that he is supposed to look for, then the spontaneous experiences become limited by those previous beliefs. That is why we eschew all spiritual belief systems.
~ Jack Rosenberg ~

Belief is what we do when we are too afraid to actually know … All belief is fear in action … Knowing has a steadiness and certainty about it which is lacking in believing.
~ Pat Stacy ~

BREAKTHROUGH / EPIPHANY / TURNING POINT

Related States & Conditions: Actualization/Fulfillment, Attention/Awareness, Creativity/Discovery/Innovation, Decision/Decisiveness, Enlightenment/Realization/Transcendence, Growth/Expansion, Insight/Intuition/Instinct, Inspiration, Introspection/Self-Knowledge, Liberation/Liberty/Freedom, Manifestation, Meaning, Perspective, Presence, Reality, Self, Spirituality, Spontaneity, Thinking/Thought, Transformation, Truth, Unconscious/Subconscious, Understanding, Wonder/Mystery

Syntonic: Action/Effort, Appreciation, Beginning/Endeavour, Celebration, Centering, Change, Chaos/Uncertainty, Commitment/Dedication, Conviction/Principle, Courage, Daring/Challenge, Direction, Discipline, Dreams/Dreaming, Exploration, Faith, Feeling/Emotion, Focus/Intention, Forgiveness, Imagination, Initiative, Listening, Meditation, Openness/Receptivity, Optimism/Positivism, Paradox, Practice, Preparation/Readiness, Questioning/Doubt, Release, Renewal, Retreat/Withdrawal, Self-Reliance, Silence/Stillness, Solitude, Struggle, Suffering, Vision/Visualization, Wisdom, Zeal/Zest

Dystonic: Anger, Attachment, Avoidance/Denial/Refusal, Complacency, Conformity, Criticism/Judgment, Defeat, Delusion, Dependence, Fear, Fault, Greed, Guilt, Habit, Hate, Insecurity/Risk, Limitation, Loquacity, Regret, Restraint, Revenge, Worry

After a time of darkness comes the turning point. The old is discarded and the new appears. Persevere quietly on the path of inner truth. To return to the light in yourself, depend on the teachings of the sages. All is well.
~ *Yi Jing*, c. 1150 BCE ~
"Fu: The Turning Point"

Once you recognize your moving, miraculously aware nature, yours is the mind of all buddhas. Buddhas of the past and future only talk about transmitting the mind. They teach nothing else. If someone understands this teaching, even if he's illiterate, he's a buddha. If you don't see your own miraculously aware nature, you'll never find a buddha, even if you break your body into atoms.
~ Bodhidharma, 440-533 ~

Once you suddenly smash through,
and go on to make the leap beyond,
you will find that everything
around you and all that you do,
whether active or at rest,
is the scenery of the
fundamental ground,
the original Mind.
There will be not a hairsbreadth
of difference between you
and other things;
there will be no other thing.
~ Daito, 1282-1334 ~

What is not a dream? Who will not end up as a skeleton? We appear as skeletons covered with skin – male and female – and lust after each other. When the breath expires, though, the skin ruptures, sex disappears, and there is no more high or low. Underneath the skin of the person we fondle and caress right now is nothing more than a set of bare bones. Think about it – high and low, young and old, male and female, all are the same. Awaken to this one great matter and you will immediately comprehend the meaning of "unborn and undying."
~ Ikkyu Sojun, 1394-1481 ~

When an idea springs to your mind and you realize that it tends to take you a little way along the road to self-indulgence, just bring yourself about accordingly to the path of integrity. The appearance of the thought is at once awareness of it, and at once the awareness diverts you from it. This is like the turning point of changing calamity into good fortune, or death into life. Don't miss the opportunity. It is most assuredly not a trivial matter.
~ Hong Zicheng, fl. 1596 ~
Caigentan: Vegetable Roots Discourse, I.86, Robert Aitken & Daniel W. Y. Kwok, trs., 2006

It is only when one enters deeply into the recesses of inner design that one sees reality. When you open up the mysterious female, then for the first time light is allowed to pass through. There is one

thing supporting the universe, complete – if you can recognize it, you can transcend things.
~ Liu Yiming, b. c. 1737 ~
Awakening to the Tao, Thomas Cleary, tr., 1988

If there is any period one would desire to be born in, is it not the age of Revolution; when the old and the new stand side by side … when the glories of the old can be compensated by the rich possibilities of the new era? This time … is a very good one.
~ Ralph Waldo Emerson, 1803-1882 ~

We are very near to greatness: one step and we are safe; can we not take the leap?
~ Emerson ~

Your thought is obscure – lightning flashes darting gleams – but that is the way truth is.
~ William James, 1842-1910 ~
The Letters of William James, Vol. II, Henry James, ed., 1920

Who dream the dream which all men always
declare futile,
Who dream the hour which is not yet on earth –
and lo! it strikes.
~ Edward Carpenter, 1844-1929 ~

No great inner event befalls those who summon it not.
~ Maurice Maeterlinck, 1862-1949 ~

It is to the remote we look for a revelation, while all the time it would speak to us from the eyes of those who are near us and would voice itself through the commonplace world in which we live.
~ Edward H Griggs, 1868-1951 ~
A Book of Meditations, 1902

You grow up the day you have your first real laugh – at yourself.
~ Ethel Barrymore, 1879-1959 ~

Beyond a certain point there is no return. This point has to be reached.
~ Franz Kafka, 1883-1924 ~
in *The Enlightened Mind: An Anthology of Sacred Prose*, Stephen Mitchell, ed., 1991

Like a saint's vision of beatitude. Like the veil of things as they seem drawn back by an unseen hand. For a second you see – and seeing the secret, are the secret. For a second there is meaning! Then the hand lets the veil fall.
~ Eugene O'Neill, 1888-1953 ~
Long Day's Journey into Night, 1956

At a certain moment the individual is carried beyond his rational self onto another ethical plane where his actions are judged by new standards. The impulse which moves him to irrational action I have called the sense of glory.
~ Herbert Read, 1893-1968 ~
The Contrary Experience: Autobiographies, 1963

Unless we understand the whole psychological structure of society of which we are a part, which we have put together through the centuries, and are entirely free from that structure, there can be no total psychological revolution – and a revolution of that kind is absolutely essential.
~ Jiddu Krishnamurti, 1895-1986 ~

No man who has lived through a temporary spiritual experience is ever likely to forget it. His days will be haunted until he sets out to seek ways and means of repeating it.
~ Paul Brunton, 1898-1981 ~

Sometimes a glance, a few casual words, fragments of a melody floating through the quiet air of a summer evening, a book that accidentally comes into hands, a poem or memory-laden fragrance may bring about the impulse which changes and determines our whole life.
~ Lama Govinda, 1898-1985 ~

Any life, no matter how long and complex it may be, is made up *of a single moment* – the moment in which a man finds out, once and for all, who he is.
~ Jorge Luis Borges, 1899-1986 ~
"Biography of Tadeo Isidoro Cruz," *A Personal Anthology*, 1961

A single event can awaken within us a stranger totally unknown to us. To live is to be slowly born.
~ Antoine de Saint-Exupéry, 1900-1944 ~

The turning point in the process of growing up is when you discover the core of strength within you survives all hurt.
~ Max Lerner, 1902-1992~

We are at this moment participating in one of the very greatest leaps of the human spirit to a knowledge not only of outside nature but also of our own deep inward mystery.
~ Joseph Campbell, 1904-1987 ~

There is always one moment in childhood when the door opens and lets the future in.
~ Graham Greene, 1904-1991 ~

There is a point at which everything becomes simple and there is no longer any choice, because all you have staked will be lost if you look back. Life's point of no return.
~ Dag Hammarskjöld, 1905-1961 ~
Markings, 1964

When I look back at the three or four choices in my life which have been decisive, I find that, at the time I made them, I had very little sense of the seriousness of what I was doing and only later did I discover what had seemed an unimportant brook was, in fact, a Rubicon.
~ W. H. Auden, 1907-1973 ~
The Dyer's Hand and Other Essays, 1962

Creating change happens when people see for themselves that a different way of life is more fulfilling than their present one.
~ Eknath Easwaran, 1911-1999 ~

I had no idea history was being made. I was just tired of giving in.
~ Rosa Parks, 1913-2005 ~

If we can be courageous one more time than we are fearful, trusting one more time than anxious, cooperative one more time than we are competitive, forgiving one more time than we are vindictive, loving one more time than we are hateful, we will have moved closer to the next breakthrough in our evolution. One warning: Evolutionary behavior is addictive. Once you start, it's very hard to stop. After all, why live and evolve unconsciously when we can live consciously and, at the same time, speed up the process of evolution for ourselves and others?
~ Jonas Salk, 1914-1995 ~

Our ordinary waking life is a bare existence in which, most of the time, we seem to be absent from ourselves and from reality because we are involved in the vain preoccupations which dog the steps of every living man. But there are times when we seem suddenly to awake and discover the full meaning of our own present reality. Such discoveries are not capable of being contained in formulas or definitions. They are a matter of personal experience, of incommunicable intuition. In the light of such experience it is easy to see the futility of all the trifles that occupy our minds. We recapture something of the calm and the balance that ought always to be ours, and we understand that life is far too great a gift to be squandered on anything less than perfection.
~ Thomas Merton, 1915-1968 ~
The Ascent to Truth, 1951

There is a spirit and a need and a man at the beginning of every great human advance. Each of these must be right for the particular moment of history, or nothing happens.
~ Coretta Scott King, 1927-2006 ~

Occasionally in life there are those moments of unutterable fulfillment which cannot be completely explained by those symbols called words. Their meanings can only be articulated by the inaudible language of the heart.
~ Martin Luther King, Jr., 1929-1968 ~

It is not when times are easy that we discover our strength and courage, even our faith. And it is not when our values are mirrored by the politicians and generals, but when we must stand up for them at personal cost, that these values, like democracy, justice, and nonviolence, become more real for us. It is then that these truths can transform our own lives.
~ Joanna Macy, 1929- ~

Many people experience a fundamental shift in thinking when they face a life-threatening crisis and suddenly see their priorities in a different light, or when they suddenly step into a new role.
~ Stephen Covey, 1932- ~
The 7 Habits of Highly Effective People, 1989

A major catastrophe that frustrates a central goal of life will either destroy the self, forcing a person to use all his psychic energy to erect a barrier around remaining goals, defending them against further onslaughts of fate; or it will provide a new, more clear, and more urgent goal: to overcome the challenges created by the defeat. If the second road is taken, the tragedy is not necessarily a detriment to the quality of life. Indeed … what objectively seems a devastating event may come to enrich the victims' lives in new and unexpected ways.
~ Mihaly Csikszentmihalyi, 1934- ~
Flow: The Psychology of Optimal Experience, 1990

The moment we find the true reason for some feeling that has an irrationally powerful hold over us, whether it has to do with body image or anything else, the spell is broken.
~ Gloria Steinem, 1934- ~
Revolution From Within, 1992

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The crust presented by the life of lies is made of strange stuff. As long as it seals off hermetically the entire society, it appears to be made of stone. But the moment someone breaks through in one place, when one person cries out, "The emperor is naked!" – when a single person breaks the rules of the game, thus exposing it as a game – everything suddenly appears in another light and the whole crust seems then to be made of a tissue on the point of tearing and disintegrating uncontrollably.
~ Václav Havel, 1936- ~
in *Living in Truth*, Jan Vladislav, ed., Paul Wilson, tr., 1986

When we realize we are already dead, our priorities change, our heart opens, our mind begins to clear of the fog of old holdings and pretendings. We watch all life in transit and what matters becomes instantly apparent: the transmission of love, the letting go of obstacles to understanding, the relinquishment of our grasping, of our hiding from ourselves.
~ Stephen Levine, 1937- ~
Who Dies? An Investigation of Conscious Living and Conscious Dying, 1982

To become less certain of one's gender may be the turning point at which one begins to discover the richness of one's masculinity and femininity.
~ Thomas Moore, 1940- ~
Original Self, 2000

If people really paid attention to their everyday lives, they will discover (the) magic moment. It may arrive in the instant when we are doing something mundane, like putting our front-door key in the lock; it may lie hidden in the quiet that follows the lunch hour or in the thousand and one things that all seem the same to us. But that moment exists – a moment when all the power of the stars becomes a part of us and enables us to perform miracles.
~ Paulo Coelho, c. 1947- ~
By the River Piedra I Sat Down and Wept, Alan R. Clarke, tr., 1996

In life-threatening emergency situations, the shift in consciousness from time to presence sometimes happens naturally. The personality that has a past and a future momentarily recedes and is replaced by an intense conscious presence, very still but very alert at the same time. Whatever response is needed then arises out of that state of consciousness.
~ Eckhard Tolle, 1948- ~
The Power of Now: A Guide to Spiritual Enlightenment, 1999

You can have certain breakthrough experiences – *satori*, for example – but these are just the *beginning* of an *endless* process of riding the new waves of Form as they ceaselessly arise. So in this sense … you are never "fully enlightened," any more than you could say that you are "fully educated." It has no meaning.
~ Ken Wilber, 1949- ~
A Brief History of Everything, 1996

The noun of self becomes a verb. This flashpoint of creation in the present moment is where work and play merge.
~ Stephen Nachmanovitch, 1950- ~

Sooner or later on the spiritual journey one will come to a point where a leap of faith – a leap of trust – will be required.
~ Andrew Cohen, 1955- ~

All of us carry within ourselves something that is waiting for the right moment when it can burst out and repair the particular separation that we are experiencing. My own experience tells me a lot about exile and nostalgia.
~ Malidoma Somé, 1956- ~
The Healing Wisdom of Africa, 1999

There is a lot of room for spiritual awakening among men, and only a spiritual awakening among men will lead men to embrace women's equality. It takes a lot of dignity and inner motivation, to look at someone you have been able to control and treat them as an equal human being.
~ Naomi Wolf, 1962- ~
Interview, "Meet the Press," 1997 October 19

Gradually, we begin to realize that to come out is not to become something or someone we were not, but *to become what we already are, what we always have been*. Coming out is the armor falling, the butterfly emerging from the cocoon, the bud becoming the full-blown rose … the act of coming out may be viewed as an act of creation by way of deciphering or excavating and then manifesting and personalizing an already embodied, perhaps, archetypal, form.
~ Randy P. Conner ~
Blossom of Bone: Reclaiming the Connections between Homoeroticism and the Sacred, 1993

CAUSE

Related States & Conditions: Attention/Awareness, Attitude, Autonomy/Control, Being/Essence/Soul, Centering, Choice/Volition, Conviction/Principle, Creativity/Discovery/Innovation, Decision/Decisiveness, Dreams/Dreaming, Expectation/Hope, Feeling/Emotion, Focus/Intention, Idea/Opinion, Initiative, Logos, Meaning, Mind, Perspective, Power, Presence, Reality, Self, Spirituality, Thinking/Thought, Unconscious/Subconscious

Syntonic: Action/Effort, Beginning/Endeavour, Celebration, Commitment/Dedication, Confidence, Courage, Daring/Challenge, Desire, Diligence, Direction, Discipline, Faith, Imagination, Insight/Instinct/Intuition, Listening, Meditation, Openness/Receptivity, Optimism/Positivism, Passion, Practice, Preparation/Readiness, Release, Renewal, Responsibility, Self-Reliance, Vision/Visualization, Zeal/Zest

Dystonic: Anger, Attachment, Avoidance/Denial/Refusal, Complacency, Conformity, Criticism/Judgment, Defeat, Deferment/Delay, Delusion, Dependence, Depression/Despair/Despondency, Fear, Fault, Greed, Guilt, Habit, Haste/Impatience, Hate, Inaction, Insecurity/Risk, Jealousy/Envy, Limitation, Loquacity, Regret, Restraint, Revenge, Worry

It is the heart which causes every completed concept to come forth, and it is the tongue which announces what the heart thinks. Thus all the gods were formed … Indeed, all the divine order came into being through what the heart thought and the tongue commanded.
~ *Shabaka Text (Memphite Theology)*, c. 2700 BCE ~
in *Kemet and the African Worldview*, Maulana Karenga and Jacob Carruthers, eds., 1986

Every cause has its effect; every effect has its cause; everything happens according to law; chance is but a name for law not recognized; there are many planes of causation, but nothing escapes the law.
~ Hermes Trismegistus ~
in *The Kybalion: A Study of the Hermetic Philosophy of Ancient Egypt and Greece*, 1908

Everything we do is sowing, and all of our experiences are harvests.
~ Khemetic Saying ~
Temt Tchaas: Egyptian Proverbs, Muata Ashaya Ashby, ed., 1994

You are what your driving desire is.
As your desire is, so is your will.
As your will is, so is your deed.
As your deed is, so is your destiny.
~ *Brihadaranyaka Upanishad*, c. 1400-c. 800 BCE ~
IV.4.5

The cause of happiness or misery is no other than one's self; it is an idea of the mind.
~ *Srimad Bhagavata* ~

If you plant turnips you will not harvest grapes.
~ Akan (West Africa) Saying ~

In this fathom-long body with its perceptions and thoughts there is the world, the origin of the world, the ending of the world and the path to the ending of the world.
~ Buddha, c. 563-483 BCE ~
Anguttura Nikaya, 4:45

Everywhere man blames nature and fate, yet his fate is mostly but the echo of his character and passions, his mistakes and weaknesses.
~ Democritus, c. 460-c. 400 BCE ~

Curses and blessings do not come through gates, but man himself invites their arrival.
~ *T'ai Shang Kan Ying P'ien* ~
Paul Carus & Teitaro Suzuki, trs., 1906

If one thinks of oneself as free, one is free, and if one thinks of oneself as bound, one is bound. Here this saying is true, "Thinking makes it so."
~ *Ashtavakra Gita* ~
1.11, John Richards, tr., 1994

Happy is he who has been able to learn the causes of things.
~ Virgil, 70-19 BCE ~
Georgics, 29 BCE

Whatsoever a man soweth, that shall he also reap.
~ Paul of Tarsus, 10-67 CE ~
in *The Bible*, Galatians 6:7

A man's life is what his thoughts make it.
~ Marcus Aurelius, 121-180 ~

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If we live good lives, the times are also good. As we are, such are the times.
~ Augustine of Hippo, 354-430 ~

Though One, Brahman is the cause of the many. There is no other cause. And yet Brahman is independent of the law of causation. Such is Brahman, and "thou art That." Meditate upon this truth within your consciousness.
~ Shankara, 686-718 ~
Viveka-Chudamani

One who knows the cause knows the effect. But the cause of human effects is the heart.
~ Thomas Aquinas, 1225-1274 ~

Men at some time are masters of their fates:
The fault, dear Brutus, is not in our stars,
But in ourselves, that we are underlings.
~ William Shakespeare, 1564-1616 ~
Julius Caesar, I.ii, 1600

There is no need to get rid of heat. Rid yourself of your fervent mind and you will always find yourself reclining on a cool and breezy terrace. There is no need to chase away poverty. Chase away worry about poverty and you will always find yourself ensconced in a peaceful and happy nest.
~ Hong Zicheng, fl. 1596 ~
Caigentan: Vegetable Roots Discourse, II.28, Robert Aitken & Daniel W. Y. Kwok, trs., 2006

It cannot be that the fruit of good seed is not good, nor can it be that the fruit of bad seed is not bad. The consequences of good and bad are like shadows following forms, certain and invariable. It is all a matter of choosing between planting good and planting evil, distinguishing what is good and what is bad.
~ Liu Yiming, b. c. 1737 ~
Awakening to the Tao, Thomas Cleary, tr., 1988

Whether we are in a pleasant or a painful state depends, finally, upon the kind of matter that pervades and engrosses our consciousness.
~ Arthur Schopenhauer, 1788-1860 ~

What we see depends mainly on what we look for.
~ John William Lubbock, 1803-1865 ~

Shallow men believe in luck, believe in circumstance. Strong men believe in cause and effect.
~ Ralph Waldo Emerson, 1803-1882 ~

A man is a method, a progressive arrangement; a selecting principle, gathering his like unto him wherever he goes. What you are comes to you.
~ Emerson ~

Cause and effect, means and ends, seed and fruit, cannot be severed; for the effect already blooms in the cause, the end pre-exists in the means, the fruit in the seed.
~ Emerson ~

The soul contains the event that shall befall it, for the event is only the actualization of its thoughts, and what we pray to ourselves for is always granted.
~ Emerson ~

Man is not the creature of circumstances. Circumstances are the creatures of men. We are free agents, and man is more powerful than matter.
~ Benjamin Disraeli, 1804-1881 ~

Life is what we make it, and the world is what we make it. The eyes of the cheerful and of the melancholy man are fixed upon the same creation; but very different are the aspects which it bears to them.
~ Albert Pike, 1809-1891 ~

More things are wrought by prayer
Than this world dreams of.
~ Alfred Lord Tennyson, 1809-1892 ~
"The Passing of Arthur," *The Idylls of the King*, 1885

Sow a thought, reap an act;
Sow an act, reap a habit;
Sow a habit, reap a character;
Sow a character, reap a destiny.
~ Charles Reade, 1814-1884 ~

Destiny lies not in the stars, but in our hearts.
~ William Wells Brown, 1815-1884 ~

What a man thinks of himself, that it is which determines or rather indicates his fate.
~ Henry David Thoreau, 1817-1862 ~

Events, circumstances, etc., have their origin in ourselves. They spring from seeds which we have sown.
~ Thoreau ~

Our deeds determine us as much as we determine our deeds.
~ George Eliot, 1819-1880 ~

The question is one of fighting the causes and not just being satisfied with getting rid of the effects.
~ Che Guevara, 1828-1967 ~

The present condition continues nothing more than the past, and what is found in the effect was already in the cause.
~ Henri Bergson, 1859-1941 ~

The causes I am inclined to think are there all along, and the events which we see, are only the last steps in long lines of causation.
~ Alfred North Whitehead, 1861-1947 ~
Dialogues of Alfred North Whitehead, 1954

No event can be wholly and solely the cause of another event. The whole antecedent world conspires to produce a new occasion.
~ Whitehead ~
Modes of Thought, 1938

Any work, any action, any thought that produces an effect is called a karma. Thus the law of karma means the law of causation, of inevitable cause and sequence. Wheresoever there is a cause, there an effect must be produced; this necessity cannot be resisted, and this law of karma, according to our philosophy, is true throughout the universe. Whatever we see, or feel, or do, whatever action there is anywhere in the universe, while being the effect of past work on the one hand, becomes, on the other, a cause in its turn, and produces its own effect.
~ Vivekananda, 1863-1902 ~
The Complete Works of Swami Vivekananda, 1984-1987, 1:94, 1926

We reap what we sow. We are makers of our own fate. None else has the blame, none has the praise.
~ Ibid., 2:224

If it be true that we are working out our own destiny here within this short space of time, if it be true that everything must have a cause as we see it now, it must also be true that that which we are now is the effect of the whole of our past; therefore, no other person is necessary to shape the destiny of mankind but man himself.
~ Ibid., 2:242

Every thought we think, every deed we do, after a certain time becomes fine, goes into seed form, so to speak, and lives in the fine body in a potential form, and after a time it emerges again and bears its results. These results condition the life of man. Thus he molds his own life. Man is not bound by any other laws excepting those which he makes for himself. Our thoughts, our words and deeds are the threads of the net which we throw round ourselves for good or evil. Once we set in motion a certain power, we have to take the full consequences of it. This is the law of karma.
~ Ibid., 2:348

Whatever we are now is the result of our acts and thoughts in the past; and whatever we shall be in the future will be the result of what we think and do now.
~ Ibid., 3:45

A man is continually revolting against an *effect* without, while all the time he is nourishing and preserving its *cause* in his heart.
~ James Allen, 1864-1912 ~

Thought is the great builder in human life; it is the determining factor. Continually think thoughts that are good, and your life will show forth in goodness, and your body in health and beauty. Continually think evil thoughts, and your life will show forth in evil, and your body in weakness and repulsiveness. Think thoughts of love, and you will love and will be loved. Think thoughts of hatred, and you will hate and will be hated. Each follows its kind.
~ Ralph Waldo Trine, 1866-1958 ~
What All the World's A-Seeking, 1896

We have already had to re-think so many of our conceptions of motion, we will also gradually learn to realize that that which we call destiny goes forth from within people, not from without into them.
~ Rainier Maria Rilke, 1875-1926 ~
Letters to a Young Poet, 1992

When an inner situation is not made conscious, it appears outside as fate.
~ Carl Jung, 1875-1961 ~

Thought is the builder.
~ Edgar Cayce, 1877-1945 ~
in Hugh Lynn Cayce, *The Edgar Cayce Reader*, Vol. II, 1969

In the Infinity of mind, which is the principle of all metaphysics and of all life, there is nothing but mind, and that which mind does. That is all there is in the Universe. That is all there ever was or ever will be. This mind is acted upon by our thought, and so our thought becomes the law of our lives. It is just as much a law in our individual

lives as God's thought is in the larger life of the Universe.
~ Ernest Holmes, 1887-1960 ~
Creative Mind, 1919

Think of yourself as in this Mind, think of yourself as a center in it. That is your principle. You think, and Mind produces the thing. One of the big points to remember is that we do not have to create; all that we have to do is to think. Mind, the only Mind that there is, creates.
~ Ibid.

Thoughts of lack manifest as limitation. Thoughts of abundance manifest as success and happiness. Failure and success are but two ends of the same stick.
~ Holmes ~

We talk about fate as if it were something visited upon us; we forget that we create our fate every day we live. And by fate I mean the woes that beset us, which are merely the effects of causes which are not nearly as mysterious as we pretend. Most of the ills we suffer from are directly traceable to our own behavior.
~ Henry Miller, 1891-1980 ~
A Devil in Paradise

As consciousness becomes more spiritual, confidence in the Infinite Invisible increases, and our love, hate, or fear of the external diminishes. We see the Infinite Invisible as the law, cause, and activity of all that is and drop concern for the form, whether it be person, thing, or condition. The realization of the Invisible as the substance of all form is vital to the attaining of spiritual consciousness. The visible form is merely the natural result of the activity of the invisible law and cause.
~ Joel Goldsmith, 1892-1964 ~
Practicing the Presence, 1958

Everything's in the mind. That's where it all starts. Knowing what you want is the first step toward getting it.
~ Mae West, 1892-1980 ~

It is not your history or your environment. It is the quality of your mind that determines the quality of your future.
~ Benjamin Mays, 1895-1984 ~

Men determine events, events do not determine men.
~ Lin Yutang, 1895-1976 ~
From Pagan to Christian, 1959

If you always do what you always did, you will always get what you always got.
~ Moms Mabley, 1894-1975 ~

This life of yours is just like an empty field. Your mind doesn't care what you plant in it ... but whatever you plant, you fertilize it, and that is what grows.
~ Wallace Johnson, 1901-1981 ~
in *Esquire*, 1964

When we have our body and mind in order, everything else will exist in the right place, in the right way. But usually, without being aware of it, we try to change something other than ourselves, we try to order things outside us. But it is impossible to organize things if you yourself are not in order. When you do things in the right way, at the right time, everything else will be organized.
~ Shunryu Suzuki, 1905-1971 ~
Zen Mind, Beginner's Mind, 1970

Man's chief delusion is his conviction that there are *causes other than his own state of consciousness*. All that befalls man – all that is done by him – all that comes to him – happens as a result of his state of consciousness. A man's consciousness is all that he thinks and desires and loves, all that he believes is true and consents to. That is why a change of consciousness is necessary before you can change your outer world.
~ Neville, 1905-1972~
The Power of Awareness, 1952

Everything that happens to us is only the answer and echo of what and how we ourselves are.
~ Jean Gebser, 1905-1973 ~

The flashlight, seeing light in every direction it looks, concludes there is light everywhere.
~ Arthur Koestler, 1905-1983 ~

A human being fashions his consequences as surely as he fashions his goods or his dwelling. Nothing that he says, thinks or does is without consequences.
~ Norman Cousins, 1915-1990 ~

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The future is not there waiting for us. We create it by the power of imagination.
~ Vilayat Khan, 1916-2004 ~

Things do not happen. Things are made to happen.
~ John F. Kennedy, 1917-1963 ~

He who cannot change the very fabric of his thought will never be able to change reality.
~ Anwar Sadat, 1918-1981 ~

I am the thinker that creates the thoughts that create the things.
~ Johnnie Colemon, 1921- ~

Where there's no gardener there's no garden.
~ Stephen Covey, 1932- ~
First Things First, 1994

Karma is a simple truth: you reap what you sow.
~ Willie Nelson, 1933- ~

The future depends entirely on what each of us does every day.
~ Gloria Steinem, 1934- ~

As a man senses, so he is; as he feels, so is his life, and as he thinks, so is his world.
~ Michael W. Fox, 1937- ~

How often – even before we began – have we declared a task "impossible"? And how often have we construed a picture of ourselves as being inadequate? ... A great deal depends upon the thought patterns we choose and on the persistence with which we affirm them.
~ Piero Ferrucci, 1946- ~

Your Silent Master knows Itself as the Source of mental, emotional, and material Energy – *your* Energy, which you are free to utilize and control in creating what you desire. Therefore, you are a Co-Creator, co-operating with the Life Force of the Universe to shape yourself and the world around you.
~ Tae Yun Kim, 1946- ~
"Image IV: You Are Creative Energy," *Seven Steps to Inner Power*, 1991

If you look closely at your own life, you will realize that you are sending signals to your body that repeat the same old fears and wishes, the same old habits of yesterday and the day before. That is why you are stuck with the same old body.
~ Deepak Chopra, 1947- ~
Journey Into Healing: Awakening the Wisdom Within You, 1994

The biochemistry of the body is the product of awareness. Beliefs, thoughts, and emotions create the chemical reactions that uphold life in every cell.
~ Ibid.

Watch your thoughts; they become words. Watch your words; they become actions. Watch your actions; they become habits. Watch your habits; they become character. Watch your character; it becomes your destiny.
~ Patrick Overton, 1948- ~

Every human thought, and every human action, is based in either love or fear. There *is* no other human motivation, and all ideas are but derivatives of these two.
~ Neale Donald Walsch, 1943- ~
Conversations With God, Book 1, 1995

The best way to forecast the future is to create it.
~ Bill Gates, 1955- ~

Experience is determined by yourself – not the circumstances of your life.
~ Gita Bellin ~
A Sharing of Completion and Celebration, 1983

For the first time in human history, each and every one of the problems we're facing is actually human-caused. We're being forced to look within more deeply than we ever have and to appreciate the importance of our inner world in creating the outer world.
~ Roger N. Walsh ~

The relationship between cause and effect within the domain of physical objects and phenomena reflects a dynamic that is not limited to physical reality. This is the dynamic of karma. Everything in the physical world, including each of us, is a small part of dynamics that are more extensive than a five-sensory human can perceive. The love, fear, compassion, and anger that you experience, for example, are only a small part of the love, fear, compassion, and anger of a larger energy system that you do not see.
~ Gary Zukav ~
The Seat of the Soul, 1990

CELEBRATION

Related States & Conditions: Actualization/Fulfillment, Affirmation/Approval, Appreciation, Centering, Dance/Movement, Eloquence/Poetry, Enjoyment/Pleasure, Expression, Friendship, Happiness/Contentment, Humor/Laughter, Indulgence/Temptation, Legacy, Life/Living, Love-Agape, Meaning, Music, Oneness/Unity/Wholeness, Power, Presence, Sensibility/Sensuality, Sex/Sexuality, Spirituality, Spontaneity, Succcess, Today, Wonder/Mystery, Zeal/Zest

Syntonic: Collaboration/Synergy, Confidence, Courage, Daring/Challenge, Decision/Decisiveness, Desire, Determination/Persistence/Resolve, Diligence, Discipline, Dispatch, Expedience, Flexibility/Flow/Flux, Focus/Intention, Learning, Liberation/Liberty/Freedom, Means, Mind, Optimism/Positivism, Possibility/Potential, Practice, Preparation/Readiness, Self-Reliance, Strength, Thinking/Thought

Dystonic: Anger, Comparison/Competition, Criticism/Judgment, Defeat, Deferment/Delay, Depression/Despair/Despondency, Fault, Grief/Sorrow, Guilt, Hate, Inaction, Jealousy/Envy, Limitation, Loneliness, Regret, Restraint, Worry

Celebrate, then, the days of rejoicing and do not tire of them. For lo, none may take their goods with them and none who depart ever come back again.
~ *Book of Songs* ~
in *Kemet and the African Worldview*, Maulana Karenga and Jacob Carruthers, eds., 1986

Now is the time for drinking, now the time to beat the earth with unfettered foot.
~ Horace, 65-8 BCE ~

A man hath no better thing under the sun than to eat, and to drink, and to be merry.
~ *The Bible*, c. 367 CE ~
Ecclesiastes 8:15

We don't need wine to get drunk,
or instruments and singing to feel ecstatic.
No poets, no leaders, no songs,
yet we jump around totally wild.
~ Jalaluddin Rumi, 1207-1273 ~
Unseen Rain: Quatrains of Rumi, John Moyne and Coleman Barks, trs., 1986

Since Time is not a person we can overtake when he is gone, let us honor him with mirth and cheerfulness of heart while he is passing.
~ Johann von Goethe, 1749-1832 ~

Life is found only in the present moment ... we should have a holiday to celebrate ... We have holidays for so many important occasions ... why not celebrate a day when we can live happily in the present moment all day long? I would like to declare today "Today's Day," a day dedicated to touching the Earth, touching the sky, touching the trees, and touching the peace that is available in the present moment.
~ Thich Nhat Hanh, 1926- ~
Touching Peace: Practicing the Art of Mindful Living, 1992

Every time we hold hands and say a blessing before a meal, every time we lift a glass and say fine words to one another, every time we eat in peace and grace together, we have celebrated the covenants that bind us together.
~ Robert L. Fulghum, 1937- ~
From Beginning to End, 1995

let us celebrate
ourselves, all that is kind
and carnival, living
without goodbyes
without the acquiescences of grief
of ending
That small victory, only.
~ Dennis Scott, 1939-1991 ~
"Strategies," *Strategies*, 1989

As for food and sex, nature demands a minimum, quite basic, for the preservation of the individual and the species; all else is ornamentation or subterfuges we invent to celebrate life.
~ Isabel Allende, 1942- ~
Aphrodite: A Memoir of the Senses, Margaret Sayers Peden, tr., 1998

The more you praise and celebrate your life, the more there is in life to celebrate.
~ Oprah Winfrey, 1954- ~
in *Black Woman's Gumbo Ya-Ya*, Terri L. Jewell, ed., 1993

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CENTERING

Related States & Conditions: Acceptance, Actualization/Fulfillment, Autonomy/Control, Balance, Being/Essence/Soul, Celebration, Congruence/Resonance, Enlightenment/Realization/Transcendence, Equanimity, Focus/Intention, Goal/Ideal/Purpose, Integrity, Love-Agape, Meditation, Mind, Oneness/Unity/Wholeness, Power, Presence, Sincerity/Authenticity, Spirituality, Today

Syntonic: Affirmation/Approval, Appreciation, Attention/Awareness, Character, Collaboration/Synergy, Commitment/Dedication, Confidence, Composure/Peace/Tranquility, Conviction/Principle, Decision/Decisiveness, Detachment, Determination/Persistence/Resolve, Diligence, Discipline, Faith, Flexibility/Flow/Flux, Insight/Instinct/Intuition, Introspection/Self-Knowledge, Learning, Liberation/Liberty/Freedom, Optimism/Positivism, Practice, Retreat/Withdrawal, Self-Reliance, Silence/Stillness, Simplicity, Solitude, Strength

Dystonic: Anger, Attachment, Avoidance/Denial/Refusal, Comparison/Competition, Criticism/Judgment, Defeat, Delusion, Deferment/Delay, Dependence, Depression/Despair/Despondency, Fault, Fear, Greed, Grief/Sorrow, Guilt, Haste/Impatience, Hate, Inaction, Jealousy/Envy, Limitation, Loneliness, Regret, Restraint, Worry

A person must continually maintain his inner certainty, and not give way to his easily excited superficial nature. When one deviates from one's inner certainty, all efforts will be in vain.
~ *Yi Jing*, c. 1150 BCE ~
"Heng: Duration" in *The Photographic I Ching*, Dhiresha McCarver, tr., 1997

There is no need to run outside
For better seeing,
Nor to peer from a window.
Rather abide
At the center of your being;
For the more you leave it, the less you learn.
Search your heart and see
If he is wise who takes each turn:
The way to do is to be.
~ Laozi, 570-490 BCE ~
The Way of Life, Witter Bynner, tr.

Before pleasure, anger, sorrow, and joy have arisen, we are in the center. When these passions have arisen and when all attain their proper degree, we are in harmony. That center is the root of the universe; that harmony is the Tao, reaching out to all things. Once we find the center and achieve harmony, heaven and earth take their proper places, and all things are fully nourished.
~ Zi Si, 492-431 BCE ~
"The Central Harmony," in *The Wisdom of Confucius*, Lin Yutang, tr., 1938

Wherever the mind wanders, restless and diffuse in its search for satisfaction without, lead it within; train it to rest in the Self.
~ *Bhagavad Gita*, c. 400 BCE ~

The beauties of the highest heavens and the marvels of the sublimest realms are all within the heart: this is where the perfectly open and aware spirit concentrates. Confucians call it the open center, Buddhists call it the pedestal of awareness, Taoists call it the ancestral earth, the yellow court, the mysterious pass, the primal opening.
~ Lu Dong Bin, c. 798 ~
The Secret of the Golden Flower: The Classic Chinese Book of Life, I.ii, Thomas Cleary, tr., 1991

The practice of true reality is simply to sit serenely in silent introspection. When you have fathomed this you cannot be turned around by external causes and conditions. This empty, wide open mind is subtly and correctly illuminating.
~ Hongzhi Zhengjue, 1091-1157 ~

If you penetrate the center of time and space, you can bypass the addictions of the world:
You can become the world yourself.
~ Sa'd Ud Din Shabistari, 13th C. ~
"The Secret Rose Garden," in *Desert Wisdom: Sacred Middle Eastern Writings from the Goddess Through the Sufis*, Neil Douglas-Klotz, tr., 1995

Just throw away all thoughts of imaginary things, and stand firm in that which you are.
~ Kabir, 1440-1518 ~
in Julia Cameron, *Transitions: Prayers and Declarations for a Changing Life*, 1999

A wise man never loses anything if he have himself.
~ Michel de Montaigne, 1533-1592 ~

When I dance I dance; when I sleep I sleep; yes, when I walk alone in a beautiful orchard, if my thoughts have been concerned with extraneous incidents for some part of the time, for some other part I lead them back again to the walk, to the orchard, to the sweetness of solitude, and to myself.
~ Montaigne ~
"Experience," *Essays of Montaigne*, Charles Cotton, tr., 1877

Roundness means being in the center of the compass. In the center of the compass, you respond adaptively according to the situation – you can go up or down, be high or low, act or be still, not clinging to one rule or method. Squareness means being in the center of the square. In the center of the square, right and wrong are not confused – you do not behave disrespectfully, do not act unjustly, do not live in a way you should not, being inwardly autonomous.
~ Liu Yiming, b. c. 1737 ~
Awakening to the Tao, Thomas Cleary, tr., 1988

Live in the midst of the battle of life. Anyone can keep calm in a cave or when asleep. Stand in the whirl and madness of action and reach the Center. If you have found the Center, you cannot be moved.
~ Vivekananda, 1863-1902 ~
The Complete Works of Swami Vivekananda, 1984-1987, 6:84, 1926

Man is, as it were, a center and is attracting all the powers of the universe towards himself, and in this center is fusing them all and again sending them off in a big current. Such a center is the real man.
~ Vivekananda ~
"Karma and Its Effects on Character", *Karma-Yoga and Bhakti-Yoga*, Swami Nikhilananda, ed., 1955

Within you there is a stillness and sanctuary to which you can retreat at any time and be yourself.
~ Herman Hesse, 1877-1962 ~
Siddhartha, 1951

The key to good technique is to keep your hands, feet, and hips straight and centered. If you are centered, you can move freely. The physical center is your belly; if your mind is set there as well, you are assured of victory in any endeavor.
~ Morihei Ueshiba, 1883-1969 ~
The Art of Peace, John Stevens, tr., 1992

The still point of the turning world …
And do not call it fixity, where past and future are gathered. Except for the point, the still point
There would be no dance, and there is only the dance.
~ T. S. Eliot, 1885-1965 ~

You must find and maintain a close communion with your true Center. Your creative power is not an act of will. It is, rather, an act of your willingness to believe. And you are believing in something greater than your objective self, something deeper than your subconscious self, something beyond the collective thought of the world.
~ Ernest Holmes, 1887-1960 ~
This Thing Called You, 1948

We may liken ourselves to the atom, whose center or nucleus is relatively stable. Around it revolve the electrons in orderly, harmonious orbits. In much the same way, once we discover the stable center that resides within us, all our experiences will revolve around us in an orderly way.
~ Holmes ~
"Change Is Necessary"

Silence fertilizes the deep place where personality grows. A life with a peaceful center can weather all storms.
~ Norman Vincent Peale, 1898-1993 ~

In the point of rest at the center of our being, we encounter a world where all things are at rest in the same way. Then a tree becomes a mystery, a cloud a revelation, each man a cosmos of whose riches we can only catch a glimpse.
~ Dag Hammarskjöld, 1905-1961 ~
Markings, 1964

Only when one is connected to one's own core is one connected to others, I am beginning to discover. And, for me, the core, the inner spring, can best be refound through solitude.
~ Anne Morrow Lindbergh, 1906-2001 ~
Gift from the Sea, 1955

To glimpse things and beings as they are in themselves, as if from their center, is to see oneself as one is in one's own center.
~ Frederick Franck, 1909- ~
A Little Compendium on That Which Matters, 1993

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A door opens in the center of our being and we seem to fall through it into immense depths which, although they are infinite, are all accessible to us; all eternity seems to have become ours in this one placid and breathless contact.
~ Thomas Merton, 1915-1968 ~
New Seeds of Contemplation, 1961

Mind and body
Together,
Thoughts and emotions
Revolving around
A single center point.
Varied movements
Actively churning
Form a quiet center.
A quiet center forms
In their midst.

We feel the center of our Self,
The inner center of our Self,
It is neither body
Nor mind
But a center point
Not this, not that,
A single center point,
The inner center of the Self.
~ Ira Progoff, 1921-1997 ~
"The Center Point Within Me," *The Well and the Cathedral*, 1980

When our center is strong, everything else is secondary.
~ Elie Wiesel, 1928- ~

When we go to the center, we leave behind time and space and separateness. We come to our Source and are in the Being from which we ever flow and in which we ever stand and apart from which we are not.
~ M. Basil Pennington, 1931- ~
Centering Prayer: Renewing an Ancient Christian Prayer Form, 1980

The task could not be simpler, because there is nowhere to go, nothing to do. To retreat, you need only be. How? By giving yourself to yourself before you give yourself away.
~ Susan L. Taylor, 1946- ~
Lessons in Living, 1995

I learned early on that there's a place inside oneself that no one else can violate, that no one else can enter, and that we have a right to protect that place.
~ Kareem Abdul-Jabbar, 1947- ~
Kareem, 1990

The point that Archimedes was looking for – a place to stand on and move the world – actually exists. It is inside us, covered up by the fascinating but misleading moving-picture show of the waking state.
~ Deepak Chopra, 1947- ~
Journey Into Healing: Awakening the Wisdom Within You, 1994

"The center of the cosmos" refers to that place where the great birth of the universe happened at the beginning of time, but it also refers to the upwelling of the universe as river, as star, as raven, as you, the universe surging into existence anew. The consciousness that learns it is at the origin point of the universe is itself an origin of the universe. The awareness that bubbles up each moment that we identify as ourselves is rooted in the originating activity of the universe. We are all of us arising together at the center of the cosmos.
~ Brian Swimme, 1950- ~
The Hidden Heart of the Cosmos, 1996

The idea of returning is significant for all of us. We must work, explore, travel, and make our achievements in life. No matter how much we strain and how wide we wander, we all need some lodestone, some center from which to operate. For some of us, this is a place, a home. For others, this is merely withdrawal into our own hearts … there is a core spirit to which each of us should return. This core spirit is increasingly obscured by our own thoughts and the complexity of civilization. All education, while a necessary evil, is a stain upon the primal soul. Therefore, returning is a process of simplification that throws off the unnecessary problems of socialization. One gradually peels back the layers and makes one's way back to the unsullied, pure inner person.
~ Deng Ming-Dao ~
365 Tao: Daily Meditations, 1992

There is a place within our present state of awareness where there is no top, no bottom, no right or left, no inside and no outside. Here there is no past, present, or future. We need to let go of our mind to the point where we find our self there. And then we need to resist the temptation to go anywhere else.
~ Reggie Ray ~

CHANGE

Related States & Conditions: Adversity, Age/Ageing, Appearance/Form, Balance, Beginning/Endeavour, Breakthrough/Epiphany/Turning Point, Cause, Chaos/Uncertainty, Choice/Volition, Creativity/Discovery/Innovation, Conflict/Opposition, Dance/Movement, Daring/Challenge, Death/Dying, Expedience, Exploration, Flexibility/Flow/Flux, Growth/Expansion, Impermanence, Initiative, Journey/Path, Opportunity, Possibility/Potential, Seeking, Solution, Spontaneity

Syntonic: Acceptance, Appreciation, Attention/Awareness, Character, Collaboration/Synergy, Commitment/Dedication, Confidence, Composure/Peace/Tranquility, Decision/Decisiveness, Detachment, Determination/Persistence/Resolve, Diligence, Discipline, Direction, Equanimity, Faith, Focus/Intention, Integrity, Openness/Receptivity, Optimism/Positivism, Practice, Preparation/Readiness, Retreat/Withdrawal, Self-Reliance, Silence/Stillness, Simplicity, Solitude, Strength

Dystonic: Anger, Attachment, Avoidance/Denial/Refusal, Complacency, Conformity, Defeat, Delusion, Deferment/Delay, Dependence, Distraction/Diversion, Fear, Grief/Sorrow, Guilt, Habit, Haste/Impatience, Inaction, Jealousy/Envy, Limitation, Loneliness, Regret, Restraint, Worry

Change is Lord of the Universe … Nothing rests, everything moves; everything vibrates.
~ Khemetic Saying ~
Temt Tchaas: Egyptian Proverbs, Muata Ashaya Ashby, ed., 1994

If you realize that all things change there is nothing you will try to hold onto.
~ Laozi, 570-490 BCE ~
Daode Jing

They must often change who would be constant in happiness or wisdom.
~ Kongfuzi, c. 551–c. 479 BCE ~
in Oliver Goldsmith, *The Citizen of the World*, 1790

All is flux, nothing stands still. Nothing endures but change … You cannot step twice into the same river, for other waters are continually flowing on. There is nothing permanent except change.
~ Heraclitus, c. 540 -c. 480 BCE ~
in Plato, *Cratylus*, 360 BCE

All is change; all yields its place and goes.
~ Euripides, c. 485-406 BCE ~

Nothing endures but change.
~ Horace, 65-8 BCE ~

Observe constantly that all things take place by change, and accustom thyself to consider that the nature of the Universe loves nothing so much as to change. The Universe is change.
~ Marcus Aurelius, 121-180 ~
Meditations, 170-180

When I was a young man, I wanted to change the world. I found it was difficult to change the world, so I tried to change my nation. When I found I couldn't change the nation, I began to focus on my town. I couldn't change the town and as an older man, I tried to change my family. Now, as an old man, I realize the only thing I can change is myself, and suddenly I realize that if long ago I had changed myself, I could have made an impact on my family. My family and I could have made an impact on our town. Their impact could have changed the nation and I could indeed have changed the world.
~ Unknown Monk, 1100 CE ~

Change is not made without inconvenience, even from worse to better.
~ Richard Hooker, 1554-1600 ~
in Johnson, *Dictionary of the English Language*, 1755

Do not look forward in fear to the changes of life; rather look to them with full hope as they arise.
~ Francis de Sales, 1567-1622 ~

Since 'tis Nature's law to change,
Constancy alone is strange.
~ John Wilmot, 1647-1680 ~
A Dialogue Between Strephon and Daphne, 1691

There is nothing in this world constant but inconstancy.
~ Jonathan Swift, 1667-1745 ~
A Critical Essay Upon the Faculties of the Mind, 1709

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Such is the state of life, that none are happy but by anticipation of change: the change itself is nothing; when we have made it, the next wish is to change again. The world is not yet exhausted; let me see something tomorrow which I never saw before.
~ Samuel Johnson, 1709-1784 ~

All that is human must retrograde if it does not advance.
~ Edward Gibbon, 1737-1794 ~
Decline and Fall of the Roman Empire, 1776-1788

There is a certain relief in change, even though it be from bad to worse; as I have found in traveling in a stage-coach, that it is often a comfort to shift one's position and be bruised in a new place.
~ Washington Irving, 1783-1859 ~
Tales of a Traveller, 1824

In a higher world it is otherwise; but here below to live is to change, and to be perfect is to change often.
~ John Henry Newman, 1801-1890 ~

Change is inevitable. In a progressive country change is constant.
~ Benjamin Disraeli, 1804-1881 ~
Speech at Edinburgh, 1867 October 29
in *The Times*, 1867 October 30

No great improvements in the lot of mankind are possible, until a great change takes place in the fundamental constitution of their modes of thought.
~ John Stuart Mill, 1806-1873 ~
Autobiography, 1873

The dogmas of the past are inadequate to the stormy present. The occasion is piled high with difficulty, and we must rise with the occasion. As our case is new, so we must think anew and act anew. We must disenthrall ourselves.
~ Abraham Lincoln, 1809-1865 ~
Message to Congress, 1862 December 1

The old order changeth, yielding place to the new.
~ Alfred Lord Tennyson, 1809-1892 ~
The Idylls of the King, 1885

Things do not change; we change.
~ Henry David Thoreau, 1817-1862 ~
Walden, 1854

A living thing is distinguished from a dead thing by the multiplicity of changes at any moment taking place in it.
~ Herbert Spencer, 1820-1903 ~

Everyone thinks of changing the world, but no one thinks of changing himself.
~ Leo Tolstoy, 1828-1910 ~

In quiet uneventful lives, the changes internal and external are so small that there is little or no strain in the process of fusion and accommodation. In other lives there is great strain, but there is also great fusion and accommodating power.
~ Samuel Butler, 1835-1902 ~
The Way of All Flesh, 1903

What, then, is the true Gospel of consistency? Change. Who is the really consistent man? The man who changes. Since change is the law of his being, he cannot be consistent if he sticks in a rut.
~ Mark Twain, 1835-1910 ~

To change one's life: Start immediately, do it flamboyantly, no exceptions, no excuses.
~ William James, 1842-1910 ~

One must never lose time in vainly regretting the past nor in complaining about the changes which cause us discomfort, for change is the very essence of life … All changes, even the most longed for, have their melancholy, for what we leave behind us is a part of ourselves; we must die to one life before we can enter into another.
~ Anatole France, 1844-1924 ~

Progress is impossible without change; and those who cannot change their minds, cannot change anything.
~ George Bernard Shaw, 1856-1950 ~

Since changes are going on anyway, the great thing is to learn enough about them so that we will be able to lay hold of them and turn them in the direction of our desires. Conditions and events are neither to be fled from nor passively acquiesced in; they are to be utilized and directed.
~ John Dewey, 1859-1952 ~
Reconstruction in Philosophy, 1920

The art of progress is to preserve order amid change, and to preserve change amid order. Life refuses to be embalmed alive.
~ Alfred North Whitehead, 1861-1947 ~

You must be the change you wish to see in the world.
~ Mahatma Gandhi, 1869-1948 ~

All conservatism is based upon the idea that if you leave things alone you leave them as they are. But you do not. If you leave a thing alone you leave it to a torrent of change.
~ G. K. Chesterton, 1874-1936 ~
Orthodoxy, 1908

To improve is to change; to be perfect is to change often.
~ Winston Churchill, 1874-1965 ~

We cannot change anything unless we accept it.
~ Carl Jung, 1875-1961 ~

The world hates change; yet it is the only thing that has brought progress.
~ Charles Kettering, 1876-1958 ~

Change not the mass but change the fabric of your own soul and your own visions, and you change all.
~ Vachel Lindsay, 1879-1931 ~

None of us knows what the next change is going to be, what unexpected opportunity is just around the corner, waiting a few months or a few years to change all the tenor of our lives.
~ Kathleen Norris, 1880-1966 ~
Hands Full of Living, 1931

He who expects to change the world will be disappointed; he must change his view. When this is done, the tolerance will come, forgiveness will come and there will be nothing he cannot bear.
~ Hazrat Khan, 1882-1927 ~

Since we cannot change reality, let us change the eyes which see reality.
~ Nikos Kazantzakis, 1885-1957 ~

Keep changing. When you're through changing, you're through.
~ Bruce Barton, 1886-1967 ~

We should never be afraid of change, never fearful of what will come. Instead we should bring to bear on each new event the influence of the creative nature of our thought – an influence that is founded on an inward calm, a sense of certainty and peace, which will reflect itself in the changing scene of our everyday lives. As we look for and discover the nature of the Infinite which does not change, we find that we develop a complete trust in Its integrity.
~ Ernest Holmes, 1887-1960 ~
"Change Is Necessary"

Change yourself and you have done your part in changing the world. Every individual must change his own life if he wants to live in a peaceful world.
~ Paramahansa Yogananda, 1893-1952 ~
Autobiography of a Yogi, 1946

The charm of history and its enigmatic lesson consist in the fact that, from age to age, nothing changes and yet everything is completely different.
~ Aldous Huxley, 1894-1963 ~
The Devils of Loudun, 1952

Change means chaos, but it also means life.
~ Lin Yutang, 1895-1976 ~
in *The New York Times Magazine*, 1936

Only the changeable can be thought of and talked about. The unchangeable can only be realized in silence.
~ Nisargadatta, 1897-1981 ~

Whatever you consider yourself to be changes from moment to moment. Nothing is constant.
~ Nisargadatta ~

Change is a measure of time and, in the autumn, time seems speeded up. What was is not and never again will be; what is is change.
~ Edwin Teale, 1899-1980 ~

It is not necessary to change. Survival is not mandatory.
~ William Deming, 1900-1993 ~

It is the nature of a man as he grows older, a small bridge in time, to protest against change, particularly change for the better. But it is true that we have exchanged corpulence for starvation, and either one will kill us. The lines of change are down. We, or at least I, can have no conception of human life and human thought in a hundred years or fifty years. Perhaps my greatest wisdom is the knowledge that I do not know. The sad ones are those who waste their energy in trying to hold it back, for they can only feel bitterness in loss and no joy in gain.
~ John Steinbeck, 1902-1968 ~
Travels With Charley: In Search of America, 1962

Things are always changing, so nothing can be yours.
~ Shunryu Suzuki, 1905-1971 ~

When we are no longer able to change a situation, we are challenged to change ourselves.
~ Viktor Frankl, 1905-1998 ~

If you want to change the world, or to be an influence for such a change, you must begin within yourself by changing the way you see the world.
~ Eric Butterworth, 1916-2003 ~
Discover the Power Within You, 1968

At one end is the dimension of our being that is transient and evanescent, or continually changing and transforming through a process of evolution. At the other end of this pendulum is that part of consciousness that remains immortal and unchanged. This our whole being could be said to be a continuity of change – just as it's never the same water that passes under the bridge, yet at the same time it's the same river.
~ Vilayat Khan, 1916-2004 ~
Awakening: A Sufi Experience, 1999

Our own dilemma is that we hate change and love it at the same time; what we really want is for things to remain the same but get better.
~ Sydney J. Harris, 1917-1986 ~

It is change, continuing change, inevitable change, that is the dominant factor in society today. No sensible decision can be made any longer without taking into account not only the world as it is, but the world as it will be.
~ Isaac Asimov, 1920-1992 ~
"My Own View" in *The Encyclopedia of Science Fiction*, Holdstock, ed.

Not everything that is faced can be changed; but nothing can be changed until it is faced … Most of us are about as eager to change as we were to be born, and go through our changes in a similar state of shock.
~ James Baldwin, 1924-1987 ~

The direction of change to seek is not in our four dimensions: it is getting deeper into what we are, where you are, like turning up the volume on the amplifier.
~ Thaddeus Golas, 1924-1997 ~

You never have to change what you see, only the way you see it.
~ Golas ~

Change is the end result of all true learning. Change involves three things: First, a dissatisfaction with self – a felt void or need; second, a decision to change – to fill the void or need; and third, a conscious dedication to the process of growth and change – the willful act of making the change; Doing Something.
~ Leo Buscaglia, 1924-1998 ~

Change is life. Without change there would be no growth, no understanding, no relating, no surprises. We are by nature changing beings. Still we seem to fear and resist it more than any other aspect of life.
~ Buscaglia ~

We live in a moment of history where change is so speeded up that we begin to see the present only when it is already disappearing.
~ R. D. Laing, 1927-1989 ~
The Politics of Experience, 1967

They always say that time changes things, but you actually have to change them yourself.
~ Andy Warhol, 1927-1987 ~
From A to B and Back Again, 1975

Changes become possible because of changes and release changes, which again makes possible further changes. So every reform that looks at itself in isolation will fail from a lack of insight into its own consequences.
~ Günter Grass, 1927- ~
Der Burger und Seine Stimme, 1974

Change is not merely necessary to life – it is life.
~ Alvin Toffler, 1928- ~

The problem is not therefore, to suppress change, which cannot be done, but to manage it. If we opt for rapid change in certain sectors of life we can consciously attempt to build stability zones elsewhere. A divorce perhaps, should not be too closely followed by a job transfer … the recent widow should not, perhaps, rush to sell her house.
~ Toffler ~

If we want to change a situation, we first have to change ourselves. And to change ourselves effectively, we first have to change our perceptions.
~ Stephen Covey, 1932- ~
The 7 Habits of Highly Effective People, 1989

Some women wait for something to change and nothing does change so they change themselves.
~ Audre Lorde, 1934-1992 ~

People handle their fear of change in different ways, but the fear is inescapable if we are in fact to change.
~ M. Scott Peck, 1936-2005 ~
The Road Less Travelled, 1978

The world in which we are born is not the world in which we will die. Change is the only constant thing in life.
~ Famous Amos, 1937- ~
Watermelon Magic, 1996

Changes are not only possible and predictable, but to deny them is to be an accomplice to one's own unnecessary vegetation.
~ Gail Sheehy, 1937- ~

A belated discovery, one that causes considerable anguish, is that *no one can persuade another to change*. Each of us guards a gate of change that can only be unlocked from the inside. We cannot open the gate of another, either by argument or by emotional appeal.
~ Marilyn Ferguson, 1938- ~
The Aquarian Conspiracy, 1980

Fluidity and discontinuity are central to the reality in which we live.
~ Catherine Bateson, 1939- ~

I change myself, I change the world.
~ Gloria Anzaldúa, 1942-2004 ~
Borderlands/La Frontera: The New Mestiza, 1987

Today, loving change, tumult, even chaos, is a prerequisite for survival, let alone success.
~ Tom Peters, 1942- ~

The real meaning of revolution is not a change in management, but a change in man. This change we must make in our own lifetime and not for our children's sake, for the revolution must be born of joy and not sacrifice.
~ Daniel Cohn-Bendit, 1945- ~
Obsolete Communism: The Left-Wing Alternative, Arnold Pomerans, tr., 1968

Change is the constant, the signal for rebirth, the egg of the phoenix.
~ Christina Baldwin, 1946- ~
One to One, 1977

The most powerful thing you can do to change the world is to change your own beliefs about the nature of life, people, reality, to something more positive ... and begin to act accordingly.
~ Shakti Gawain, 1948- ~
Creative Visualization, 1978

From where you are, from who you are in your everyday life, that's where you make change.
~ Toshi Reagon, 1964- ~

If one desires a change, one must be that change before that change can take place.
~ Gita Bellin ~
A Sharing of Completion and Celebration, 1983

Life is change. Growth is optional. Choose wisely.
~ Karen Kaiser Clark ~

If you focus on results, you will never change. If you focus on change, you will get results.
~ Jack Dixon ~

There is no way to make people like change. You can only make them feel less threatened by it.
~ Frederick O'R. Hayes ~
in *Fortune*, 1969

We can trust the reality of change and the constancy of possibility. If we look closely enough at any painful emotion or difficult situation, we see that it is bound to change – it is not as solid and inert as it might have seemed ... Even while a difficult situation is happening it is shifting, varied, alive. Once we see the inherent change in our experience, we see that we are not trapped, that we can have options. We can sense possibility, however slight at the moment.
~ Sharon Salzberg ~
Faith: Trusting Your Own Deepest Experience, 2002

When we become aware of ourselves, we find the potential for radical transformation. If you want to change, that's where you have to start from. If you really wake up, if you really notice, it's inevitable that change will take place.
~ Angel Kyodo Williams ~
Being Black: Zen and the Art of Living with Fearlessness and Grace, 2000

CHAOS / UNCERTAINTY

Related States & Conditions: Adversity, Breakthrough/Epiphany/Turning Point, Change, Conflict/Opposition, Evil, Failure/Error, Fear, Flexibility/Flow/Flux, Growth/Expansion, Impermanence, Insanity, Journey/Path, Paradox, Polarity/Contrast, Questioning/Doubt, Seeking, Shadow, Transformation, Unconscious/Subconscious, Spontaneity, War/Aggression/Violence, Wonder/Mystery

Syntonic: Acceptance, Appreciation, Attention/Awareness, Autonomy/Control, Balance, Being/Essence/Soul, Centering, Character, Collaboration/Synergy, Commitment/Dedication, Composure/Peace/Tranquility, Confidence, Congruence/Resonance, Connection/Interbeing/Interdependence, Continuity, Conviction/Principle, Courage, Decision/Decisiveness, Detachment, Determination/Persistence/Resolve, Diligence, Direction, Discipline, Distraction/Diversion, Enlightenment/Realization/Transcendence, Equanimity, Faith, Focus/Intention, Insight/Instinct/Intuition, Integrity, Introspection/Self-Knowledge, Meditation, Openness/Receptivity, Optimism/Positivism, Patience, Power, Practice, Presence, Release, Retreat/Withdrawal, Self-Reliance, Silence/Stillness, Simplicity, Solitude, Spirituality, Strength, Trust, Understanding, Wisdom

Dystonic: Anger, Attachment, Avoidance/Denial/Refusal, Defeat, Deferment/Delay, Delusion, Dependence, Depression/Despair/Despondency, Fault, Grief/Sorrow, Guilt, Haste/Impatience, Inaction, Jealousy/Envy, Limitation, Loneliness, Regret, Worry

So as this only point among the rest remaineth sure and certain, namely, that nothing is certain.
~ Pliny the Elder, 23-79 ~
Historia Naturalis, Book II, 7

When the moon
Of your mind becomes
Clouded over with confusion,
You are searching
Around for the light outside.
~ Hozoin Gakuzengo Inye ~

If a man will begin with certainties he shall end in doubts; but if he will be content to begin with doubts he may end in certainties.
~ Francis Bacon, 1561-1626 ~
Advancement of Learning, I.5.8, 1605

Blue sky and fine weather can abruptly change to tremulous lightning and rolling thunder. Violent winds and angry rains can abruptly change to serene moonlight and a clear sky. Has the universe ever ceased its workings? Has the universe ever been impeded? Human nature is also like this.
~ Hong Zicheng, fl. 1596 ~
Caigentan: Vegetable Roots Discourse, I.124, Robert Aitken & Daniel W. Y. Kwok, trs., 2006

Doubt is not a pleasant condition, but certainty is absurd.
~ François-Marie Voltaire, 1694-1778 ~
Letter to Frederick the Great, 1790

Viewed from the summit of reason, all life looks like a malignant disease and the world like a madhouse.
~ Johann von Goethe, 1749-1832 ~

There is nothing stable in the world – uproar's your only music.
~ John Keats, 1795-1821 ~
Letter, 1818

There are some enterprises in which a careful disorderliness is the true method.
~ Herman Melville, 1819-1891 ~
Moby Dick, or, the Whale, 1851

To quarrel with the uncertainty that besets us in intellectual affairs would be about as reasonable as to object to live one's life, with due thought for the morrow, because no man can be sure he will be alive an hour hence.
~ Thomas Huxley, 1825-1895 ~
Collected Essays, Vol. 5, 1896

There is one thing certain, namely, that we can have nothing certain; therefore it is not certain that we can have nothing certain.
~ Samuel Butler, 1835-1902 ~

Chaos often breeds life, when order breeds habit.
~ Henry Brooks Adams, 1838-1918 ~
The Education of Henry Adams, 1907

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I tell you: one must have chaos in one to give birth to a dancing star. I tell you: you still have chaos in you.
~ Friedrich Nietzsche, 1844-1900 ~
Thus Spake Zarathustra, Thomas Common, tr., 1909

Chaos is a name for any order that produces confusion in our minds.
~ George Santayana, 1863-1952 ~
Dominations and Powers, 1951

If a man will take his place before almost any fact and scrounge down into it, he will come upon something not adequately known.
~ Charles Horton Cooley, 1864-1929 ~
Life and the Student, 1927

In a confused time there is a possibility of seeing life more largely than in any other, because no one tradition dominates thought and the need to choose opens our perspective.
~ Ibid.

Uncertainty, in the presence of vivid hopes and fears, is painful, but must be endured if we wish to live without the support of comforting fairy tales. It is not good either to forget the questions that philosophy asks, or to persuade ourselves that we have found indubitable answers to them. To teach men how to live without certainty, and yet without being paralyzed by hesitation, is perhaps the chief thing that philosophy, in our age, can still do for those who study it.
~ Bertrand Russell, 1872-1970 ~
Introduction, *The History of Western Philosophy*, 1945

Barbarians fear the unknown for the same reason that Agnostics worship it – because it is a fact.
~ G. K. Chesterton, 1874-1936 ~

Chaos is the score upon which reality is written.
~ Henry Miller, 1891-1980 ~
Tropic of Cancer, 1961

I have come to the conclusion, after many years of sometimes sad experience, that you cannot come to any conclusion at all.
~ Vita Sackville-West, 1892-1962 ~
In Your Garden Again, 1953

I have a great belief in the fact that whenever there is chaos, it creates wonderful thinking. I consider chaos a gift.
~ Septima Clark, 1898-1987 ~

When we are not sure, we are alive.
~ Graham Greene, 1904-1991 ~

Living is a form of not being sure, not knowing what next or how. The moment you know how, you begin to die a little. The artist never entirely knows. We guess. We may be wrong, but we take leap after leap in the dark.
~ Agnes de Mille, 1908-1993 ~

Innumerable confusions and a feeling of despair invariably emerge in periods of great technological and cultural transition.
~ Marshall McLuhan, 1911-1980 ~

It is by undermining the idea of reason, of order, of harmony, that we gain consciousness of ourselves.
~ E. M. Cioran, 1911-1995 ~
The Temptation to Exist, 1956

Research is what I'm doing when I don't know what I'm doing.
~ Wernher von Braun, 1912-1977 ~

However confused the scene of our life appears, however torn we may be who now do face that scene, it can be faced, and we can go on to be whole.
~ Muriel Rukeyser, 1913-1980 ~
in Julia Cameron, *Transitions: Prayers and Declarations for a Changing Life*, 1999

To have order, you must have randomness, because where you have no randomness order cannot manifest itself.
~ Alan Watts, 1915-1973 ~
in R. G. Jahn and B. J. Dunne, *Margins of Reality*, 1987

The one unchangeable certainty is that nothing is certain or unchangeable.
~ John F. Kennedy, 1917-1963 ~

The future is uncertain … but this uncertainty is at the very heart of human creativity.
~ Ilya Prigogine, 1917-2003 ~

We tend to defend vigorously things that in our deepest hearts we are not quite certain about. If we are certain of something we know, it doesn't need defending.
~ Madeleine L'Engle, 1918- ~

A little uncertainty is good for everyone.
~ Henry Kissinger, 1923- ~

In the high country of the mind, one has to become adjusted to the thinner air of uncertainty, and to the enormous magnitude of the questions asked.
~ Robert Pirsig, 1928- ~
Zen and the Art of Motorcycle Maintenance, 1974

Contrary to what we tend to assume, the normal state of the mind is chaos. Without training, and without an object in the external world that demands attention, people are unable to focus their thoughts for more than a few minutes at a time. It is relatively easy to concentrate when attention is structured by outside stimuli ... But when we are left alone, with no demands on attention, the basic disorder of the mind reveals itself. With nothing to do, it begins to follow random patterns, usually stopping to consider something painful or disturbing. Unless a person knows how to give order to his or her thoughts, attention will be attracted to whatever is most problematic at the moment: it will focus on some real or imaginary pain, on recent grudges or long-term frustrations.
~ Mihaly Csikszentmihalyi, 1934- ~
Flow: The Psychology of Optimal Experience, 1990

We are often most in the dark when we are most certain, and the most enlightened when we are confused.
~ M. Scott Peck, 1936-2005 ~
The Road Less Travelled, 1978

Life is. I am. Anything might happen. And I believe I *may* invest my life with meaning. The uncertainty is a blessing in disguise. If I were absolutely certain about all things, I would spend my life in anxious misery, fearful of losing my way. But since everything and anything are always possible, the miraculous is always nearby and wonders shall never, ever cease.
~ Robert Fulghum, 1937- ~
Maybe (Maybe Not): Second Thoughts from a Secret Life, 1993

An appreciation of process makes uncertainty bearable. A sense of freedom requires uncertainty, because we must be free to change, modify, assimilate new information as we go along. Uncertainty is the necessary companion of all explorers.
~ Marilyn Ferguson, 1938- ~
The Aquarian Conspiracy, 1980

The source of the effort to confirm our solidity is an uncertainty as to whether or not we exist. Driven by this uncertainty, we seek to prove our own existence by finding a reference point outside ourselves, something with which to have a relationship, something solid to feel separate from.
~ Chögyam Trungpa, 1939-1987 ~

What is important is to keep learning, to enjoy challenge, and to tolerate ambiguity. In the end there are no certain answers.
~ Matina Horner, 1939- ~

The unknown is what it is. And to be frightened of it is what sends everybody scurrying around chasing dreams, illusions, wars, peace, love, hate, all that. Unknown is what it is. Accept that it is unknown, and it's plain sailing.
~ John Lennon, 1940-1980 ~

Eliminate something superfluous from your life. Break a habit. Do something that makes you feel insecure.
~ Piero Ferrucci, 1946- ~

Maps are useless where you're going, because the territory ahead is constantly shifting. You might as well try to map flowing water.
~ Deepak Chopra, 1947- ~
The Way of The Wizard, 1995

In the chaos there is the burgeoning of creative quantum leaps of major phase transitions. Therefore, not only embrace the chaos but also embrace the uncertainty in the inherent chaos.
~ Chopra ~

Confusion is the welcome mat at the door of creativity.
~ Bill Gates, 1955- ~

Miracles result from our recognition that even the worst news is only a short story; the whole plot is an unfolding mystery. Be humble in your perpetual uncertainty.
~ Paul Pearsall ~
Making Miracles, 1991

Life is made up of uncertainty. Each time we breathe out, we don't know if we'll breathe in again. Each time we risk stepping forward, we don't know what we'll encounter, but we can't just idle where we are. Despite all our efforts to picture the unfolding of events as managed, orderly, fixed, we don't know what will happen next.
~ Sharon Salzberg ~
"River View, Fear Optional," O Magazine, 2003 November

CHARACTER

Related States & Conditions: Autonomy/Control, Being/Essence/Soul, Centering, Conscience, Growth/Expansion, Identity, Individuality, Integrity, Introspection/Self-Knowledge, Journey/Path, Presence, Seeking, Self, Self-Reliance, Shadow, Sincerity/Authenticity, Spirituality, Strength, Transformation, Unconscious/Subconscious, Value/Worth, Wonder/Mystery

Syntonic: Acceptance, Adversity, Appreciation, Attention/Awareness, Balance, Change, Collaboration/Synergy, Commitment/Dedication, Composure/Peace/Tranquility, Confidence, Conflict/Opposition, Congruence/Resonance, Conviction/Principle, Courage, Death/Dying, Decision/Decisiveness, Detachment, Determination/Persistence/Resolve, Diligence, Discipline, Enlightenment/Realization/Transcendence, Equanimity, Failure/Error, Faith, Focus/Intention, Forgiveness, Insight/Instinct/Intuition, Meditation, Openness/Receptivity, Optimism/Positivism, Patience, Power, Practice, Questioning/Doubt, Release, Renewal, Retreat/Withdrawal, Silence/Stillness, Simplicity, Solitude, Struggle, Suffering, Tolerance, Trust, Understanding, Wisdom, Zeal/Zest

Dystonic: Anger, Attachment, Avoidance/Denial/Refusal, Conformity, Defeat, Delusion, Dependence, Depression/Despair/Despondency, Distraction/Diversion, Fault, Fear, Guilt, Haste/Impatience, Inaction, Jealousy/Envy, Limitation, Regret, Worry

Put more trust in nobility of character than in an oath.
~ Solon, c. 638-c. 559 BCE ~

A man's character is his guardian divinity ... Character is destiny.
~ Heraclitus, c. 540-c. 480 BCE ~

Wealth stays with us a little moment if at all: only our characters are steadfast, not our gold.
~ Euripides, c. 485-406 BCE ~

Your character is a result of your conduct.
~ Aristotle, 384-322 BCE ~

As fire when thrown into water is cooled down and put out, so also a false accusation when brought against a man of purest character, boils over and is at once dissipated and vanishes.
~ Cicero, 106-43 BCE ~

A man's own character is the arbiter of his fortune.
~ Publilius Syrus, c. 42 BCE ~

To live each day as though it were your last – never flustered, never lazy, never a false word – herein lies the perfection of character.
~ Marcus Aurelius, 121-180 ~
Meditations, Book 7:69, in *Two Suns Rising*, Jonathan Star, ed., 1991

To compose our character is our duty, not to compose books, and to win, not battles and provinces, but order and tranquility in our conduct. Our great and glorious masterpiece is to live appropriately.
~ Michel de Montaigne, 1533-1592 ~
"Experience," *Essays of Montaigne*, Charles Cotton, tr., 1877

The character that is like clear sky in broad daylight is generated in dark rooms under leaky roofs. The statesmanship that can right the course of the cosmos is born of probing depths and of treading on thin ice.
~ Hong Zicheng, fl. 1596 ~
Caigentan: Vegetable Roots Discourse, I.132, Robert Aitken & Daniel W. Y. Kwok, trs., 2006

I hope I shall always possess firmness and virtue enough to maintain what I consider the most enviable title, the character of an Honest Man.
~ George Washington, 1732-1799 ~

Character is much easier kept than recovered.
~ Thomas Paine, 1737-1809 ~

Talent is formed in quiet retreat,
Character in the headlong rush of life.
~ Johann von Goethe, 1749-1832 ~
Torquato Tasso, 1790

Character is higher than intellect. A great soul will be strong to live as well as think.
~ Ralph Waldo Emerson, 1803-1882 ~

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What you are thunders so that I cannot hear what you say to the contrary.
~ Emerson ~

No one can leave his character behind him when he goes on a journey.
~ Yoruba (Southern Nigeria) Saying ~

We judge ourselves by what we feel capable of doing, while others judge us by what we have already done.
~ Henry Wadsworth Longfellow, 1807-1882 ~

Every man has three characters – that which he exhibits, that which he has, and that which he thinks he has.
~ Alphonse Karr, 1808-1890 ~

Character is like a tree and reputation like a shadow. The shadow is what we think of it; the tree is the real thing.
~ Abraham Lincoln, 1809-1865 ~

Nearly all men can stand adversity, but if you want to test a man's character, give him power.
~ Lincoln ~

It is possible that the scrupulously honest man may not grow rich so fast as the unscrupulous and dishonest one; but the success will be of a truer kind, earned without fraud or injustice. And even though a man should for a time be unsuccessful, still he must be honest: better lose all and save character. For character is itself a fortune.
~ Samuel Smiles, 1812-1904 ~

To be worth anything, character must be capable of standing firm upon its feet in the world of daily work, temptation and trial.
~ Smiles ~

A man's true estate of power and riches is to be himself; not in his dwelling, or position or external relations, but in his own essential character.
~ Henry Ward Beecher, 1813-1887 ~

You cannot dream yourself into a character; you must hammer and forge yourself into one.
~ James Froude, 1818-1894 ~

Character may be manifested in the great moments, but it is made in the small ones.
~ Phillips Brooks, 1835-1893 ~

I forgot that every little action of the common day makes or unmakes character, and that therefore what one has done in the secret chamber one has some day to cry aloud on the housetops.
~ Oscar Wilde, 1856-1900 ~
De Profundis, 1905

Character is the result of two things – mental attitude and the way we spend our time.
~ Elbert Hubbard, 1856-1915 ~

Character, not circumstances, makes the man.
~ Booker T. Washington, 1856-1915 ~

Character is a by-product; it is produced in the great manufacture of daily duty.
~ Woodrow Wilson, 1856-1924 ~
Speech, 1915

If you think about what you ought to do for other people, your character will take care of itself.
~ Wilson ~

You cannot believe in honor until you have achieved it. Better keep yourself clean and bright: you are the window through which you must see the world.
~ George Bernard Shaw, 1856-1950 ~
"Maxims for Revolutionists," *Man and Superman*, 1903

If you really want to judge the character of a man, look not at his great performances. Every fool may become a hero at one time or another. Watch a man do his most common actions; these are indeed the things which will tell you the real character of a great man.
~ Vivekananda, 1863-1902 ~
The Complete Works of Swami Vivekananda, 1984-1987, 1:29, 1926

Life is a series of experiences, each of which makes us bigger, even though it is hard to realize this. For the world was built to develop character, and we must learn that the setbacks and grief which we endure help us in our marching onward.
~ Henry Ford, 1863-1947 ~

Keep your soul free. What matters most in life is not knowledge, but character.
~ Antonin G. Sertillanges, 1863-1948 ~
The Intellectual Life: Its Spirit, Conditions, Methods, Mary Ryan, tr., 1987

The aphorism, "As a man thinketh in his heart, so he is," embraces the whole of man's being. It is so comprehensive that it reaches out to every

condition and circumstance of life. A man is literally what he thinks. His character is the sum of his thoughts.
~ James Allen, 1864-1912 ~

The most powerful agent in character-building is the awakening to the true self, to the fact that man is a spiritual being – nay, more, that I, this very eternal I, am a spiritual being, right here and now, at this very moment, with the God-powers which can be quickly called forth.
~ Ralph Waldo Trine, 1866-1958 ~

As a splendid palace deserted by its inmates looks like a ruin, so does a man without character, all his material belongings notwithstanding.
~ Mahatma Gandhi, 1869-1948 ~

Character cannot be developed in ease and quiet. Only through experiences of trial and suffering can the soul be strengthened, vision cleared, ambition inspired and success achieved.
~ Helen Keller, 1880-1968 ~

A man may die, but his character remains. His thoughts remain. It is the character that gives real force and power to man. Character is power.
~ Sivananda, 1887-1963 ~

Sports do not build character. They reveal it.
~ Heywood Broun, 1888-1939 ~

Character builds slowly, but it can be torn down with incredible swiftness.
~ Faith Baldwin, 1893-1978 ~
Harvest of Hope, 1962

The test of character is the amount of strain it can bear.
~ Charles Houston, 1895-1950 ~

It is when a man ceases to do the things he has to do and does the things he likes to do, that the character is revealed.
~ Lin Yutang, 1895-1976 ~

Character cannot be counterfeited, nor can it be put on and cast off as if it were a garment to fit the whim of the moment. Day by day we become what we do. This is the supreme law and logic of life.
~Madame Chiang Kai-Shek, 1898-2003 ~

When a man says to his character, "Stay here and wait for me," scarcely has he turned his back than his character is close on his heels.
~ Birago Diop, 1906-1989 ~
Tales of Amadou Koumba, 1966

Be more concerned with your character than your reputation, because your character is what you really are, while your reputation is merely what others think you are.
~ John Wooden, 1910- ~

Character makes life immortal. It survives even death. Some say knowledge is power, but this is not true. Character is power.
~ Satya Sai Baba, 1926- ~

Choices lead to action; action forms habits; habits solidify into character ... If character grows out of the spiritual vision of oneness and brotherliness, it will lead us to ultimate union with the infinite.
~ Sai Baba ~

Parents can only give good advice or put them on the right paths, but the final forming of a person's character lies in their own hands.
~ Anne Frank, 1929-1945 ~
The Diary of a Young Girl, B. M. Mooyart-Doubleday., tr., 1952

Character – the willingness to accept responsibility for one's own life – is the source from which self-respect springs.
~ Joan Didion, 1934- ~

Leadership is a potent combination of strategy and character. But if you must be without one, be without the strategy.
~ H. Norman Schwarzkopf, 1934- ~

In the defiance of fashion is the beginning of character.
~ Les Murray, 1938- ~
The Boy Who Stole the Funeral, 1979

The only thing that endures is character. Fame and wealth – all that is illusion. All that endures is character.
~ O. J. Simpson, 1947- ~
in *The Guardian*, 1995 October 30

CHOICE / VOLITION

Related States & Conditions: Action/Effort, Actualization/Fulfillment, Attitude, Autonomy/Control, Being/Essence/Soul, Cause, Change, Daring/Challenge, Desire, Differentiation/Division/Separation, Direction, Diversity/Multiplicity, Expedience, Exploration, Individuality, Indulgence/Temptation, Integrity, Introspection/Self-Knowledge, Journey/Path, Opportunity, Perspective, Possibility/Potential, Presence, Relativity, Responsibility, Seeking, Self, Self-Reliance, Shadow, Sincerity/Authenticity, Solution, Unconscious/Subconscious, Value/Worth

Syntonic: Acceptance, Affirmation/Approval, Appreciation, Attention/Awareness, Balance, Centering, Commitment/Dedication, Confidence, Congruence/Resonance, Conviction/Principle, Courage, Decision/Decisiveness, Detachment, Determination/Persistence/Resolve, Discipline, Faith, Flexibility/Flow/Flux, Focus/Intention, Insight/Instinct/Intuition, Liberation/Liberty/Freedom, Meditation, Openness/Receptivity, Optimism/Positivism, Patience, Power, Prudence, Questioning/Doubt, Release, Renewal, Retreat/Withdrawal, Silence/Stillness, Simplicity, Solitude, Trust, Understanding, Wisdom, Zeal/Zest

Dystonic: Anger, Attachment, Avoidance/Denial/Refusal, Conformity, Criticism/Judgment, Defeat, Delusion, Dependence, Depression/Despair/Despondency, Distraction/Diversion, Fault, Fear, Guilt, Haste/Impatience, Inaction, Jealousy/Envy, Limitation, Regret, Worry

The moment of choice has come – to go forward or to withdraw into solitude. The decision must be in complete accord with one's innermost being. There is no universal right or wrong.
~ *Yi Jing*, c. 1150 BCE ~
"Ch'ien: Heaven the Creative," in *The Photographic I Ching*, Dhiresha McCarver, tr., 1997

The power of conscious choice
is your profit earning capital.
Pay attention!
Watch over that moment of power.
~ Jalaluddin Rumi, 1207-1273 ~
"The Reins of Free Will," Mathnawi III, 3299
The Pocket Rumi Reader, Kabir Helminski, ed., 2001

Know to choose well. Most of life depends thereon. It needs good taste and correct judgment, for which neither intellect nor study suffices.
~ Baltasar Gracián y Morales, 1601-1685 ~

A man with a half volition goes backwards and forwards, and makes no way on the smoothest road; a man with a whole volition advances on the roughest, and will reach his purpose, if there be even a little worthiness in it.
~ Thomas Carlyle, 1795-1881 ~

The strongest principle of growth lies in human choice.
~ George Eliot, 1819-1880 ~

When you have to make a choice and don't make it, that is in itself a choice.
~ William James, 1842-1910 ~

Take care to do what you like or you will be forced to like what you do.
~ George Bernard Shaw, 1856-1950 ~
"Maxims for Revolutionists," *Man and Superman*, 1903

Destiny is not a matter of chance, but of choice, not something to wish for, but to attain.
~ William Jennings Bryan, 1860-1925 ~

I think that our power of conscious origination is where free will comes in … We are continually choosing between the good and the less good, whether aware of it or not.
~ Alfred North Whitehead, 1861-1947 ~
Dialogues of Alfred North Whitehead, 1954

Each is building his world from within, and if outside forces play, it is because he allows them to play; and he has it in his own power to determine whether these shall be positive, uplifting, ennobling, strengthening, success-giving, or negative, degrading, weakening, failure-bringing.
~ Ralph Waldo Trine, 1866-1958 ~
What All the World's A-Seeking, 1896

Free choice is one of the highest of all the mental processes.
~ Maria Montessori, 1870-1952 ~

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On this narrow planet, we have only the choice between two unknown worlds. One of them tempts us – ah! what a dream, to live in that! – the other stifles us at the first breath.
~ Colette, 1873-1954 ~

You are the person who has to decide.
Whether you'll do it or toss it aside;
You are the person who makes up your mind.
Whether you'll lead or will linger behind.
Whether you'll try for the goal that's afar.
Or just be contented to stay where you are.
~ Edgar A. Guest, 1881-1959 ~

We choose our joys and sorrows long before we experience them.
~ Khalil Gibran, 1883-1931 ~
Sand and Foam, 1926

One's philosophy is not best expressed in words; it is expressed in the choices one makes … in the long run, we shape our lives and we shape ourselves. The process never ends until we die. And the choices we make are ultimately our responsibility.
~ Eleanor Roosevelt, 1884-1962 ~

We have free will, but our free will lies in our choice of thoughts.
~ Emmet Fox, 1886-1951 ~

He is free … who knows how to keep in his own hands the power to decide, at each step, the course of his life, and who lives in a society which does not block the exercise of that power.
~ Salvador de Madariaga y Rojo, 1886-1978 ~

We cannot lead a choiceless life. Every day, every moment, every second, there is a choice. If it were not so, we would not be individuals.
~ Ernest Holmes, 1887-1960 ~

Decide what you want, decide what you are willing to exchange for it. Establish your priorities and go to work.
~ H. L. Hunt, 1889-1974 ~

The history of free men is never really written by chance but by choice – their choice.
~ Dwight Eisenhower, 1890-1969 ~

Whenever I'm caught between two evils, I take the one I've never tried.
~ Mae West, 1892-1980 ~
Klondike Annie, 1936

We do not choose the day of our birth nor may we choose the day of our death, yet choice is the sovereign faculty of the mind.
~ Thornton Wilder, 1897-1975 ~

Every intersection in the road of life is an opportunity to make a decision.
~ Duke Ellington, 1899-1974 ~

You have brains in your head. You have feet in your shoes.
You can steer yourself any direction you choose.
You're on your own. And you know what you know.
And YOU are the guy who'll decide where to go.
~ Dr. Seuss, 1904-1991 ~
Oh, the Places You'll Go!, 1990

We have to believe in free will. We've got no choice.
~ Isaac Bashevis Singer, 1904-1991 ~
in *The Times*, 1982

Choice of attention – to pay attention to *this* and ignore *that* – is to the inner life what choice of action is to the outer. In both cases, a man is responsible for his choice and must accept the consequences, whatever they may be.
~ W. H. Auden, 1907-1973 ~
A Certain World, 1970

Trials are but lessons that you failed to learn presented once again, so where you made a faulty choice before you can now make a better one, and thus escape all pain that what you chose before has brought to you.
~ Helen Schucman, 1910-1981 ~
A Course in Miracles, 1975

I think there is a choice possible to us at any moment, as long as we live. But there is no sacrifice. There is a choice, and the rest falls away. Second choice does not exist. Beware of those who talk about sacrifice.
~ Muriel Rukeyser, 1913-1980 ~
The Life of Poetry, 1949

It is the ability to choose which makes us human.
~ Madeleine L'Engle, 1918- ~
Walking on Water: Reflections on Faith and Art, 1980

Mankind's greatest gift, also its greatest curse, is that we have free choice. We can make our choices built from love or from fear.
~ Elisabeth Kübler-Ross, 1926- ~

If you assume that there's no hope, you guarantee that there will be no hope. If you assume that there is an instinct for freedom, there are opportunities to change things, there's a chance for you to contribute to making a better world. That's your choice.
~ Noam Chomsky, 1928-~
The Chronicles of Dissent: Interviews with David Barsamian, 1992

The choice may have been mistaken, the choosing was not. You have to move on.
~ Stephen Sondheim, 1930- ~
"Move On," *Sunday in the Park with George*

We either make ourselves miserable, or we make ourselves strong. The amount of work is the same.
~ Carlos Castaneda, 1931-1998 ~

You can decide within yourself how circumstances will affect you. Between what happens to you, or the stimulus, and your response to it, is your freedom or power to choose that response.
~ Stephen Covey, 1932- ~
The 7 Habits of Highly Effective People, 1989

Highly proactive people recognize their "response-ability" – the ability to choose their response. They do not blame circumstances, conditions, or conditioning for their behavior. Their behavior is a product of their own conscious choice, based on values, rather than a product of their conditions, based on feeling.
~ Ibid.

Until a person can say deeply and honestly, "I am what I am today because of the choices I made yesterday," that person cannot say, "I choose otherwise."
~ Ibid.

Your life is the sum result of all the choices you make, both consciously and unconsciously. If you can control the process of choosing, you can take control of all aspects of your life. You can find the freedom that comes from being in charge of yourself.
~ Robert Bennett, 1933- ~

Creative choice is your birthright. Please own it.
~ John Bradshaw, 1933- ~

As adults, our choices are almost unlimited, but that does not mean they are not painful. Frequently our choices lie between the lesser of two evils, but it is still within our power to make these choices.
~ M. Scott Peck, 1936-2005 ~
The Road Less Travelled, 1978

The entirety of one's adult life is a series of personal choices, decisions. If we can accept this totally, then we become free people. To the extent that we do not accept this we will forever feel ourselves victims.
~ Ibid.

All men and women are born, live, suffer and die; what distinguishes us one from another is our dreams, whether they be dreams about worldly or unworldly things, and what we do to make them come about … We do not choose to be born. We do not choose our parents. We do not choose our historical epoch, the country of our birth, or the immediate circumstances of our upbringing. We do not, most of us, choose to die; nor do we choose the time and conditions of our death. But within this realm of choicelessness, we do choose how we live.
~ Joseph Epstein, 1937- ~

Life is raw material. We are artisans. We can sculpt our existence into something beautiful, or debase it into ugliness. It's in our hands.
~ Cathy Drinkwater Better, 1952- ~

The only reason you suffer is because you choose to suffer. If you look at your life you will find many excuses to suffer, but a good reason to suffer you will not find. The same is true for happiness. The only reason you are happy is because you choose to be happy. Happiness is a choice, and so is suffering.
~ Miguel Ruiz, 1952- ~
The Four Agreements, 1997

It is our choices … that show what we truly are, far more than our abilities.
~ J. K. Rowling, 1966- ~
Harry Potter and The Chamber of Secrets, 1999

I discovered I always have choices and sometimes it's only a choice of attitude.
~ Judith M. Knowlton ~

By choosing we learn to be responsible. By paying the price of our choices we learn to make better choices.
~ Marsha Sinetar ~

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COLLABORATION / SYNERGY

Related States & Conditions: Ability, Balance, Beginning/Endeavour, Compassion/Empathy/Kindness, Connection/Interbeing/Interdependence, Diversity/Multiplicity, Engagement/Integration/Involvement, Friendship, Giving/Serving, Growth/Expansion, Influence/Effect, Love-Agape, Oneness/Unity/Wholeness, Partnership/Marriage, Relationship, Synthesis

Syntonic: Acceptance, Affirmation/Approval, Appreciation, Attention/Awareness, Balance, Commitment/Dedication, Communication, Confidence, Congruence/Resonance, Creativity/Discovery/Innovation, Disclosure/Veracity, Equanimity, Flexibility/Flow/Flux, Focus/Intention, Forgiveness, Humor/Laughter, Learning, Liberation/Liberty/Freedom, Listening, Openness/Receptivity, Optimism/Positivism, Patience, Reciprocity/Reflection, Respect, Restraint, Sincerity/Authenticity, Tact, Teaching, Tolerance, Trust, Understanding, Wisdom, Zeal/Zest

Dystonic: Anger, Attachment, Avoidance/Denial/Refusal, Comparison/Competition, Conflict/Opposition, Criticism/Judgment, Delusion, Dependence, Depression/Despair/Despondency, Distraction/Diversion, Fault, Fear, Greed, Guilt, Haste/Impatience, Hate, Inaction, Jealousy/Envy, Limitation, Regret, War/Aggression/Violence, Worry

Wake up with one mind, my friends, and kindle the fire, you many who share the same nest. Make your thoughts harmonious; stretch them across the loom; make a ship whose oars will carry us across.
~ *Rig Veda*, c. 3700 BCE ~

Two boats lashed together will never sink.
A three-ply rope is not easily broken.
~ *Epic of Gilgamesh*, c. 2100 BCE ~
Gilgamesh: A New English Version, Stephen Mitchell, tr., 2004

Unions based on sincerity will prosper. The union itself is like an earthenware vessel, containing the proceeds of the works of the members. The movement towards union arises from one's innermost convictions; not from persuasion by others ... Once one has committed himself to the union, wholehearted participation will bring rewards.
~ *Yi Jing*, c. 1150 BCE ~
"Pi: Union," in *The Photographic I Ching*, Dhiresha McCarver, tr., 1997

By mutual confidence and mutual aid, great deeds are done, and great discoveries made.
~ Homer, 8th C. BCE ~

As shrubs growing together
in close-knit clumps stay unscathed
though buffeted by contrary winds,
so too by banding together
the weak are unassailable
by however powerful a foe.
~ Vishnu Sharma, c. 200 BCE ~
Panchatantra, III.44, Chandra Rajan, tr., 1993

He who would do great things should not attempt them all alone.
~ Seneca, c. 4 BCE-65 CE ~

Behind every able man, there are always other able men.
~ Chinese Saying ~

When a blind man carries a lame man, both go forward.
~ Swedish Saying ~

When many work together for a goal,
Great things may be accomplished.
It is said a lion cub was killed
By a single colony of ants.
~ Saskya Pandita, 1182-1251 ~

When spider webs unite, they can tie up a lion.
~ Ethiopian Saying ~

A person is like a letter of an alphabet: to produce a word it must combine with another.
~ Benjamin Mandelstamm, 1806-1886 ~
Mishle Binyamin

If we were all determined to play the first violin we should never have an ensemble. Therefore, respect every musician in his proper place.
~ Robert Schumann, 1810-1856 ~

What do we live for, if not to make life less difficult for each other?
~ George Eliot, 1819-1880 ~

One hand can't tie a bundle.
~ Basa (Liberia/Nigeria) Saying ~

One hand cannot clap.
~ Jamaican Saying ~

It is in all things that are pure and social we can be as separate as the fingers, yet one as the hand in all things essential to mutual progress.
~ Booker T. Washington, 1856-1915 ~
Cotton States Exposition Address, 1895 September 19

It has not been given to one man to have everything in perfection. You have a part to play; I, in my humble way, another; here is one who plays a little part; there, another. The perfection is the combination of all these parts.
~ Vivekananda, 1863-1902 ~
The Complete Works of Swami Vivekananda, 1984-1987, 8:56, 1926

Coming together is a beginning; keeping together is progress; working together is success.
~ Henry Ford, 1863-1947 ~

As we come to see how many sources there are for events we have less confidence in any one scheme of betterment, any one person, class, race or nation; but more in what all can do by team-work in a common spirit.
~ Charles Horton Cooley, 1864-1929 ~
Life and the Student, 1927

If enough people think of a thing and work hard enough at it, I guess it's pretty nearly bound to happen, wind and weather permitting.
~ Laura Ingalls Wilder, 1867-1957 ~

Interdependence is and ought to be as much the ideal of man as self-sufficiency. Man is a social being.
~ Mahatma Gandhi, 1869-1948 ~
The Essential Gandhi, Louis Fischer, ed., 1962

Let us first realize the fact that we thrive only when we are cooperative by being alive to the truth of the interrelationship of all things in existence. Let us then die to the notion of power and conquest and be resurrected to the eternal creativity of love, which is all-embracing and all-forgiving.
~ D. T. Suzuki, 1870-1966 ~
The Awakening of Zen, 1987

Sticks in a bundle are unbreakable.
~ Bondei (Kenya) Saying

A single arrow is easily broken, but not ten in a bundle.
~ Japanese Saying ~

Alone we can do so little; together we can do so much.
~ Helen Keller, 1880-1968 ~

Living together is an art.
~ William Pickens, 1881-1954 ~
Address, 1932 November 2

We are members of a vast cosmic orchestra in which each living instrument is essential to the complementary and harmonious playing of the whole.
~ J. Allen Boone, b. 1882~
Kinship With All Life, 1954

If we must have justice, we must be strong; if we must be strong, we must come together; if we must come together, we can only do so through the system of organization.
~ Marcus Garvey, 1887-1940 ~

No organization can do everything. Every organization can do something.
~ A. Philip Randolph, 1889-1979 ~

The way a team plays as a whole determines its success. You may have the greatest bunch of individual stars in the world, but if they don't play together, the club won't be worth a dime.
~ Babe Ruth, 1895-1948 ~

Synergy means behaviour of whole systems unpredicted by the behaviour of their parts.
~ Buckminster Fuller, 1895-1983 ~

Never doubt that a small group of thoughtful citizens can change the world. Indeed, it is the only thing that ever has.
~ Margaret Mead, 1901-1978 ~

You alone can do it, but you cannot do it alone.
~ O. Hobart Mowrer, 1907-1982 ~
"Small Groups in Historical Perspective," in *Explorations in Self-Help and Mutual Aid*, Leonard D. Borman, ed., 1974

Never underestimate the power of a loosely knit group working for a good cause … Their power is beyond their numbers.
~ Peace Pilgrim, 1908-1981 ~
Peace Pilgrim: Her Life and Work in Her Own Words, 1982

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Some will say that ... hope lies in a nation, others in a man. I believe, rather, that it is awakened, revived, nourished by millions of solitary individuals whose deeds and works every day negate frontiers and the crudest implications of history ... Each and every man, on the foundation of his own suffering and joys, builds for all.
~ Albert Camus, 1913-1960 ~

We are, each of us, angels with only one wing; and we can only fly by embracing one another.
~ Luciano de Crescenzo, 1928- ~

It is a fact that in the right formation, the lifting power of many wings can achieve twice the distance of any bird flying alone.
~ Unknown ~

We must either learn to live together as brothers or we are going to perish together as fools.
~ Martin Luther King, Jr., 1929-1968 ~
The Trumpet of Conscience, 1967

Synergy means that the whole is greater than the sum of its parts. It means that the relationship the parts have to each other is a part in and of itself. It is not only a part, but the most catalytic, the most empowering, the most unifying, and the most exciting part.
~ Stephen Covey, 1932- ~
The 7 Habits of Highly Effective People, 1989

Change did not begin with you, and it will not end with you, but what you do with your life is an absolutely vital piece of that chain. The testimony of each of our daily lives is a vital missing remnant in the fabric of the future.
~ Audre Lorde, 1934-1992 ~
Commencement Address, Oberlin College, 1989 May 29

The world needs all of our power and love and energy, and each of us has something to give. The trick is to find it and use it, to find it and give it away, so there will always be more. We can be lights for each other, and through each other's illumination we will see the way. Each of us is a seed, a silent promise, and it is always spring.
~ Merle Shain, 1935- ~

We must remember that one determined person can make a significant difference, and that a small group of determined people can change the course of history.
~ Sonia Johnson, 1936- ~

Marginality can become strategically critical; it's a space that's open for a new evolutionary emergence, a branching off into a new evolutionary direction ... there are small, non-institutional groups that can effect a shift from one culture to another, and they do this generally by bringing together people who have been marginalized by the powers of the center. The association of all these marginal people empowers them; it uplifts and encourages them and gives them a form of imaginative delight and re-enchantment.
~ William Irwin Thompson, 1938- ~
Interview, "Cultural Enzymes, Charismatic Academies, and Routine Institutions," by Arthur Zajonc in *Annals of Earth*, Vol. XIII, Number 3, 1995

The character of a whole society is the cumulative result of countless small actions, day in and day out, of millions of persons. Who we are as a society, is the synergistic accumulation of who we are as individuals ... Small changes that seem insignificant in isolation can be great contributions when they are simultaneously undertaken by many others.
~ Duane Elgin, 1943-
Voluntary Simplicity, 1981

When you ask people about what it is like being part of a great team, what is most striking is the meaningfulness of the experience. People talk about being part of something larger than themselves, of being connected, of being generative. It become quite clear that, for many, their experiences as part of truly great teams stand out as singular periods of life lived to the fullest. Some spend the rest of their lives looking for ways to recapture that spirit.
~ Peter Senge, 1947- ~
The Fifth Discipline: The Art and Practice of the Learning Organization, 1990

The impossible is possible when people align with you. When you do things with people, not against them, the amazing resources of the Higher Self within are mobilised.
~ Gita Bellin ~
A Sharing of Completion and Celebration, 1983

We all start out the same way – rich in dreams and nothing more. If we are lucky, we find friends to believe in our dreams with us. When we do, that creative cluster becomes a magnet to attract our good.
~ Julia Cameron ~
The Artist's Way: A Spiritual Path to Higher Creativity, 1992

COMMITMENT / DEDICATION

Related States & Conditions: Action/Effort, Actualization/Fulfillment, Attitude, Beginning/Endeavour, Choice/Volition, Conviction/Principle, Cost, Decision/Decisiveness, Determination/Persistence/Resolve, Diligence, Engagement/Integration/Involvement, Faith, Focus/Intention, Giving/Serving, Goal/Ideal/Purpose, Initiative, Integrity, Mind, Passion, Practice, Self-Reliance, Vision/Visualization, Zeal/Zest

Syntonic: Affirmation/Approval, Attention/Awareness, Autonomy/Control, Balance, Collaboration/Synergy, Confidence, Congruence/Resonance, Courage, Creativity/Discovery/Innovation, Daring/Challenge, Expectation/Hope, Exploration, Flexibility/Flow/Flux, Inspiration, Learning, Liberation/Liberty/Freedom, Meaning, Openness/Receptivity, Optimism/Positivism, Patience, Preparation/Readiness, Renewal

Dystonic: Attachment, Complacency, Conflict/Opposition, Criticism/Judgment, Deferment/Delay, Delusion, Dependence, Depression/Despair/Despondency, Distraction/Diversion, Fault, Fear, Haste/Impatience, Inaction, Insecurity/Risk, Limitation, Regret, Worry

Whatever your hand finds to do, do it with all your heart.
~ *The Bible*, c. 367 CE ~
Ecclesiastes 9:10

It is no easy thing for a principle to become a man's own unless each day he maintains it and works it out in his life.
~ Epictetus, 50-120 ~

He turns not back who is bound to a star.
~ Leonardo da Vinci, 1452-1519 ~

We promise according to our hopes, and perform according to our fears.
~ François de La Rochefoucauld, 1613-1680 ~

Firmness of purpose is one of the most necessary sinews of character, and one of the best instruments of success. Without it, genius wastes its efforts in a maze of inconsistencies.
~ Lord Chesterfield, 1694-1773 ~

When it becomes necessary to do a thing, the whole heart and soul should go into the measure, or not attempt it.
~ Thomas Paine, 1737-1809 ~
The Rights of Man, 1792

Until one is committed, there is hesitancy, the chance to draw back, always ineffectiveness. Concerning all acts of initiative (and creation) there is one elementary truth, the ignorance of which kills countless ideas and splendid plans: that the moment one definitely commits oneself, then Providence moves too. All sorts of things occur to help one that would otherwise never have occurred. A whole stream of events issues from the decision, raising in one's favor all manner of incidents and meetings and material assistance which no man would have believed would have come his way. Whatever you think you can do or believe you can do, begin it. Action has magic, grace, and power in it. Begin it now.
~ Johann von Goethe, 1749-1832 ~

Commitment is what transforms a promise into reality.
~ Abraham Lincoln, 1809-1865 ~

Whatever you do, do it with all your might. Work at it, early and late, in season and out of season, not leaving a stone unturned, and never deferring for a single hour that which can be done just as well as now.
~ P. T. Barnum, 1810-1891 ~

Do you wish to become rich? You may become so if you desire it in no half way, but thoroughly. Do you wish to master any science or accomplishment? Give yourself to it and it lies beneath your feet. This world is given as the prize for the men in earnest; and that which is true of this world, is truer still of the world to come.
~ Frederick Robertson, 1816-1853 ~

I am seeking, I am striving, I am in it with all my heart.
~ Vincent van Gogh, 1853-1890 ~

If you set to work in right earnest, then you are sure to be successful. Whoever works at a thing heart and soul not only achieves success in it, but through his absorption in that he also realizes the supreme Truth – Brahman.
~ Vivekananda, 1863-1902 ~
The Complete Works of Swami Vivekananda, 1984-1987, 7:202

Cherish your visions; cherish your ideals; cherish the music that stirs in your heart, the beauty that forms in your mind, the loveliness that drapes your purest thoughts, for out of them will grow delightful conditions, all heavenly environment; of these if you but remain true to them, your world will at last be built.
~ James Allen, 1864-1912 ~

Do continue to believe that with your feeling and your work you are taking part in the *greatest*; the more strongly you cultivate in yourself this belief, the more reality and the world go forth from it.
~ Rainer Maria Rilke, 1875-1926 ~

The attainment of wholeness requires one to stake one's whole being. Nothing less will do; there can be no easier conditions, no substitutes, no compromises.
~ Carl Jung, 1875-1961 ~

Our future and our fate lie in our wills more than in our hands, for our hands are but the instruments of our wills.
~ B. C. Forbes, 1880-1954 ~

Many persons have a wrong idea of what constitutes true happiness. It's not attained through self-gratification, but through fidelity to a worthy purpose.
~ Helen Keller, 1880-1968 ~
The Simplest Way to be Happy, 1933

When you have decided what you believe, what you feel must be done, have the courage to stand alone and be counted.
~ Eleanor Roosevelt, 1884-1962 ~

The happiest excitement in life is to be convinced that one is fighting for all one is worth on behalf of some clearly seen and deeply felt good.
~ Ruth Benedict, 1887-1948 ~

You can be an ordinary athlete by getting away with less than your best. But if you want to be great, you have to give it all you've got – your everything.
~ Sivananda, 1887-1963 ~

He has honor if he holds himself to an ideal of conduct though it is inconvenient, unprofitable, or dangerous to do so.
~ Walter Lippmann, 1889-1974 ~
A Preface to Morals, 1929

Commitment means that it is possible for a man to yield the nerve center of his consent to a purpose or cause, a movement or an ideal, which may be more important to him than whether he lives or dies.
~ Howard Thurman, 1889-1981 ~
Disciplines of the Spirit, 1963

It is all very well to talk of being unhurt, keeping yourself clear, triumphant; it can't be. It isn't true. To give your faith, that is the risk.
~ Katharine Hathaway, 1890-1942 ~
The Journals and Letters of the Little Locksmith, 1946

Once you pledge, don't hedge.
~ Nikita Khrushchev, 1894-1971 ~

Considering the chaos and disorder in the world – both outwardly and inwardly – seeing all this misery, starvation, war, hatred, brutality – many of us have asked what one can do ... One feels one must be committed ... When you commit yourself, you are committed to a part and therefore the part becomes important and that creates division. Whereas, when one is involved completely, totally with the whole problem of living, action is entirely different. Then action is not only inward, but also outward; it is in relationship with the whole problem of life.
~ Jiddu Krishnamurti, 1895-1986 ~
You Are the World, 1972

To die for the revolution is a one-shot deal; to live for the revolution means taking on the more difficult commitment of changing our day-to-day life patterns.
~ Frances M. Beal, 1898-1953 ~

To be or not to be is not a question of compromise. Either you be or you don't be.
~ Golda Meir, 1898-1978 ~

The relationship between commitment and doubt is by no means an antagonistic one. Commitment is healthiest when it is not without doubt but in

spite of doubt.
~ Rollo May, 1909-1994 ~

Unless commitment is made, there are only promises and hopes … but no plans.
~ Peter Drucker, 1909-2005 ~

To say yes, you have to sweat and roll up your sleeves and plunge both hands into life up to the elbows. It is easy to say no, even if saying no means death.
~ Jean Anouilh, 1910-1987 ~
Antigone, 1946

It is by losing himself in the objective, in inquiry, creation, and craft, that a man becomes something.
~ Paul Goodman, 1911-1972 ~

The difference between a successful person and others is not a lack of strength, not a lack of knowledge, but rather a lack of will … The quality of a person's life is in direct proportion to their commitment to excellence, regardless of their chosen field of endeavour.
~ Vince Lombardi, 1913-1970 ~

It takes a deep commitment to change and an even deeper commitment to grow.
~ Ralph Ellison, 1914-1994 ~

I can't imagine a person becoming a success who doesn't give this game of life everything he's got.
~ Walter Cronkite, 1916- ~

To act is to be committed, and to be committed is to be in danger.
~ James Baldwin, 1924-1987 ~
"My Dungeon Shook," *The Fire Next Time*, 1962

Commit yourself to a dream … Nobody who tries to do something great but fails is a total failure. Why? Because he can always rest assured that he succeeded in life's most important battle – he defeated the fear of trying.
~ Robert H. Schuller, 1926- ~

The commitments we make to ourselves and to others is the essence and clearest manifestation of our proactivity.
~ Stephen Covey, 1932- ~
The 7 Habits of Highly Effective People, 1989

Anything less than a conscious commitment to the important is an unconscious commitment to the unimportant.
~ Covey ~
First Things First, 1994

Commitment is the foundation, the bedrock of any genuinely loving relationship … Deep commitment does not guarantee the success of the relationship but does help more than any other factor to assure it.
~ M. Scott Peck, 1936-2005 ~
The Road Less Travelled, 1978

Liberation should not be a license to be a perpetual adolescent. If you deny yourself commitment then what can you do with your life?
~ Harvey Fierstein, 1954- ~
in *Newsweek*

Over-seriousness is a warning sign for mediocrity and bureaucratic thinking. People who are seriously committed to mastery and high performance are secure enough to lighten up.
~ Bill Gates, 1955- ~

Individuals who succeed have a belief in the power of commitment. If there's a single belief that seems almost inseparable from success, it's that there's no great success without commitment. If you look at successful people in any field, you'll find they're not necessarily the best and the brightest, the fastest and the strongest. You'll find they're the ones with the most commitment.
~ Anthony J. Robbins, 1960- ~

You have to stick to your plan … very few people get anywhere by taking shortcuts. Very few people win the lottery to gain their wealth. It happens, but the odds certainly aren't with them. More people get it the honest way, by setting their goals and committing themselves to achieving those goals.
~ Michael Jordan, 1961- ~

In order to start, we must make a decision. This decision is a commitment to daily self-cultivation. We must make a strong connection to our inner selves. Outside matters are superfluous. Alone and naked, we negotiate all of life's travails. Therefore, we alone must make something of ourselves, transforming ourselves into the instruments for experiencing the deepest spiritual essence of life. Once we make our decision, all things will come to us.
~ Deng Ming-Dao ~
365 Tao: Daily Meditations, 1992

COMMUNICATION

Related States & Conditions: Affirmation/Approval, Art, Attention/Awareness, Collaboration/Synergy, Compassion/Empathy/Kindness, Congruence/Resonance, Connection/Interbeing/Interdependence, Criticism/Judgment, Dance/Movement, Disclosure/Veracity, Eloquence/Poetry, Engagement/Integration/Involvement, Example, Exploration, Expression, Friendship, Giving/Serving, Humor/Laughter, Idea/Opinion, Influence/Effect, Learning, Listening, Logos, Loquacity, Meaning, Mind, Music, Oneness/Unity/Wholeness, Partnership/Marriage, Questioning/Doubt, Reciprocity/Reflection, Relationship, Tact/Discretion, Teaching, Thinking/Thought, Truth

Syntonic: Action/Effort, Conviction/Principle, Insight/Instinct/Intuition, Integrity, Openness/Receptivity, Patience, Preparation/Readiness, Respect, Responsibility, Sincerity/Authenticity, Tolerance

Dystonic: Anger, Attachment, Avoidance/Denial/Refusal, Complacency, Conflict/Opposition, Delusion, Distraction/Diversion, Fault, Haste/Impatience, Hate, Inaction, Limitation, Regret, Worry

The capacity of speech is not only in the tongue, the ability to talk is not just a matter of words.
~ Yuanwu Kekin, 1063-1135 ~
in *Zen Essence: The Science of Freedom*, Thomas Cleary, tr. & ed., 1989

There is no pleasure to me without communication; there is not so much as a sprightly thought that comes into my mind but I grieve that I have no one to tell it to.
~ Michel de Montaigne, 1533-1592 ~
"Of Vanity," *Essais*, III.9, 1580

The reading of all good books is like a conversation with the finest men of past centuries.
~ René Descartes, 1596-1650 ~
Discours de la Méthode, 1637

Speak properly, and in as few words as you can, but always plainly; for the end of speech is not ostentation, but to be understood ... If thou thinkest twice before thou speakest once, thou wilt speak twice the better for it.
~ William Penn, 1644-1718 ~

That is the happiest conversation where there is no competition, no vanity, but a calm quiet interchange of sentiments.
~ Samuel Johnson, 1709-1784 ~
in Boswell, *The Life of Samuel Johnson*, 1791

Evil communications corrupt good manners. I hope to live to hear that good communications correct bad manners.
~ Benjamin Banneker, 1731-1806 ~
Almanac Inscription

A good conversation is better than a good bed.
~ Galla (Ethiopia) Saying ~

The aim of an argument or discussion should not be victory, but progress.
~ Joseph Joubert, 1754-1824 ~

The true spirit of conversation consists in building on another man's observation, not overturning it.
~ Edward Bulwer-Lytton, 1803-1873 ~

Much unhappiness has come into the world because of bewilderment and things left unsaid.
~ Fyodor Dostoevsky, 1821-1881 ~
"Critical Articles," *Complete Collected Works*

There are men who would quickly love each other if once they were to speak to each other; for when they spoke they would discover that their souls ... had only been separated by phantoms and diabolic delusions.
~ Ernest Hello, 1828-1885 ~
L'homme, la vie – la science – l'art, 1903

As I grow older, I pay less attention to what men say. I just watch what they do.
~ Andrew Carnegie, 1835-1919 ~

The most immutable barrier in nature is betweeen one man's thoughts and another's.
~ William James, 1842-1910 ~

There is nothing so good to the heart as well agreed conversation, when you know that your companion will answer to your thought as the anvil meets the hammer, ringing sound to merry stroke;

better than wine, better than sleep, like love itself – for love is agreement of thought.
~ Richard Jeffries, 1848-1887 ~
Nature Diaries and Notebooks, 1941

Conversation. What is it? A Mystery! It's the art of never seeming bored, of touching everything with interest, of pleasing with trifles, of being fascinating with nothing at all. How do we define this lively darting about with words, of hitting them back and forth, this sort of brief smile of ideas which should be conversation?
~ Guy de Maupassant, 1850-1893 ~

True talk is founded as deep as love in the constitution of our being, and is a thing to relish with all our energy while yet we have it – and to be grateful forever.
~ Robert Louis Stevenson, 1850-1894 ~
"Talk and Talkers," *Memories and Portraits*

Ultimately the bond of all companionship, whether in marriage or in friendship, is conversation.
~ Oscar Wilde, 1856-1900 ~
De Profundis, 1905

If you love it enough, anything will talk with you.
~ George Washington Carver, 1864-1943 ~

Think like a wise man but communicate in the language of the people.
~ William Butler Yeats, 1865-1939 ~

The woods are brim full of thought. You just sit and roll your eyes and everywhere something is saying something. Trick is to adjust one's ear trumpet. Don't try to word it. Don't try to force it to come to you – your way – but try and adapt yourself to its way. Let it lead you.
~ Emily Carr, 1871-1945 ~

Ideal conversation must be an exchange of thought, and not, as many of those who worry about their shortcomings believe, an eloquent exhibition of wit or oratory.
~ Emily Post, 1873-1960 ~

If you want to talk, first ask a question, then listen.
~ Antonio Machado y Ruiz, 1875-1939 ~

Words do not express thoughts very well. They always become a little different immediately after they are expressed, a little distorted, a little foolish.
~ Hermann Hesse, 1877-1962 ~
Siddhartha, 1951

Everything in life is speaking, is audible, is communicating, in spite of its apparent silence.
~ Hazrat Khan, 1882-1927 ~

When speech is controlled, the eyes speak; the glance says what words can never say.
~ Khan ~

There is nothing in this world which does not speak. Every thing and every being is continually calling out its nature, its character, its secret; the more the inner sense is open, the more capable it becomes of hearing the voice of all things.
~ Khan ~
The Mysticism of Sound and Music, 1991

When a person speaks, thinks or feels either harshly or kindly of another, it reaches the spirit of that one, either consciously or unconsciously, by the power of vibration. If we happen to be offended with someone and do not show it in speech or action, yet it still cannot be hidden, for the vibrations of our feeling will reach directly to the person in question, and he will feel our displeasure, however far away he may be. The same is the case with our love and pleasure: however we may try to conceal it in speech or action, it cannot be hidden.
~ Ibid.

When you meet your friend on the roadside or in the market place, let the spirit in you move your lips and direct your tongue.
Let the voice within your voice speak to the ear of his ear;
For his soul will keep the truth of your heart as the taste of the wine is remembered
When the color is forgotten and the vessel is no more.
~ Khalil Gibran, 1883-1931 ~
The Prophet, 1923

The reality of the other person lies not in what he reveals to you but in what he cannot reveal to you. Therefore, if you would understand him, listen not to what he says but rather to what he does not say.
~ Gibran ~

The best argument is that which seems merely an explanation.
~ Dale Carnegie, 1888-1955 ~

Everything that can be thought at all can be thought clearly. Everything that can be said at all can be said clearly. But not everything that can be

thought can be said.
~ Ludwig Wittgenstein, 1889-1951 ~

There is only one rule for being a good talker – learn how to listen.
~ Christopher Morley, 1890-1957 ~

When we do find a true conversationalist, the pleasure is equal to, if not above, that of reading a delightful author, with the additional pleasure of hearing his voice and seeing his gestures.
~ Lin Yutang, 1895-1976 ~
The Importance of Living, 1937

Some people can get up and speak before an audience and some can't. Some people are the best of men, but when they take pen in hand they feel lost. Writing is really only talking on paper, the difference being that one has to be more careful once it is committed to writing. It has an invisible audience, all kinds of people may read it.
~ Lin ~
The Pleasures of a Nonconformist, 1962

The whole task of psychotherapy is the task of dealing with a failure in communication. The emotionally maladjusted person, the "neurotic," is in difficulty, first, because communication with himself has broken down, and, secondly, as a result of this his communication with others has been damaged.
~ Carl Rogers, 1902-1987 ~
"Barriers and Gateways to Communication," *Harvard Business Review*, 1952 July-August

People change and forget to tell each other.
~ Lillian Hellman, 1905-1984 ~

Good communication is as stimulating as black coffee, and just as hard to sleep after.
~ Anne Morrow Lindbergh, 1906-2001 ~
Gift from the Sea, 1955

To meet at all, one must open one's eyes to another; and there is no true conversation, no matter how many words are spoken, unless the eye, unveiled and listening, opens itself to the other.
~ Jessamyn West, 1907- ~
Love Is Not What You Think, 1959

We can only reflect our own experience, but we would hope that we would be understood by others, universally beyond the source.
~ Jacob Lawrence, 1917-2000 ~

If you talk to a man in a language he understands, that goes to his head. If you talk to him in his language, that goes to his heart.
~ Nelson Mandela, 1918- ~

The fact is, people seldom truly speak with or listen to one another; more often than they care to admit, they deliver soliloquies, with each individual using another's remark merely as a launching pad for his or her own performance.
~ Tuan Yi-Fu, 1930- ~
Escapism, 1998

Writing good letters – communicating on the deeper level of thoughts, feelings, and ideas rather than on the shallow, superficial level of events – also affects our ability to think clearly, to reason accurately, and to be understood effectively.
~ Stephen Covey, 1932- ~
The 7 Habits of Highly Effective People, 1989

The main function of conversation is not to get things accomplished, but to improve the quality of experience.
~ Mihaly Csikszentmihalyi, 1934- ~
Flow: The Psychology of Optimal Experience, 1990

If we want to be heard we must speak in a language the listener can understand and on a level at which the listener is capable of operating.
~ M. Scott Peck, 1936-2005 ~
The Road Less Travelled, 1978

If you were going to die soon and had only one phone call you could make, who would you call and what would you say? And why are you waiting?
~ Stephen Levine, 1937- ~

True conversation is an interpenetration of worlds, a genuine intercourse of souls, which doesn't have to be self-consciously profound but does have to touch matters of concern to the soul.
~ Thomas Moore, 1940- ~
Soul Mates: Honoring the Mysteries of Love and Relationship, 1994

Why should good words ne'er be said
Of a friend till he is dead?
~ Daniel Hoyt, 1943- ~

Do not save your loving speeches
For your friends till they are dead;
Do not write them on their tombstones,
Speak them rather now instead.
~ Anna Cummins ~

COMPARISON / COMPETITION

Related States & Conditions: Conflict/Opposition, Criticism/Judgment, Daring/Challenge, Defeat, Differentiation/Division/Separation, Diversity/Multiplicity, Example, Exploration, Growth/Expansion, Idea/Opinion, Influence/Effect, Partnership/Marriage, Polarity/Contrast, Questioning/Doubt, Reciprocity/Reflection, Relationship, Relativity, Revenge, Struggle, War/Aggression/Violence

Syntonic: Affirmation/Approval, Attention/Awareness, Collaboration/Synergy, Compassion/Empathy/Kindness, Congruence/Resonance, Connection/Interbeing/Interdependence, Conviction/Principle, Diligence, Engagement/Integration/Involvement, Exploration, Friendship, Giving/Serving, Insight/Instinct/Intuition, Integrity, Introspection/Self-Knowledge, Learning, Listening, Oneness/Unity/Wholeness, Openness/Receptivity, Preparation/Readiness, Respect, Responsibility, Sincerity/Authenticity, Tolerance, Understanding

Dystonic: Anger, Attachment, Avoidance/Denial/Refusal, Complacency, Delusion, Distraction/Diversion, Fault, Haste/Impatience, Hate, Inaction, Jealousy/Envy, Limitation, Regret, Worry

Scorn also to depress thy competitor by any dishonest or unworthy method; strive to raise thyself above them by excelling them; so shall thy contest for superiority be crowned with honor, if not with success.
~ Khemetic Saying ~
Temt Tchaas: Egyptian Proverbs, Muata Ashaya Ashby, ed., 1994

When you are content to be simply yourself and don't compare or compete, everybody will respect you.
~ Laozi, 570-490 BCE ~

When you see a noble man, try to equal him. When you see an evil man, examine yourself thoroughly.
~ Kongfuzi, c. 551–c. 479 BCE ~

There is nothing noble in being superior to some other person. True nobility comes from being superior to your previous self.
~ Hindu Saying ~

I murmured because I had no shoes, until I met a man who had no feet.
~ Persian Saying ~

There is no comparison between that which is lost by not succeeding and that which is lost by not trying.
~ Francis Bacon, 1561-1626 ~

Comparison, more than reality, makes men happy or wretched.
~ Thomas Fuller, 1608-1661 ~

If you know in yourself the value of life, see through emotional entanglements and sensual cages, leap out of the net of fame and profit, be like a complete simpleton, learn to be a flexible, yielding ignoramus. Do not contend for what others contend for, do not love what others love. In all situations, lower yourself and honor others. In all affairs, do not be impulsive or forward.
~ Liu Yiming, b. c. 1737 ~
Awakening to the Tao, Thomas Cleary, tr., 1988

Competition rouses envy, and it kills the kindliness of the heart.
~ Vivekananda, 1863-1902 ~
"What Is Duty?", *Karma-Yoga and Bhakti-Yoga*, Swami Nikhilananda, ed., 1955

One may certainly enter into loving rivalry with a disciple of one's guru or with anybody else. That is, we can take everybody who can do something better than we as our ideal and advance. There should be no trace of envy in this … In such rivalry, we should wish in our heart that the person whom we have accepted as our ideal will improve his skill day by day, so that the ideal which we seek to attain will always be rising higher as we progress.
~ Mahatma Gandhi, 1869-1948 ~
Letter to Paraswam Mehrotra, *The Essential Writings of Mahatma Gandhi*, Raghavan Iyer, ed., 1993

In order to be utterly happy, the only thing necessary is to refrain from comparing this moment with other moments in the past, which I often did not fully enjoy because I was comparing them with other moments of the future.
~ André Gide, 1869-1951 ~

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You don't have to blow out the other fellow's light to let your own shine.
~ Bernard Baruch, 1870-1965 ~

If you compare yourself with others, you may become vain and bitter; for always there will be greater and lesser persons than yourself.
~ Max Ehrmann, 1872-1945 ~
Desiderata, 1927

Instead of comparing our lot with that of those who are more fortunate than we are, we should compare it with the lot of the great majority of our fellow men. It then appears that we are among the privileged.
~ Helen Keller, 1880-1968 ~

As soon as you concern yourself with the "good" and "bad" of your fellows, you create an opening in your heart for maliciousness to enter. Testing, competing with, and criticizing others weaken and defeat you.
~ Morihei Ueshiba, 1883-1969 ~
The Art of Peace, John Stevens, tr., 1992

Let us not try to be the best or worst of others, but let us make the effort to be the best of ourselves.
~ Marcus Garvey, 1887-1940 ~

Real learning comes about when the competitive spirit has ceased. The competitive spirit is merely an additive process which is not learning at all. This is true not only of competition with others, but competition with yourself as well.
~ Jiddu Krishnamurti, 1895-1986 ~

Always dream and shoot higher than you know you can do. Don't bother just to be better than your contemporaries or predecessors. Try to be better than yourself.
~ William Faulkner, 1897-1962 ~

Comparison of one's lot with others' teaches us nothing and enfeebles the will.
~ Thornton Wilder, 1897-1975 ~

You will never leave scars on your own psyche if you achieve success through harmonious cooperation with others. That is something you can't say about fortunes acquired through conflict and unfair competition.
~ W. Clement Stone, 1902-2002 ~
in Samuel A. Cypert, *Believe and Achieve: W. Clement Stone's 17 Principles of Success*, 1991

Every man in the world is better than someone else and not as good someone else.
~ William Saroyan, 1908-1981 ~

There is nothing like returning to a place that remains unchanged to find the ways in which you yourself have altered.
~ Nelson Mandela, 1918- ~
Long Walk to Freedom, 1994

There is no self to compare to and nothing to compare with. The right hand and the left hand don't have separate selves … all complexes are born from the notion of self. If you think you are superior to others, you are sick, and the ground of your sickness is your illusion of a self that is better … The complex of superiority brings a lot of suffering to you and to others.
~ Thich Nhat Hanh, 1926- ~
"The Nobility of Suffering," in *Dharma, Color, and Culture*, Hilda Gutiérrez Baldoquín, ed., 2004

The joy of this quest is not in triumph over others, but in the search for the qualities we share with them and for our uniqueness, which raises us above all competition.
~ Theodore Roszak, 1933- ~

Rats and roaches live by competition under the laws of supply and demand; it is the privilege of human beings to live under the laws of justice and mercy.
~ Wendell Berry, 1934- ~

The healthiest competition occurs when average people win by putting above average effort.
~ Colin Powell, 1937- ~

Our business in life is not to get ahead of others, but to get ahead of ourselves – to break our own records, to outstrip our yesterday by our today.
~ Stewart B. Johnson ~

If you want to be incrementally better: Be competitive. If you want to be exponentially better: Be cooperative.
~ Unknown ~

COMPASSION / EMPATHY / KINDNESS

Related States & Conditions: Affirmation/Approval, Appreciation, Celebration, Communication, Congruence/Resonance, Connection/Interbeing/Interdependence, Friendship, Giving/Serving, Love-Agape, Oneness/Unity/Wholeness, Partnership/Marriage, Reciprocity/Reflection, Relationship, Relativity, Spirituality, Understanding

Syntonic: Attention/Awareness, Collaboration/Synergy, Conviction/Principle, Diligence, Engagement/Integration/Involvement, Exploration, Forgiveness, Humor/Laughter, Insight/Instinct/Intuition, Learning, Listening, Openness/Receptivity, Patience, Respect, Sincerity/Authenticity, Tact/Discretion, Teaching, Tolerance, Trust

Dystonic: Anger, Attachment, Avoidance/Denial/Refusal, Complacency, Conflict/Opposition, Criticism/Judgment, Delusion, Differentiation/Division/Separation, Fault, Fear, Hate, Jealousy/Envy, Revenge, Struggle, War/Aggression/Violence, Worry

Kindness in words creates confidence.
Kindness in thinking creates profoundness.
Kindness in giving creates love …
Perfect kindness acts without thinking of kindness.
~ Laozi, 570-490 BCE ~

No act of kindness, however small, is ever wasted.
~ Aesop, fl. c. 550 BCE ~
"The Lion and the Mouse"

Kindness effects more than severity.
~ Aesop ~
"The Wind and the Sun"

We are to live so that no harm or pain is caused by our thoughts, words, or deeds to any other being.
~ Patanjali, c. 200-150 BCE ~

Wherever there is a human being, there is an opportunity for kindness.
~ Seneca, c. 4 BCE-65 CE ~

I was hungered, and ye gave me meat; I was thirsty, and ye gave me drink; I was a stranger, and ye took me in.
~ Jesus of Nazareth, c. 5-c. 38 CE ~
in *The Bible*, Matthew 25:35

Constantly remind yourself, "I am a member of the whole body of conscious things." If you think of yourself as a mere "part," then love for mankind will not well up in your heart; you will look for some reward in every act of kindness and miss the boon which the act itself is offering. Then all your work will be seen as a mere duty and not as the very porthole connecting you with the Universe itself.
~ Marcus Aurelius, 121-180 ~
Meditations, Book 7:13 in *Two Suns Rising*, Jonathan Star, ed., 1991

The reward of charity depends entirely upon the extent of the kindness in it.
~ *Babylonian Talmud*, 2nd-5th C. CE ~
Tractate Sukkah

Deeds of kindness are equal in weight to all the commandments.
~ *Talmud* ~

Those desiring speedily to be
A refuge for themselves and other beings
Should interchange the terms "I" and "other,"
And thus embrace a sacred mystery.
~ Shantideva, 7th C. ~
The Way of the Boddhisattva, Padmakara, tr., 1997

The quality of mercy is not strain'd;
It droppeth as the gentle rain from heaven
Upon the place beneath. It is twice blessed:
It blesseth him that gives and him that takes.
~ William Shakespeare, 1564-1616 ~
The Merchant of Venice, IV.i, 1597

By compassion we make others' misery our own, and so, by relieving them, we relieve ourselves also.
~ Thomas Browne, 1605-1682 ~

If there is any kindness I can show, or any good thing I can do to any fellow being, let me do it now, and not deter or neglect it, as I shall not pass this way again.
~ William Penn, 1644-1718 ~

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Kindness is an inner desire that makes us want to do good things even if we do not get anything in return. It is the joy of our life to do them. When we do good things from this inner desire, there is kindness in everything we think, say, want, and do.
~ Emmanuel Swedenborg, 1688-1772 ~

Kindness is in our power, even when fondness is not.
~ Samuel Johnson, 1709-1784 ~

We cannot be just unless we are kindhearted.
~ Marquis de Vauvenargues, 1715-1747 ~

On that best portion of a good man's life;
His little, nameless, unremembered acts
Of kindness and love.
~ William Wordsworth, 1770-1850 ~
"Lines Composed a Few Miles Above Tintern Abbey," 1798

Kindness causes us to learn, and to forget, many things.
~ Madame Swetchine, 1782-1857 ~
The Writings of Madame Swetchine, A. de Falloux, ed., 1869

Compassion is the basis of morality.
~ Arthur Schopenhauer, 1788-1860 ~

A man, to be greatly good, must imagine intensely and comprehensively; he must put himself in the place of another and in many others; the pains and pleasures of his species must become his own.
~ Percy Bysshe Shelley, 1792-1822 ~

Listening to people talking I could enter into their lives, feel their tattered clothes on my back, walk with my feet in their shoes; their desires, their needs, all passed into my soul, or my soul passed into theirs.
~ Honoré de Balzac, 1799-1850 ~

A good heart is better than all the heads in the world.
~ Edward Bulwer-Lytton, 1803-1873 ~

If we could read the secret history of our enemies, we would find in each man's life sorrow and suffering enough to disarm all hostility.
~ Henry Wadsworth Longfellow, 1807-1882 ~

Kind thoughts are rarer than either kind words or kind deeds. They imply a great deal of thinking about others. This in itself is rare. But they also imply a great deal of thinking about others without the thoughts being criticisms. This is rarer still.
~ Frederick Faber, 1814-1863 ~
Spiritual Conferences, 1859

Kindness is a language the dumb can speak and the deaf can hear and understand.
~ Christian Bovee, 1820-1904 ~
Thoughts, Feelings and Fancies, 1857

Compassion is perhaps the greatest emotion that man possesses.
~ Fyodor Dostoevsky, 1821-1881 ~

The care of rivers is not a question of rivers, but of the human heart.
~ Tanaka Shozo, 1841-1913 ~

If you make fun of bad persons you make yourself beneath them … Be kind to bad and good, for you don't know your own heart.
~ Sarah Winnemucca, 1842-1891 ~
Life Among the Paiutes: Their Wrongs and Claims, 1883

If you have a suffering friend, be a resting place for his suffering, but a hard bed as it were, a field cot: thus will you profit him best.
~ Friedrich Nietzsche, 1844-1900 ~
Thus Spoke Zarathustra, Walter Kauffman, tr., 1954, 1966

Let them at all times concern themselves with doing a kindly thing for one of their fellows, offering to someone love, consideration, thoughtful help. Let them see no one as their enemy, or as wishing them ill, but think of all humankind as their friends; regarding the alien as an intimate, the stranger as a companion, staying free of prejudice, drawing no lines.
~ 'Abdu'l-Bahá, 1844-1921 ~
Selections from the Writings of 'Abdu'l-Bahá, 1978

Benevolence doesn't consist in those who are prosperous pitying and helping those who are not. Benevolence consists in fellow feeling that puts you upon actually the same level with the fellow who suffers.
~ Woodrow Wilson, 1856-1924 ~

True kindness presupposes the faculty of imagining as one's own the suffering and joys of others.
~ André Gide, 1869-1951 ~
Pretexts, Justin O'Brien, ed., Angelo P. Bertocci, tr., 1959

Manners are a sensitive awareness of the feelings of others. If you have that awareness, you have good manners – no matter what fork you use.
~ Emily Post, 1873-1960 ~

Open your eyes and look for some man, or some work for the sake of men, which needs a little time, a little friendship, a little sympathy, a little sociability, a little human toil … Who can reckon up all the ways in which that priceless fund of impulse, man, is capable of exploitation! He is needed in every nook and corner. Therefore search and see if there is not some place where you may invest your humanity.
~ Albert Schweitzer, 1875-1965 ~

Constant kindness can accomplish much. As the sun makes ice melt, kindness causes misunderstanding, mistrust and hostility to evaporate.
~ Schweitzer ~

Compassion, in which all ethics must take root, can only attain its full breadth and depth if it embraces all living creatures and does not limit itself to mankind.
~ Schweitzer ~

Of course, *understanding* of our fellow-beings is important. But this understanding becomes fruitful only when it is sustained by sympathetic feeling in joy and sorrow.
~ Albert Einstein, 1879-1955 ~
Ideas and Opinions, Carl Seelig, ed., Sonja Bargmann, tr., 1954

Empathy is not merely the basic principle of artistic creation. It is also the only path by which one can reach the truth about life and society.
~ Nagai Kafu, 1879-1959 ~

Nobody appears inferior to us when our heart is kindled with kindness.
~ Hazrat Khan, 1882-1927 ~

Compassion is the desire that moves the individual self to widen the scope of its self-concern to embrace the whole of the universal self.
~ Arnold Toynbee, 1889-1975 ~
in Arnold Toynbee & Ikeda Isaku, *The Toynbee-Ikeda Dialogue*, 1976

If life is worth anything, it is that it teaches a lesson of kindliness … to be less harsh with ourselves and with others.
~ Lin Yutang, 1895-1976 ~
My Country and My People, 1935

Kindness can become its own motive. We are made kind by being kind.
~ Eric Hoffer, 1902-1983 ~
The Passionate State of Mind, and Other Essays, 1955

Compassion is the antitoxin of the soul: where there is compassion even the most poisonous impulses remain relatively harmless.
~ Hoffer ~

Compassion for me is just what the word says; it is "suffering with." It is an immediate participation in the suffering of another to such a degree that you forget yourself and your own safety and spontaneously do what is necessary.
~ Joseph Campbell, 1904-1987 ~

The love of our neighbour in all its fullness simply means being able to say to him, "What are you going through?"
~ Simone Weil, 1909-1943 ~

Being unwanted, unloved, uncared for, forgotten by everybody, I think that is a much greater hunger, a much greater poverty than the person who has nothing to eat … We must find each other.
~ Mother Teresa, 1910-1997 ~

The whole idea of compassion is based on a keen awareness of the interdependence of all these living beings, which are all part of one another, and all involved in one another.
~ Thomas Merton, 1915-1968 ~

If a free society cannot help the many who are poor, it cannot save the few who are rich.
~ John F. Kennedy, 1917-1963 ~

Hot heads and cold hearts never solved anything.
~ Billy Graham, 1918- ~

Life is just a short walk from the cradle to the grave – and it sure behooves us to be kind to one another along the way.
~ Alice Childress, 1920-1994 ~
"A Candle in a Gale Wind," in Mari Evans, *Black Women Writers*, 1984

If someone listens, or stretches out a hand, or whispers a kind word of encouragement, or attempts to understand a lonely person, extraordinary things begin to happen.
~ Loretta Girzaitis, 1920- ~

All is well, practice kindness, heaven is nigh.
~ Jack Kerouac, 1922-1969 ~

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Beginning today, treat everyone you meet as if they were going to be dead by midnight. Extend to them all the care, kindness, and understanding you can muster, and do it with no thought of any reward. Your life will never be the same again.
~ Og Mandino, 1923-1996 ~

Kindness is more important than wisdom, and the recognition of this is the beginning of wisdom.
~ Theodore Rubin, 1923- ~

Too often we underestimate the power of a touch, a smile, a kind word, a listening ear, an honest compliment, or the smallest act of caring, all of which have the potential to turn a life around.
~ Leo Buscaglia, 1924-1998 ~

Compassion is the sometimes fatal capacity for feeling what it is like inside someone else's skin. It is the knowledge that there can never really be any peace and joy for me until there is peace and joy finally for you too.
~ Frederick Buechner, 1926- ~

As soon as you see that the person you call your enemy is also suffering, you will be ready to love and accept him. The idea of "enemy" vanishes and is replaced by the reality of someone who is suffering and needs our love.
~ Thich Nhat Hanh, 1926- ~
Teachings on Love, 1998

When we come into contact with the other person, our thoughts and actions should express our mind of compassion, even if that person says and does things that are not easy to accept. We practice in this way until we see clearly that our love is not contingent upon the other person being lovable.
~ Hanh ~

Compassion and nonviolence help us to see the enemy's point of view, to hear his questions, to know his assessment of ourselves. For from his view we may indeed see the basic weaknesses of our own condition, and if we are mature, we may learn and grow and profit from the wisdom of the brothers who are called the opposition.
~ Martin Luther King, Jr., 1929-1968 ~
The Words of Martin Luther King, Jr., Coretta Scott King, ed., 1983

The heart that breaks open can contain the whole universe.
~ Joanna Macy, 1929- ~

Compassion is the basis of all truthful relationships: it means being present with love – for ourselves and for all life, including animals, fish, birds, and trees. Compassion is bringing our deepest truth into our actions, no matter how much the world seems to resist, because that is ultimately what we have to give this world and one another.
~ Ram Dass, 1931- ~
in Ram Dass & Mirabai Bush, *Setting Out on the Path of Service*, 1992

Compassion is not just feeling with someone, but seeking to change the situation. Frequently people think compassion and love are merely sentimental. No! They are very demanding. If you are going to be compassionate, be prepared for action!
~ Desmond Tutu, 1931- ~
Interview, *Psychology Today*, 2005 March/April

Compassion and love are not mere luxuries. As a source of both inner and external peace, they are fundamental to the continued survival of our species.
~ Dalai Lama, 1935- ~
in *The Times*, 1999 June

Because we all share a wish for happiness and an identical need for love, it is possible to feel that anyone we meet, in whatever circumstances, is a brother or sister. We do not need to become religious; nor do we need to believe in an ideology. I believe that at every level of society the key to a happier and more successful world is the growth of compassion.
~ Dalai Lama ~

Whether people are beautiful and friendly or unattractive and disruptive, ultimately they are human beings, just like oneself. Like oneself, they want happiness and do not want suffering. Furthermore, their right to overcome suffering and be happy is equal to one's own. Now, when you recognize that all beings are equal in both their desire for happiness and their right to obtain it, you automatically feel empathy and closeness for them. Through accustoming your mind to this sense of universal altruism, you develop a feeling of responsibility for others: the wish to help them actively overcome their problems. Nor is this wish selective; it equally applies to all.
~ Dalai Lama ~

It is our lack of love for ourselves that inhibits our compassion toward others. If we make friends with ourselves, then there is no obstacle to opening our hearts and minds to others.
~ Pema Chödrön, 1936- ~

Compassionate action starts with seeing yourself when you start to make yourself right and when you start to make yourself wrong. At that point you could just contemplate the fact that there is a larger alternative to either of those, a more tender, shaky kind of place where you could live.
~ Chödrön ~
In the Gap Between Right and Wrong

Genuine compassion comes from the fact that you see your own limitations: you wish to be kind and you find that you aren't kind. Then, instead of beating yourself up you see that that's what all human beings are up against and you begin to have some kind of genuine compassion for the human condition.
~ Chödrön ~
Interview by Helen Tworkov, *Tricycle*, No. 9

Often the most loving thing we can do when a friend is in pain is to *share* the pain – to be there even when we have nothing to offer except our presence and even when being there is painful to ourselves.
~ M. Scott Peck, 1936-2005 ~
The Different Drum: Community Making and Peace, 1987

Caring can be learned by all human beings, can be worked into the design of every life, meeting an individual need as well as a pervasive need in society.
~ Catherine Bateson, 1939- ~

Simplicity of living, if deliberately chosen, implies a compassionate approach to life. It means we are choosing to live our daily lives with some degree of conscious appreciation of the condition of the rest of the world.
~ Duane Elgin, 1943- ~
Voluntary Simplicity, 1981

Spiritual energy brings compassion into the real world. With compassion, we see benevolently our own human condition and the condition of our fellow beings. We drop prejudice. We withhold judgment.
~ Christina Baldwin, 1946- ~

If you feel called upon to alleviate the suffering in the world, that is a very noble thing to do, but remember not to focus exclusively on the outer; otherwise you will encounter frustration and despair. Without a profound change in human consciousness, the world's suffering is a bottomless pit. So don't let your compassion become one-sided. Empathy with someone else's pain or lack and a desire to help need to be balanced with a deeper realization of the eternal nature of all life and the ultimate illusion of all pain. Then let your peace flow into whatever you do and you will be working on the levels of effect and cause simultaneously.
~ Eckhard Tolle, 1948- ~
The Power of Now: A Guide to Spiritual Enlightenment, 1999

It's so easy to laugh. It's so easy to hate. It takes strength to be gentle and kind.
~ Stephen Morrissey, 1959- ~

The smallest act of kindness is worth more than the grandest intention.
~ Unknown ~

There is no exercise better for the heart than reaching down and lifting people up.
~ John Andrew Holmes ~

If we revision human nature to include our innate capacity for empathy, then acting on behalf of others leads to self-fulfillment, rather than personal privation.
~ Tom Hurley ~

To understand any living thing, you must, so to say, creep within and feel the beating of its heart.
~ W. Macneile Dixon ~
The Human Situation

Compassion allows us to bear witness to suffering, whether it is in ourselves or others, without fear; it allows us to name injustice without hesitation, to act strongly, with all the skill at our disposal.
~ Sharon Salzberg ~

When we finally know we are dying, and all other sentient beings are dying with us, we start to have a burning, almost heartbreaking sense of the fragility and preciousness of each moment and each being, and from this can grow a deep, clear, limitless compassion for all beings.
~ Sogyal Rinpoche ~

COMPLACENCY

Related States & Conditions: Attachment, Avoidance/Denial/Refusal, Comparison/Competition, Conformity, Defeat, Deferment/Delay, Dependence, Distraction/Diversion, Equanimity, Habit, Inaction, Insecurity/Risk, Laziness, Limitation, Restraint

Syntonic: Appreciation, Attention/Awareness, Breakthrough/Epiphany/Turning Point, Commitment/Dedication, Conviction/Principle, Creativity/Discovery/Innovation, Dance/Movement, Daring/Challenge, Desire, Determination/Persistence/Resolve, Diligence, Direction, Engagement/Integration/Involvement, Enlightenment/Realization/Transcendence, Expectation/Hope, Exploration, Focus/Intention, Goal/Ideal/Purpose, Growth/Expansion, Insight/Instinct/Intuition, Inspiration, Learning, Listening, Openness/Receptivity, Passion, Questioning/Doubt, Value/Worth, Zeal/Zest

Dystonic: Attachment, Conflict/Opposition, Criticism/Judgment, Delusion, Depression/Despair/Distress, Differentiation/Division/Separation, Fault, Fear, Oppression, Regret, Worry

Finding a resting-place does not mean that one can become complacent. Be prepared to defend yourself, and continue the search for inner peace.
~ *Yi Jing*, c. 1150 BCE ~
"Lu: Wanderer," in *The Photographic I Ching*, Dhiresha McCarver, tr., 1997

Danger lies in becoming relaxed and over-confident when things go well. When one shows remorse for this mistaken attitude, there will be no error.
~ Ibid., "Lin: Approach"

Prosperity always puffs up the foolish and worldly comfort enervates the soul, rendering it an easy prey to carnal temptations.
~ Peter Abelard, 1079-1142 ~
Historia Calamitatum: The Story of My Misfortunes, Henry Adams Bellows, tr., 1922

By God, don't linger
in any spiritual benefit you have gained,
but yearn for more – like one suffering from illness
whose thirst for water is never quenched.
This Divine Court is the Plane of the Infinite.
Leave the seat of honor behind;
let the Way be your seat of honor.
~ Jalaluddin Rumi, 1207-1273 ~
Mathnawi III, 1960-61
The Pocket Rumi Reader, Kabir Helminski, ed., 2001

When people elevate and aggrandize themselves, confident of their talent and ability, strutting around as though they were sages, then others often detest them; time and again they bring error on themselves by self-satisfaction, and eventually they will fall below others, becoming anything but elevated. This is like a protuberance of earth gradually being worn away by people treading on it.
~ Liu Yiming, b. c. 1737 ~
Awakening to the Tao, Thomas Cleary, tr., 1988

The rung of a ladder was never meant to rest upon, but only to hold a man's foot long enough to enable him to put the other somewhat higher.
~ Thomas Huxley, 1825-1895 ~
in Leonard Huxley, *Life and Letters of Thomas Henry Huxley*, 1900

Sad will be the day for any man when he becomes contented with the thoughts he is thinking and the deeds he is doing – where there is not forever beating at the doors of his soul some great desire to do something larger, which he knows that he was meant and made to do.
~ Phillips Brooks, 1835-1893 ~

We shall have no better conditions in the future if we are satisfied with all those which we have at present.
~ Thomas Edison, 1847-1931 ~

To be pleased with one's limits is a wretched state.
~ Johann von Goethe, 1749-1832 ~

A man who knows a job sees so much more to be done than he has done, that he is always pressing forward and never gives up an instant of thought to how good and how efficient he is. Thinking always ahead, thinking always of trying to do more, brings a state of mind in which nothing is impossible. The moment one gets into the "expert'

state of mind a great number of things become impossible.
~ Henry Ford, 1863-1947 ~
My Life and Work, 1922

Those who succeed and do not push on to greater failure are the spiritual middle classers. Their stopping at success is the proof of their compromising insignificance. How petty their dreams must have been! ... Only through the unattainable does man achieve a hope worth living and dying for – and so attain *himself*.
~ Eugene O'Neill, 1888-1953 ~

You took the good things for granted. Now you must earn them again ... For every right that you cherish, you have a duty which you must fulfill. For every hope that you entertain, you have a task that you must perform. For every good that you wish to preserve, you will have to sacrifice your comfort and your ease. There is nothing for nothing.
~ Walter Lippmann, 1889-1974 ~

Complacency is the enemy of study. We cannot really learn anything until we rid ourselves of complacency. Our attitude towards ourselves should be "to be insatiable in learning" and towards others "to be tireless in teaching."
~ Mao Zedong, 1893-1976 ~
"The Role of the Chinese Communist Party in the National War" (October 1938), *Selected Works*, Vol. II

We accept what we are used to and never think about it.
~ Lin Yutang, 1895-1976 ~
The Pleasures of a Noncomformist, 1962

Man, in his blindness, is quite satisfied with himself, but heartily dislikes the circumstances and situations of his life. He feels this way, not knowing that the cause of his displeasure lies not in the condition nor the person with whom he is displeased, but in the very self he likes so much.
~ Neville, 1905-1972~
"Fundamentals," *New Thought*, Summer 1953

We accept the verdict of the past until the need for change cries out loudly enough to force upon us a choice between the comforts of further inertia and the irksomeness of action.
~ Louis L'Amour, 1908-1988 ~

Philosophers are intellectual troublemakers. They are reluctant to take things at their face value. They set out to disturb complacency. Ignorance is not altogether bliss, and in the field of learning, as in politics, it is only because some people are prepared to make trouble that anything of importance ever gets done.
~ A. J. Ayer, 1910-1989 ~
in *The Guardian*, 1963

There is plenty of room at the top, but not enough to sit down.
~ Fred Shero, 1925- ~

Complacency in the presence of miracles is like opening the door to your own tomb.
~ Rod Steiger, 1925-2002 ~
in *Esquire*, 1969

If we didn't have the struggle, the suffering, we would become terribly complacent in about five minutes.
~ Lex Hixon, 1942-1995 ~
Interview, 1995 August 8

Don't let your special character and values, the secret that you know and no one else does, the truth – don't let that get swallowed up by the great chewing complacency.
~ Meryl Streep, 1949- ~
in *The Last Word: A Treasury of Women's Quotes*, Carolyn Warner, ed., 1992

People who are resting on their laurels are wearing them on the wrong end.
~ Malcolm L. Kushner, 1952- ~

The quickest and shortest way to crush whatever laurels you have won is for you to rest on them.
~ Donald P. Jones ~

If you think you're tops, you won't do much climbing.
~ Arnold H. Glasgow ~

Even if you *have* pushed yourself and feel you've broken through, push yourself further. If you are on, ride that wave as long as you can. Don't stop in the middle. That moment won't come back exactly in that way again ... Go further than you think you can.
~ Natalie Goldberg ~
Writing Down the Bones, 1986

Complacency is a far more dangerous attitude than outrage.
~ Naomi Littlebear ~
The Dark of the Moon

COMPOSURE / PEACE / TRANQUILITY

Related States & Conditions: Actualization/Fulfillment, Balance, Being/Essence/Soul, Centering, Equanimity, Happiness/Contentment, Meditation, Presence, Silence/Stillness

Syntonic: Acceptance, Attention/Awareness, Autonomy/Control, Compassion/Empathy/Kindness, Congruence/Resonance, Connection/Interbeing/Interdependence, Forgiveness, Integrity, Oneness/Unity/Wholeness, Openness/Receptivity, Patience, Respect, Sincerity/Authenticity, Solitude, Tolerance, Understanding

Dystonic: Anger, Attachment, Avoidance/Denial/Refusal, Complacency, Conflict/Opposition, Criticism/Judgment, Distraction/Diversion, Fault, Fear, Haste/Impatience, Hate, Insecurity/Risk, Jealousy/Envy, Limitation, Regret, Revenge, Struggle, War/Aggression/Violence, Worry

When you realize where you come from,
you naturally become tolerant,
disinterested, amused,
kindhearted as a grandmother,
dignified as a king.
Immersed in the wonder of the Tao,
you can deal with whatever life brings you,
and when death comes, you are ready.
~ Laozi, 570-490 BCE ~
Tao Te Ching: A New English Version, Stephen Mitchell, tr., 1988

That man attains peace who, abandoning all desires, moves about without longing, without the sense of mine and without egoism.
~ *Bhagavad Gita*, c. 400 BCE ~

The mind of the sage in repose becomes the mirror of the universe, the speculum of all creation.
~ Zhuangzi, c. 369-c. 286 BCE ~

The heart and mind can find peace and harmony by contemplating the transcendental nature of the true self as supreme effulgent light.
~ Patanjali, c. 200-150 BCE ~
Yoga Sutras of Patanjali

Undisturbed peace of mind is attained by the cultivation of friendliness toward the happy, compassion for the unhappy, delight in the virtuous, and indifference in the evil.
~ Patanjali ~

Remember when life's path is steep to keep your mind even.
~ Horace, 65-8 BCE ~

The mind is never right but when it is at peace with itself.
~ Seneca, c. 4 BCE-65 CE ~

Heaven is calm and clear,
Earth is stable and peaceful.
Beings who lose these
Qualities die,
While those who emulate
Them live.
Calm spaciousness is the
House of spiritual light;
Open selflessness is the
Abode of the Way.
~ Huainan Zi, 1st C. BCE ~

When you are disturbed by events and lose your serenity, quickly return to yourself and don't stay upset longer than the experience lasts; for you'll have more mastery over your inner harmony by continually returning to it.
~ Marcus Aurelius, 121-180 ~
The Spiritual Teachings of Marcus Aurelius, Mark Forstater, tr., 2000

The first rule is to keep an untroubled spirit. The second is to look things in the face and know them for what they are.
~ Marcus Aurelius ~

When water is pure and sparkling clear,
You see straight to the bottom
When your mind holds no concern,
No circumstance can turn you
And once your mind doesn't stray,
A kalpa has no changes.
From such awareness nothing hides.
~ Han-shan "Cold Mountain,", fl. 730-850 ~

Riches bring anxiety; wisdom gives peace of mind.
~ Solomon Ibn Gabriol, c. 1020-1057 ~

When you are inwardly empty and quiet, while outwardly detached from perception, you naturally attain penetrating experience of nonminding, which means that even if everything happens at once, that cannot disturb your spirit, and even though all kinds of troubles face you, that does not affect your thoughts.
~ Yuanwu Kekin, 1063-1135 ~
in *Zen Essence: The Science of Freedom*, Thomas Cleary, tr. & ed., 1989

People look in vain places for peace. They seek it in the world outside, in places, people, ways, activities ... but there is no peace found this way. They are looking in the wrong direction, and the longer they look the less they find what they are looking for.
~ Meister Eckhart, 1260-1327 ~

Five enemies of peace inhabit with us – avarice, ambition, envy, anger, and pride; if these were to be banished, we should infallibly enjoy perpetual peace.
~ Petrarch, 1304-1374 ~

Those things that cause you inward peace, think upon deeply.
~ Thomas à Kempis, c. 1380-1471 ~
De Imitatione Christi, c. 1418

We should have much peace if we would not busy ourselves with the sayings and doings of others.
~ à Kempis ~

Never be in a hurry; do everything quietly and in a calm spirit. Do not lose your inward peace for anything whatsoever, even if your whole world seems upset.
~ Francis de Sales, 1567-1622 ~

A quiet mind cureth all.
~ Democritus Junior, 1577-1640 ~
The Anatomy of Melancholy, 1621

There is no such thing as perpetual tranquility of mind while we live here; because life itself is but motion, and can never be without desire, nor without fear, no more than without sense.
~ Thomas Hobbes, 1588-1679 ~
Leviathan, 1651

The Pure Land
Where one communes at peace
Is here and now, it's not remote
Millions and millions of leagues away
~ Bankei, 1622-1693 ~
Bankei Zen: Translations from the Record of Bankei, Yoshito Hakeda, ed., Peter Haskel, tr., 1984

Peace is not an absence of war. It is a virtue, state of mind, a disposition for benevolence, confidence, justice.
~ Baruch de Spinoza, 1632-1677 ~

Nothing gives one person so much advantage over another as to remain always cool and unruffled under all circumstances.
~ Thomas Jefferson, 1743-1826 ~

Do not let trifles disturb your tranquility of mind ... Life is too precious to be sacrificed for the nonessential and transient ... Ignore the inconsequential.
~ Johann Richter, 1763-1825 ~

It is only after a man has rid himself of all pretense, and taken refuge in mere unembellished existence, that he is able to attain peace of mind.
~ Arthur Schopenhauer, 1788-1860 ~

It is easy in the world to live after the world's opinion; it is easy in solitude to live after our own; but the great man is he who in the midst of the crowd, keeps with perfect sweetness the independence of solitude.
~ Ralph Waldo Emerson, 1803-1882 ~
"Self-Reliance," *Essays, First Series*, 1841

There is no joy but calm.
~ Alfred Lord Tennyson, 1809-1892 ~

A small room in a tranquil cottage, daily walks and thoughtful talk, a little income and a few friends – these, and these only, suit a still and meditative mind.
~ Walter Bagehot, 1826-1877 ~
Literary Studies, Vol. III, Richard Holt Hutton, ed., 1879

Quiet minds cannot be perplexed or frightened but go on in fortune or misfortune at their own private pace like the ticking of a clock during a thunderstorm.
~ Robert Louis Stevenson, 1850-1894 ~

Herein lies the whole secret of existence. Waves may roll over the surface and tempests rage, but deep down there is the stratum of infinite calmness, infinite peace, and infinite bliss.
~ Vivekananda, 1863-1902 ~
The Complete Works of Swami Vivekananda, 1984-1987, 4:354, 1926

If you can keep your head when all about you
Are losing theirs and blaming it on you.
If you can trust yourself when all men doubt you
And make allowance for their doubting too.
~ Rudyard Kipling, 1865-1936 ~
"If"

In the degree that we are filled with this Spirit of Peace by thus opening ourselves to its inflow does it pour through us, so that we carry it with us wherever we go. In the degree that we thus open ourselves do we become magnets to attract peace from all sources; and in the degree that we attract and embody it in ourselves are we able to give it forth to others. We can in this way become such perfect embodiments of peace that wherever we go we are continually shedding benedictions.
~ Ralph Waldo Trine, 1866-1958 ~
In Tune With the Infinite, 1897

Each one has to find his peace from within. And peace to be real must be unaffected by outside circumstances.
~ Mahatma Gandhi, 1869-1948 ~

Go placidly amid the noise and haste,
And remember what peace there may be in silence.
~ Max Ehrmann, 1872-1945 ~
Desiderata, 1927

Education is the ability to listen to almost anything without losing your temper or your self-confidence.
~ Robert Frost, 1874-1963 ~

Make your ego porous. Will is of little importance, complaining is nothing, fame is nothing. Openness, patience, receptivity, solitude is everything.
~ Rainer Maria Rilke, 1875-1926 ~

Peace is our real nature. We spoil it. What is required is that we stop spoiling it. We are not going to create peace anew. For instance, originally there is nothing but space in a room. We fill it up with various objects. If we want space, all we need do is remove all those objects, and we get space. In the same way, if we remove all the rubbish, all the thoughts, from our minds, peace will appear. What is obstructing the peace has to be removed. Peace is the only reality.
~ Ramana Maharshi, 1879-1950 ~
in A. Devaraja Mudaliar & Sri Ramanasramam, *Day by Day with Bhagavan*, 1977

Lao-tze said to cultivate
Tranquility and detachment.
To be natural means not to force things.
When you act natural, you get what you need,
But to know what is natural,
You have to cultivate tranquility.
~ Tehyi Hsieh, b. 1881 ~

Repose is the secret of all contemplation and meditation, the secret of getting in tune with that aspect of life which is the essence of all things. When one is not accustomed to taking repose, one does not know what is behind one's being.
~ Hazrat Khan, 1882-1927 ~
The Mysticism of Sound and Music, 1991

The Art of Peace begins with you. Work on yourself and your appointed task in the Art of Peace. Everyone has a spirit that can be refined, a body that can be trained in some manner, a suitable path to follow … Foster peace in your own life and then apply the Art to all that you encounter.
~ Morihei Ueshiba, 1883-1969 ~
The Art of Peace, John Stevens, tr., 1992

If there is to be peace it will come through being, not having.
~ Henry Miller, 1891-1980 ~

The peace which results from social comfort, passing gratification, or worldly victory is transitory in nature, and is burned up in the heat of fiery trial … only the selfless heart can know the Peace of Heaven.
~ James Allen, 1864-1912 ~

Inner calm is possible only when man is not disturbed by the vicissitudes of fortune.
~ Lin Yutang, 1895-1976 ~
The Importance of Living, 1937

When the mind is free from all its projections, there is a state of quietness in which problems cease, and then only the timeless, the eternal comes into being … To live peacefully every day means you have no nationality, religion, dogma, or authority. Peace means to love, to be kind; if you haven't that, then you are responsible for all the

confusion … The habitual agitations of thought must cease in order to permit the development of a creative life.
~ Jiddu Krishnamurti, 1895-1986 ~

Peace is a costly privilege – to be fought for, attained and won. It comes only from a conquered mind.
~ Paul Brunton, 1898-1981 ~

Like water which can clearly mirror the sky and the trees only so long as its surface is undisturbed, the mind can only reflect the true image of the Self when it is tranquil and wholly relaxed.
~ Indra Devi, 1899-2002 ~

No one can achieve serenity until the glare of passion is past the meridian.
~ Cyril Connolly, 1903-1974 ~

Like water, we are truest to our nature in repose.
~ Connolly ~

Calmness of mind does not mean you should stop your activity. Real calmness should be found in activity itself.
~ Shunryu Suzuki, 1905-1971 ~
Zen Mind, Beginner's Mind, 1970

Slowly, painfully, I have learned that peace of mind may transform a cottage into a spacious manor hall; the want of it can make a regal park an imprisoning nutshell.
~ Joshua Liebman, 1907-1948 ~

Inner peace is not found by staying on the surface of life, or by attempting to escape from life through any means. Inner peace is found by facing life squarely, solving its problems, and delving as far beneath the surface as possible to discover its verities and realities.
~ Peace Pilgrim, 1908-1981 ~
Peace Pilgrim: Her Life and Work in Her Own Words, 1982

Heaven is where you'll be when you are okay right where you are.
~ Sun Ra, 1914-1993 ~

Peace is not something you must hope for in the future. Rather, it is a deepening of the present, and unless you look for it in the present you will never find it.
~ Thomas Merton, 1915-1968 ~

Peace exists when you have nothing to prove, or stated differently, when you have no self to prove.
~ Vernon Howard, 1918-1992 ~

Boredom is the feeling that everything is a waste of time; serenity, that nothing is.
~ Thomas Szasz, 1920- ~

People say "I want peace." If you remove I (ego), and your want (desire), you are left with peace.
~ Satya Sai Baba, 1926- ~

There is no need to go to India or anywhere else to find peace. You will find that deep place of silence right in your room, your garden, or even your bathtub.
~ Elisabeth Kübler-Ross, 1926- ~

Peace is not merely a distant goal that we seek, but a means by which we arrive at that goal.
~ Martin Luther King, Jr., 1929-1968 ~

If you cannot find peace within yourself, you will never find it anywhere else.
~ Marvin Gaye, 1939-1984 ~

Go beyond the secret passages and the dark alleys and the ghost-filled attics of your mind and you will discover that your essential being is full of peace.
~ Deepak Chopra, 1947- ~

Accomplishment comes more surely when your efforts are calm and your spirit is peaceful. Consider how very much more you can get done when your energy is not being sapped away by a frenzied mind. True serenity is not the absence of action, but rather action with integrity, confidence and a steadfastness of purpose. The world may very well be swirling around you in a constant turmoil. But you don't have to adopt that turmoil as your own. The more frenzied and hurried life becomes, the more serene and unperturbed you have the opportunity to be. Whatever you can accomplish in a hectic and chaotic state, you can accomplish much more powerfully with peaceful, calm determination. When you're confronted with turmoil, respond with serenity. It will lift you to a higher level of experience and accomplishment.
~ Ralph Marston, 1961-

True inward quietness … is not vacancy, but stability; the steadfastness of a single purpose.
~ Caroline Stephen ~

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CONFIDENCE

Related States & Conditions: Actualization/Fulfillment, Affirmation/Approval, Autonomy/Control, Being/Essence/Soul, Courage, Creativity/Discovery/Innovation, Daring/Challenge, Determination/Persistence/Resolve, Expression, Mind, Optimism/Positivism, Power, Presence, Responsibility, Self, Self-Reliance, Zeal/Zest

Syntonic: Ability, Composure/Peace/Tranquility, Congruence/Resonance, Connection/Interbeing/Interdependence, Dreams/Dreaming, Expectation/Hope, Exploration, Faith, Focus/Intention, Introspection/Self-Knowledge, Openness/Receptivity, Patience, Possibility/Potential, Sincerity/Authenticity, Strength, Trust, Vision/Visualization

Dystonic: Anger, Attachment, Avoidance/Denial/Refusal, Complacency, Conflict/Opposition, Criticism/Judgment, Dependence, Distraction/Diversion, Fault, Fear, Haste/Impatience, Hate, Jealousy/Envy, Limitation, Regret, Revenge, Struggle, War/Aggression/Violence, Worry

In all thy undertakings, let a reasonable assurance animate thy endeavours; if thou despair of success, thou shalt not succeed.
~ Khemetic Saying ~
Temt Tchaas: Egyptian Proverbs, Muata Ashaya Ashby, ed., 1994

The pleasure that arises from inward serenity is due to the confidence that one has in one's own inner truth.
~ *Yi Jing*, c. 1150 BCE ~
"Tui: Joy," in *The Photographic I Ching*, Dhiresha McCarver, tr., 1997

Confidence is that feeling by which the mind embarks on great and honorable courses with a sure hope and trust in itself.
~ Cicero, 106-43 BCE ~

If you have no confidence in yourself, you are twice defeated in the race of life. With confidence, you have won even before you have started.
~ Cicero ~

To these success gives heart: they can because they think they can
~ Virgil, 70-19 BCE ~
Aeneid, 19 BCE

Who has self-confidence will lead the rest.
~ Horace, 65-8 BCE ~
Epistles

Lack of confidence is not the result of difficulty; the difficulty comes from a lack of confidence.
~ Seneca, c. 4 BCE-65 CE ~

There's one blessing only, the source and cornerstone of beatitude: confidence in self.
~ Marcus Aurelius, 121-180 ~

You must act as if it is impossible to fail.
~ Ashanti (West Africa) Saying ~

What I point out to you is only that you shouldn't allow yourselves to be confused by others. Act when you need to, without further hesitation or doubt. People today can't do this – what is their affliction? Their affliction is in their lack of self-confidence. If you do not spontaneously trust yourself sufficiently, you will be in a frantic state, pursuing all sorts of objects and being changed by those objects, unable to be independent.
~ Linji Yixuan, d. 867 ~
in *Zen Essence: The Science of Freedom*, Thomas Cleary, tr. & ed., 1989

Confidence imparts a wonderful inspiration to its possessor.
~ John Milton, 1608-1674 ~

The confidence which we have in ourselves gives birth to much of that which we have in others.
~ François de La Rochefoucauld, 1613-1680 ~
Maximes, 1664

It as proper to have pride in oneself as it is ridiculous to show it to others.
~ de La Rochefoucauld ~

Self-confidence is the first requisite to great undertakings.
~ Samuel Johnson, 1709-1784 ~

As is our confidence, so is our capacity.
~ William Hazlitt, 1778-1830 ~

Men die of fright and live of confidence.
~ Henry David Thoreau, 1817-1862 ~

Smile, for everyone lacks self-confidence and more than any other one thing a smile reassures them.
~ André Maurois, 1885-1967 ~

Confidence as an outgoing act is directness and courage in meeting the facts of life, trusting them to bring instruction and support to a developing self.
~ John Dewey, 1859-1952 ~
Human Nature and Conduct, 1922

The way to develop self-confidence is to do the thing you fear and get a record of successful experiences behind you.
~ William Jennings Bryan, 1860-1925 ~

Do continue to believe that with your feeling and your work you are taking part in the *greatest*; the more strongly you cultivate in yourself this belief, the more will reality and the world go forth from it.
~ Rainer Maria Rilke, 1875-1926 ~
Letters of Rainer Maria Rilke 1892-1910, J. Bannard Greene & M. D. Herter Norton, eds., 1945

Search and you will find that at the base and birth of every great business organization was an enthusiast, a man consumed with earnestness of purpose, with confidence in his powers, with faith in the worthwhileness of his endeavours.
~ B. C. Forbes, 1880-1954 ~

Confidence ... thrives only on honesty, on honor, on the sacredness of obligations, on faithful protection and on unselfish performance. Without them it cannot live.
~ Franklin D. Roosevelt, 1882-1945 ~

Somehow I can't believe that there are any heights that can't be scaled by a man who knows the secret of making his dreams come true. This special secret, it seems to me, can be summarized in four Cs. They are curiosity, confidence, courage and constancy and the greatest of these is confidence.
~ Walt Disney, 1901-1966 ~

It is best to act with confidence, no matter how little right you have to it.
~ Lillian Hellman, 1905-1984 ~

Self-confidence is self-determinism. One's belief in one's ability to determine his own course. As long as one has that, he's got the universe in his pocket. And when he hasn't got that, not all the pearls in China nor all the grain and corn in Iowa can give him security, because that's the only security there is.
~ L. Ron Hubbard, 1911-1986 ~

Class is an aura of confidence that is being sure without being cocky. Class has nothing to do with money. Class never runs scared. It is self-discipline and self-knowledge. It's the sure-footedness that comes with having proved you can meet life.
~ Ann Landers, 1918-2002 ~

If you doubt you can accomplish something, then you can't accomplish it. You have to have confidence in your ability, and then be tough enough to follow through.
~ Rosalynn Carter, 1927- ~

Getting ahead in a difficult profession requires avid faith in yourself. That is why some people with mediocre talent, but with great inner drive, go so much further than people with vastly superior talent.
~ Sophia Loren, 1934- ~

It's so important to believe in yourself. Believe that you can do it, under any circumstances. Because if you believe you can, then you really will. That belief just keeps you searching for the answers, and then pretty soon you get it.
~ Famous Amos, 1937- ~

If you think you're a second-class citizen, you are.
~ Ted Turner, 1938- ~

Our greatest problems in life come not so much from the situations we confront as from our doubts about our ability to handle them.
~ Susan L. Taylor, 1946- ~

You've got to take the initiative and play your game. In a decisive set, confidence is the difference.
~ Chris Evert, 1954- ~

If you do not believe in yourself, do not blame others for lacking faith in you.
~ Brendan Francis ~

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CONFLICT / OPPOSITION

Related States & Conditions: Adversity, Comparison/Competition, Criticism/Judgment, Daring/Challenge, Differentiation/Division/Separation, Fault, Greed, Hate, Oppression, Polarity/Contrast, Questioning/Doubt, Reciprocity/Reflection, Revenge, Struggle, Suffering, War/Aggression/Violence

Syntonic: Acceptance, Balance, Centering, Collaboration/Synergy, Communication, Compassion/Empathy/Kindness, Composure/Peace/Tranquility, Congruence/Resonance, Connection/Interbeing/Interdependence, Engagement/Integration/Involvement, Equanimity, Flexibility/Flow/Flux, Forgiveness, Friendship, Giving/Serving, Humor/Laughter, Love-Agape, Oneness/Unity/Wholeness, Openness/Receptivity, Patience, Respect, Sincerity/Authenticity, Synthesis, Tolerance, Understanding

Dystonic: Anger, Attachment, Avoidance/Denial/Refusal, Complacency, Dependence, Distraction/Diversion, Fear, Haste/Impatience, Jealousy/Envy, Limitation, Worry

If you meet a disputant who is more powerful than you, fold your arms and bend your back. Confrontation will not make them agree with you. Disregard their evil speech. Your self-control will match their evil utterances and people will call them ignoramuses.
~ Khemetic Saying ~
Temt Tchaas: Egyptian Proverbs, Muata Ashaya Ashby, ed., 1994

When faced with conflict, especially if the opponent has superior strength, retreat at once. Do not attempt to draw others into the conflict on your behalf. To engage in such activity would invite calamity … Remain correct and firm … Keep to the background, and good fortune will result.
~ *Yi Jing*, c. 1150 BCE ~
"Sung: Conflict," in *The Photographic I Ching*, Dhiresha McCarver, tr., 1997

Opposition brings concord. Out of discord comes the fairest harmony.
~ Heraclitus, c. 540-c. 480 BCE ~
Fragments

To fight and conquer in all your battles is not supreme excellence; supreme excellence consists in breaking the enemy's resistance without fighting.
~ Sun Tzu, fl. early 4th C. BCE ~
Sun Tzu Ping Fa

Just as Nature converts and alters every obstacle and opposition, and fits them into their predestined place, making them a part of herself, so too the rational person is able to finesse every obstacle into an opportunity, and to use it for whatever purpose it may suit.
~ Marcus Aurelius, 121-180 ~
The Spiritual Teachings of Marcus Aurelius, Mark Forstater, tr., 2000

If people find fault with you and try to put you in a bad light, wrongly slandering and vilifying you, just step back and observe yourself. Don't harbor any dislike, don't enter into any contests, and don't get upset, angry, or resentful. Just cut right through it and be as if you never heard or saw it. Eventually malevolent pests will disappear of themselves. If you contend with them, then a bad name will bounce back and forth with never an end in sight.
~ Yuanwu Kekin, 1063-1135 ~
in *Zen Essence: The Science of Freedom*, Thomas Cleary, tr. & ed., 1989

What is opposition?
It is the arena of hostility, of conflict and turmoil.
Where duality is transcended peace reigns.
This is the Dharma's ultimate truth.
~ Hanshan Deqing, 1546-1623 ~
Journey to Dreamland, Jy Din Shakya, tr., 1998

Our greatest foes, and whom we must chiefly combat, are within.
~ Miguel de Cervantes, 1547-1616 ~

If treacherous talk constantly assails your ears and hostility constantly troubles your heart, use this power as whetstones for moral cultivation.
~ Hong Zicheng, fl. 1596 ~
Caigentan: Vegetable Roots Discourse, I.5, Robert Aitken & Daniel W. Y. Kwok, trs., 2006

People have no enemies
None at all right from the start
You create them all yourself
Fighting over right and wrong
~ Bankei, 1622-1693 ~
Bankei Zen: Translations from the Record of Bankei, Yoshito Hakeda, ed., Peter Haskel, tr., 1984

He that wrestles with us strengthens our nerves and sharpens our skill. Our antagonist is our helper.
~ Edmund Burke, 1729-1797 ~

The harder the conflict, the more glorious the triumph. What we obtain too cheaply, we esteem too lightly; 'tis dearness only that gives everything its value.
~ Thomas Paine, 1737-1809 ~

Opposition inflames the enthusiast, never converts him.
~ Friedrich von Schiller, 1759-1805 ~

Our energy is in proportion to the resistance it meets. We attempt nothing great but from a sense of the difficulties we have to encounter; we persevere in nothing great but from a pride in overcoming them.
~ William Hazlitt, 1778-1830 ~

The block of granite which was an obstacle in the path of the weak becomes a stepping-stone in the path of the strong.
~ Thomas Carlyle, 1795-1881 ~

The days are too short even for love; how can there be enough time for quarreling?
~ Margaret Scott Gatty, 1809-1873 ~

Only as we rise ... do we encounter opposition.
~ Frederick Douglass, 1817-1895 ~

The world is wide, and I will not waste my life in friction when it could be turned into momentum.
~ Frances Willard, 1839-1898 ~
Journal

If two refuse, no one fights.
~ Joaquim Machado de Assis, 1839-1908 ~
Esau and Jacob, 1965

The man who is swimming against the stream knows the strength of it.
~ Woodrow Wilson, 1856-1924 ~
"The New Freedom"

In dealing with a foolish or stubborn adversary remember your own mood constitutes half the force opposing you.
~ Austin O'Malley, 1858-1932 ~

A clash of doctrines is not a disaster – it is an opportunity.
~ Alfred North Whitehead, 1861-1947 ~

Opposition to a righteous work initiated with moral courage will only awaken the moral power of the initiators the more. That which meets with no obstruction, no opposition, only takes men to the path of moral death. Struggle is the sign of life.
~ Vivekananda, 1863-1902 ~
The Complete Works of Swami Vivekananda, 1984-1987, 7:219, 1926

I owe much to my friends; but, all things considered, it strikes me that I owe even more to my enemies. The real person springs to life under a sting even better than under a caress.
~ André Gide, 1869-1951 ~

Kites rise highest against the wind – not with it.
~ Winston Churchill, 1874-1965 ~

The stirring up of conflict is a Luciferian quality in the true sense of the word. Conflict creates the fire of affects and emotions, and like every fire it has two aspects: that of burning and that of giving light.
~ Carl Jung, 1875-1961 ~
Psychological Reflections, Jolande Jacobi & R. F. Hull, eds., 1953

An attack is proof that one is out of control. Never run away from any kind of challenge, but do not try to suppress or control an opponent unnaturally. Let attackers come any way they like and then blend with them. Never chase after opponents. Redirect each attack and get firmly behind it.
~ Morihei Ueshiba, 1883-1969 ~
The Art of Peace, John Stevens, tr., 1992

The only way to get the best of an argument is to avoid it.
~ Dale Carnegie, 1888-1955 ~

Nothing strong, nothing new, nothing urgent penetrates man's mind without crossing resistance.
~ Henri de Lubac, 1896-1991 ~
Paradoxes, 1946

The beginning of thought is in disagreement – not only with others but also with ourselves.
~ Eric Hoffer, 1902-1983 ~
The Passionate State of Mind, and Other Essays, Aphorism 266, 1955

When two texts, or two assertions, perhaps two ideas, are in contradiction, be ready to reconcile them rather than cancel one by the other; regard them as two different facets, or two successive stages, of the same reality, a reality convincingly human just because it is complex.
~ Marguerite Yourcenar, 1903-1987 ~

It is well to remind ourselves that anxiety signifies a conflict, and so long as a conflict is going on, a constructive solution is possible.
~ Rollo May, 1909-1994 ~
Man's Search for Himself, 1953

No one who is at one with himself can even conceive of conflict.
~ Helen Schucman, 1910-1981 ~
A Course in Miracles, 1975

To be desperate is to discover strength.
We die of comfort and by conflict live.
~ May Sarton, 1912-1995 ~

Whenever new kinds of thinking are about to be accomplished, or new varieties of music, there has to be an argument beforehand. With two sides debating in the same mind, haranguing, there is an amiable understanding that one is right and the other wrong. Sooner or later the thing is settled, but there can be no action at all if there are not the two sides, and the argument.
~ Lewis Thomas, 1913-1993 ~
"To Err is Human," *The Medusa and the Snail: More Notes of a Biology Watcher*, 1979

It is a true miracle when a man finally sees himself as his only opposition.
~ Vernon Howard, 1918-1992 ~
The Mystic Path to Cosmic Power, 1967

If there's nobody in your way, it's because you're not going anywhere.
~ Robert F. Kennedy, 1925-1968 ~

One fifth of the people are against everything all the time.
~ Kennedy ~
in *The Observer*, 1964

Conflicts can take place within ourselves, and when there is conflict within, we suffer … it is possible to solve the conflict with the practice, it is possible to reconcile with ourselves in a nonviolent, gentle way … Very often we cannot accept ourselves. There is a struggle within. Conflicts may take place between two persons, and with the practice of good communication, deep listening, and loving speech, we can help each other remove wrong perceptions.
~ Thich Nhat Hanh, 1926- ~
"The Nobility of Suffering," in *Dharma, Color, and Culture*, Hilda Gutiérrez Baldoquín, ed., 2004

Disagreement shakes us out of our slumbers and forces us to see our own point of view through contrast with another person who does not share it.
~ R. D. Laing, 1927-1989 ~
The Politics of Experience, 1967

To oppose something is to maintain it.
~ Ursula Le Guin, 1929- ~
The Left Hand of Darkness, 1969

There's a way to oppose and still be beyond opposition. There's a way to express viewpoints but remain outside the destructive clash of opinion. There's a way to call for justice but not get lost in constantly judging. And there is harmony beneath discord. From such a perspective we're more able to recognize what's appropriate. When an action is appropriate, when it's in the Way of Things, it has great power, the power inherent in the Way.
~ Ram Dass, 1931- ~
in Ram Dass & Paul Gorman, *How Can I Help?*, 1985

When you live in complete acceptance of what *is*, that is the end of all drama in your life. Nobody can even have an argument with you, no matter how hard he or she tries. You cannot have an argument with a fully conscious person. An argument implies identification with your mind and a mental position, as well as resistance and reaction to the other person's position. The result is that the polar opposites become mutually energized. These are the mechanics of unconsciousness. You can still make your point clearly and firmly, but there will be no reactive force behind it, no defense or attack. So it won't turn into drama.
~ Eckhard Tolle, 1948- ~
The Power of Now: A Guide to Spiritual Enlightenment, 1999

CONFORMITY

Related States & Conditions: Acceptance, Appearance/Form, Complacency, Connection/Interbeing/Interdependence, Congruence/Resonance, Continuity, Criticism/Judgment, Dependence, Engagement/Integration/Involvement, Ethics/Morality, Fault, Habit, Limitation, Moderation, Reciprocity/Reflection, Insecurity/Risk, Tact/Discretion

Syntonic: Autonomy/Control, Confidence, Conviction/Principle, Courage, Creativity/Discovery/Innovation, Daring/Challenge, Determination/Persistence/Resolve, Differentiation/Division/Separation, Diversity/Multiplicity, Expression, Flexibility/Flow/Flux, Individuality, Initiative, Integrity, Liberation/Liberty/Freedom, Openness/Receptivity, Patience, Polarity/Contrast, Questioning/Doubt, Respect, Self-Reliance, Sincerity/Authenticity, Synthesis, Tolerance, Understanding, Zeal/Zest

Dystonic: Anger, Attachment, Avoidance/Denial/Refusal, Defeat, Delusion, Fear, Jealousy/Envy, Worry

As to the roaming of sages,
They move in utter emptiness,
Let their minds meander in the great nothingness;
They run beyond convention
And go through where there is no gateway.
They listen to the soundless
And look at the formless,
They are not constrained by society
And not bound to its customs.
~ Laozi, 570-490 BCE ~

All is disgust when one leaves his own nature and does things that misfit it.
~ Sophocles, c. 496-406 BCE ~

Conventional thinking is the ruin of our souls, something borrowed which we mistake as our own. Ignorance is better than this; clutch at madness instead.
~ Jalaluddin Rumi, 1207-1273 ~
"To Clutch at Madness," Mathnawi II, 2327
The Pocket Rumi Reader, Kabir Helminski, ed., 2001

I believe more follies are committed out of complaisance to the world, than in following our own inclinations.
~ Mary Wortley Montague, 1689-1762 ~
The Complete Letters of Lady Mary Wortley Montague, Vol. I, 1763

Take the course opposite to custom and you will do well.
~ Jean-Jacques Rousseau, 1712-1778 ~

Be not so bigoted to any custom as to worship it at the expense of truth.
~ Johann Georg von Zimmerman, 1728-1795 ~

Fashion condemns us to many follies; the greatest is to make ourselves its slave.
~ Napoléon Bonaparte, 1769-1821 ~

Not choice
But habit rules the unreflecting herd.
~ William Wordsworth, 1770-1850 ~

We forfeit three-fourths of ourselves in order to be like other people.
~ Arthur Schopenhauer, 1788-1860 ~

Whoso would be a man must be a nonconformist. He who would gather immortal palms must not be hindered by the name of goodness, but must explore if it be goodness. Nothing is at last sacred but the integrity of your own mind. Absolve you to yourself and you shall have the suffrage of the world.
~ Ralph Waldo Emerson, 1803-1882 ~
"Self-Reliance," *Essays: First Series*, 1841

A man must consider what a rich realm he abdicates when he becomes a conformist.
~ Emerson ~

Universities are of course hostile to geniuses, which, seeing and using ways of their own, discredit the routine: as churches and monasteries persecute youthful saints.
~ Emerson ~

The perpetual obstacle to human advancement is custom.
~ John Stuart Mill, 1806-1873 ~

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How glorious it is – and also how painful – to be an exception.
~ Alfred de Musset, 1810–1857 ~

Any fool can make a rule, and any fool will mind it.
~ Henry David Thoreau, 1817-1862 ~

Resist much. Obey little.
~ Walt Whitman, 1819-1892 ~

We are half ruined by conformity; but we should be wholly ruined without it.
~ Charles Warner, 1829-1900 ~
My Summer in a Garden, 1871

The radical invents the views. When he has worn them out the conservative adopts them.
~ Mark Twain, 1835-1910 ~

Most of the things we do, we do for no better reason than that our fathers have done them or our neighbors do them, and the same is true of a larger part than what we suspect of what we think.
~ Oliver Wendell Holmes, Jr., 1841-1935 ~

Hell, there are no rules here – we're trying to accomplish something.
~ Thomas Edison, 1847-1931 ~

Less than 15 percent of people do any original thinking on any subject. The greatest torture in the world for most people is to think.
~ Luther Burbank, 1849-1926 ~

When great changes occur in history, when great principles are involved, as a rule the majority are wrong. The minority are right.
~ Eugene Debs, 1855-1926 ~

What we call "morals" is simply blind obedience to words of command.
~ Havelock Ellis, 1859-1939 ~

People dare not – they dare not turn the page. The laws of mimicry – I call them the laws of fear. People are afraid to find themselves alone, and don't find themselves at all. I hate all this moral agoraphobia – it's the worst kind of cowardice. You can't create something without being alone.
~ André Gide, 1869-1951 ~
The Immoralist, Dorothy Bussy, tr., 1930

We live counterfeit lives in order to resemble the idea we first had of ourselves.
~ Gide ~

Prophets, mystics, poets, scientific discoverers are men whose lives are dominated by a vision; they are essentially solitary men ... whose thoughts and emotions are not subject to the dominion of the herd.
~ Bertrand Russell, 1872-1970 ~

It is not worth an intelligent man's time to be in the majority. By definition, there are already enough people to do that.
~ G. H. Hardy, 1877-1947 ~

Great spirits have always encountered violent opposition from mediocre minds. The mediocre mind is incapable of understanding the man who refuses to bow blindly to conventional prejudices and chooses instead to express his opinions courageously and honestly.
~ Albert Einstein, 1879-1955 ~

Few are those who think with their own minds and feel with their own hearts.
~ Einstein ~

Human progress is furthered, not by conformity, but by aberration.
~ H. L. Mencken, 1880-1956 ~
Prejudices: Third Series, 1922

The man who is aware of himself is henceforward independent; and he is never bored, and life is only too short, and he is steeped through and through with a profound yet temperate happiness. He alone lives, while other people, slaves of ceremony, let life slip past them in a kind of dream. Once conform, once do what other people do because they do it, and a lethargy steals over all the finer nerves and faculties of the soul. She becomes all outer show and inward emptiness; dull, callous, and indifferent.
~ Virginia Woolf, 1882-1941 ~
The Common Reader, First Series, 1925

They will say you are on the wrong road, if it is your own.
~ Antonio Porchia, 1886-1968 ~

Where all men think alike, no one thinks very much.
~ Walter Lippmann, 1889-1974 ~

Read, every day, something no one else is reading. Think, every day, something no one else is thinking. Do, every day, something no one else would be silly enough to do. It is bad for the mind to be always part of unanimity.
~ Christopher Morley, 1890-1957 ~

The dissenter is every human being at those moments of his life when he resigns momentarily from the herd and thinks for himself.
~ Archibald MacLeish, 1892-1982 ~

Few men who have liberated themselves from the fear of God and the fear of death are yet able to liberate themselves from the fear of man. Consciously or unconsciously, we are all actors in this life playing to the audience in a part and style approved by them.
~ Lin Yutang, 1895-1976 ~
The Importance of Living, 1937

My definition of a free society is a society where it is safe to be unpopular.
~ Adlai Stevenson, 1900-1965 ~
Speech, 1952

All progress has resulted from people who took unpopular positions.
~ Stevenson ~

Modern capitalism needs men who cooperate smoothly and in large numbers; who want to consume more and more; and whose tastes are standardized and can be easily influenced and anticipated … what is the outcome? Modern man is alienated from himself, from his fellow man and from nature.
~ Erich Fromm, 1900-1980 ~

When people are free to do as they please, they usually imitate each other. A society which gives unlimited freedom to the individual, more often than not attains a disconcerting sameness. On the other hand, where communal discipline is strict but not ruthless ... originality is likely to thrive.
~ Eric Hoffer, 1902-1983 ~
The Passionate State of Mind, and Other Essays, 1955

Heresy is another word for freedom of thought.
~ Graham Greene, 1904-1991 ~

If you see in any given situation only what everybody else can see, you can be said to be so much a representative of your culture that you are a victim of it.
~ S. I. Hayakawa, 1906-1992 ~

Has there ever been a society which has died of dissent? Several have died of conformity in our lifetime.
~ Jacob Bronowski, 1908-1974 ~
"The Sense of Human Dignity," in *Science and Human Values*, 1961

Fashion is what you adopt when you don't know who you are.
~ Quentin Crisp, 1908-1999 ~

The conventional view serves to protect us from the painful job of thinking.
~ J. K. Galbraith, 1908- ~

The idea that men are created free and equal is both true and misleading: men are created different; they lose their social freedom and their individual autonomy in seeking to become like each other.
~ David Riesman, Jr., 1909-2002 ~

If you obey all the rules, you miss all the fun.
~ Katharine Hepburn, 1909-2003 ~

Nobody seems to realize that some people expend tremendous energy merely to be normal.
~ Albert Camus, 1913-1960 ~

Follow the path of the unsafe, independent thinker. Expose your ideas to the dangers of controversy. Speak your mind and fear less the label of "crackpot" than the stigma of conformity. And on issues that seem important to you, stand up and be counted at any cost.
~ Thomas John Watson, Jr., 1914-1993 ~

People are constantly trying to use you to help them create the particular illusions by which they live. This is particularly true of the collective illusions which sometimes are accepted as ideologies. You must renounce and sacrifice the approval that is only a bribe enlisting your support of a collective illusion. You must not allow yourself to be represented as someone in whom a few of the favorite daydreams of the public have come true. You must be willing, if necessary, to become a disturbing and therefore an undesired person, one who is not wanted because he upsets the general dream.
~ Thomas Merton, 1915-1968 ~
Conjectures of a Guilty Bystander, 1966

Conformity is the jailer of freedom and the enemy of growth.
~ John F. Kennedy, 1917-1963 ~

Great things are not accomplished by those who yield to trends and fads and popular opinion.
~ Jack Kerouac, 1922-1969 ~

It is very nearly impossible … to become an educated person in a country so distrustful of the independent mind.
~ James Baldwin, 1924-1987 ~

Few, if any, survive their teens. Most surrender to the vague but murderous pressure of adult conformity.
~ Maya Angelou, 1928- ~

The greatest service that you can do mankind is to expose hypocrisy, question authority, and blow the whistle … If you really want to make a difference, stand up for an unpopular cause.
~ Ed Asner, 1929- ~
in *Fast Company*, 1999 December

Human salvation lies in the hands of the creatively maladjusted.
~ Martin Luther King, Jr., 1929-1968 ~

One has not only a legal but a moral responsibility to disobey unjust laws.
~ King ~

Most people conform in exchange for the world's acceptance. If we already feel at home in the world, deeply related and comfortable, if we are unafraid, we do not have to strike this kind of bargain.
~ Marilyn Ferguson, 1938- ~
The Aquarian Conspiracy, 1980

I don't give a damn what others say. It's okay to color outside of the lines.
~ Jimi Hendrix, 1942-1970 ~

The race goes to the labile personalities, the ones who mix the colors of the socks they put on in the morning and revel in change and ambiguity.
~ Tom Peters, 1942- ~
Tom Peters Seminar, 1994

Straight thinking is straight in the way an interstate highway is straight: unlike a winding country road it does not follow the natural contours of reality.
~ Andrew T. Weil, 1942- ~
The Natural Mind, 1986

Create a vision and never let the environment, other people's beliefs, or the limits of what has been done in the past shape your decisions. Ignore conventional wisdom.
~ Anthony J. Robbins, 1960- ~

Normal is not something to aspire to, it's something to get away from.
~ Jodie Foster, 1962- ~

The opposite of bravery is not cowardice but conformity.
~ Robert Anthony ~

The man who follows the crowd will usually get no further than the crowd. The man who walks alone is likely to find himself in places no one has ever been.
~ Alan Ashley-Pitt ~

Go your own way. Question everything. Accept nothing. Accept no dogma, no cant. There are too many people walking around thinking they're sacred cows, and they're only half right.
~ Rosie DiManno ~

You don't get harmony when everybody sings the same note.
~ Doug Floyd ~

Those who danced were thought to be quite insane by those who could not hear the music.
~ Angela Monet ~

Here's to the crazy ones. The misfits. The rebels. The troublemakers. The round heads in the square holes. The ones who see things differently. They're not fond of rules. And they have no respect for the status quo. You can quote them. Disagree with them. Glorify, or vilify them. But the only thing you can't do is ignore them. Because they change things. They push the human race forward. And while some may see them as the crazy ones, we see genius. Because the people who are crazy enough to think they can change the world are the ones who do.
~ "Think Different,"Apple Computers Commercial ~

New ideas … are not born in a conforming environment.
~ Roger von Oech ~

CONGRUENCE / RESONANCE

Related States & Conditions: Acceptance, Affirmation/Approval, Collaboration/Synergy, Compassion/Empathy/Kindness, Connection/Interbeing/Interdependence, Continuity, Engagement/Integration/Involvement, Friendship, Love-Agape, Oneness/Unity/Wholeness, Reciprocity/Reflection, Relationship, Synthesis

Syntonic: Appreciation, Celebration, Flexibility/Flow/Flux, Forgiveness, Individuality, Listening, Openness/Receptivity, Patience, Respect, Sincerity/Authenticity, Tolerance, Trust, Understanding

Dystonic: Anger, Attachment, Avoidance/Denial/Refusal, Conflict/Opposition, Criticism/Judgment, Defeat, Delusion, Differentiation/Division/Separation, Fault, Fear, Greed, Hate, Jealousy/Envy, Limitation, Revenge, War/Aggression/Violence, Worry

When a person is perfectly sincere, others will be linked with him through their own inner truth. Bonds formed through inner sincerity will endure.
~ *Yi Jing*, c. 1150 BCE ~
"Chung Fu: Central Sincerity" in *The Photographic I Ching*, Dhiresha McCarver, tr., 1997

When one truly understands and acts in accordance with the laws of life, advancing with others of similar accord will be advantageous.
~ Ibid., "Lin: Approach"

He who is in harmony with Nature hits the mark without effort and apprehends the truth without thinking.
~ Kongfuzi, c. 551-c. 479 BCE ~

The ten thousand things are all there in me. And there's no joy greater than looking within and finding myself faithful to them.
~ Mengzi, 372-289 BCE ~
Mencius, David Hinton, tr., 1998

Each day has its own set of thoughts, words and deeds. Live in tune.
~ Nachman of Breslov, 1772-1810 ~

Of all the paths a man could strike into, there is, at any given moment, a best path … a thing which, here and now, it were of all things wisest for him to do … to find this path, and walk in it, is the one thing needful for him.
~ Thomas Carlyle, 1795-1881 ~

Place yourself in the middle of the stream of power and wisdom which animates all whom it floats, and you are without effort impelled to truth, to right and a perfect contentment.
~ Ralph Waldo Emerson, 1803-1882 ~
Spiritual Laws, 1896

Trust thyself: every heart vibrates to that iron string. Accept the place the divine providence has found for you, the society of your contemporaries, the connection of events.
~ Emerson ~

To live content with small means, to seek elegance rather than luxury, and refinement rather than fashion, to be worthy, not respectable, and wealthy, not rich, to study hard, think quietly, talk gently, act frankly; to listen to stars and birds, to babes and sages, with open heart; to bear all cheerfully, do all bravely, await occasions, hurry never, in a word to let the spiritual, unbidden and unconscious, grow up through the common, this to be my symphony.
~ William Henry Channing, 1810-1884 ~

When everything is in its right place within us, we ourselves are in balance with the whole work of God.
~ Henri-Frédéric Amiel, 1821-1881 ~

To act wisely when the time for action comes, to wait patiently when it is time for repose, put man in accord with the … tides. Ignorance of this law results in periods of unreasoning enthusiasm on the one hand, and depression on the other.
~ Helen Blavatsky, 1831-1891 ~

Yet if, putting aside for a moment all convention and custom, one will look quietly within himself, he will perceive that there are most distinct and inviolable inner forces, binding him by different

ties to different people, and with different and inevitable results according to the quality and nature of the affection bestowed – that there is in fact in that world of the heart a kind of cosmical harmony and variety, and an order almost astronomical.
~ Edward Carpenter, 1844-1929 ~
Love's Coming of Age, 1896

Manifest the divinity that is within you, and everything will be harmoniously arranged around it.
~ Vivekananda, 1863-1902 ~
The Complete Works of Swami Vivekananda, 1984-1987, 4:351

Man is not a machine in the sense that he can consistently maintain the same output of work. He can only meet the demands of outer necessity in an ideal way if he is also adapted to his own inner world, that is to say, if he is in harmony with himself. Conversely, he can only adapt to his inner world and achieve unity with himself when he is adapted to the environmental conditions.
~ Carl Jung, 1875-1961 ~
Psychological Reflections, Jolande Jacobi & R. F. Hull, eds., 1953

Everyone shows harmony or disharmony according to how open he is to the music of the universe. The more he is open to all that is beautiful and harmonious, the more his life is tuned to that universal harmony, and the more he will show a friendly attitude to everyone he meets, his very atmosphere will create music around him.
~ Hazrat Khan, 1882-1927 ~
The Mysticism of Sound and Music, 1991

The one who tunes himself not only to the external but also to the inner being and to the essence of all things, gets an insight into the essence of the Whole Being, and therefore he can find and enjoy that fragrance and flower which he sees in the rose, to the same extent even in the seed.
~ Ibid.

Consider the ebb and flow of the tide. When waves come to strike the shore, they crest and fall, creating a sound. Your breath should follow the same pattern, absorbing the entire universe in your belly with each inhalation. Know that we have access to four treasures: the energy of the sun and moon, the breath of heaven, the breath of earth, and the ebb and flow of the tide.
~ Morihei Ueshiba, 1883-1969 ~
The Art of Peace, John Stevens, tr., 1992

Peace originates with the flow of things – its heart is like the movement of the wind and waves. The Way is like the veins that circulate the blood through our bodies, following the natural flow of the life force. If you are separated in the slightest from that divine essence, you are far off the path.
~ Ibid.

The world is *not* to be put in order, the world *is* order incarnate. It is for us to put ourselves in unison with this order, to know what is the world order in contradistinction to the wishful thinking orders we wish to impose upon one another.
~ Henry Miller, 1891-1980 ~
Sexus, 1949

To associate with other like-minded people in small purposeful groups is for the great majority of men and women a source of profound psychological satisfaction.
~ Aldous Huxley, 1894-1963 ~

We discover, perhaps to our astonishment, that our greatest moments come when we find that we are not unique, when we come upon another self that is very like our own. The discovery of a continent is mere idle folly compared with this discovery of a sympathetic other-self, a friend or a lover.
~ J. B. Priestley, 1894-1984 ~
All About Ourselves and Other Essays, 1956

There is a method of appealing to one's own intuitive judgment, of thinking out one's own ideas and forming one's own independent judgments, and confessing them in public with a childish impudence, and sure enough, some kindred souls in another corner of the world will agree with you. A person forming his ideas in this manner will often be astounded to discover how another writer said exactly the same things and felt exactly the same way, but perhaps expressed the ideas more easily and more gracefully. It is then that he discovers the ancient author and the ancient author bears him witness, and they become forever friends in spirit.
~ Lin Yutang, 1895-1976 ~
The Importance of Living, 1937

Life is not on anyone's side. It is up to us to take up the fardels and put ourselves on the side of life and go wherever it leads.
~ P. L. Travers, 1906-1996 ~

The greatest block to a person's development is his having to take on a way of life which is not rooted in his own powers.
~ Rollo May, 1909-1994 ~

Broadening our attunement beyond the horizons of the individual self … awakens one to the meaning encoded into existence – a kind of cognitive "super-logic" that reveals a different purpose, a larger pattern, than anything we might previously have imagined.
~ Vilayat Khan, 1916-2004 ~
Awakening: A Sufi Experience, 1999

Real happiness consists of a harmony between all the parts of your nature, such as feelings harmonizing with words, or thoughts harmonizing with actions.
~ Vernon Howard, 1918-1992 ~
The Power of Your Supermind, 1967

The moment you start moving in the direction of accomplishment, you will find that life will accommodate you.
~ Jack Ensign Addington, d. 1998 ~

We can discover ourselves everywhere – all places and ages – doing the same things in a different way, feeling the same differently, reacting differently to the same.
~ Aldo van Eyck, 1918-1999 ~

When you touch someone who authentically represents a tradition, you not only touch his or her tradition, you also touch your own.
~ Thich Nhat Hanh, 1926- ~
Living Buddha, Living Christ, 1995

In studying ourselves, we find the harmony that is our total existence. We do not make harmony. We do not achieve it or gain it. It is there all the time. Here we are, in the midst of this perfect way, and our practice is simply to realize it and then to actualize it in our everyday life.
~ Maezumi Roshi, 1931-1993 ~

In a life out of harmony with itself, events seem to conspire to go wrong, but by the same token they mesh wondrously when you start to live your bliss … as you begin living *your* life, taking risks to do what you really want to do, you will find things fall into place and you "just happen" to be in the right place at the right time.
~ Bernie Siegel, 1932- ~
Love, Medicine & Miracles, 1986

When an important goal is pursued with resolution, and all one's varied activities fit together in a unified flow experience, the result is that *harmony* is brought to consciousness. Someone who knows his desires and works with a purpose to achieve them is a person whose feelings, thoughts, and actions are congruent with one another, and is therefore a person who has achieved inner harmony … Someone who is in harmony no matter what he does, no matter what is happening to him, knows that his psychic energy is not being wasted on doubt, regret, guilt, and fear, but is always usefully employed. Inner congruence ultimately leads to that inner strength and serenity we admire in people who seem to have come to terms with themselves.
~ Mihaly Csikszentmihalyi, 1934- ~
Flow: The Psychology of Optimal Experience, 1990

The more we nurture ourselves, remove the masks and allow ourselves uncensored expression, the more the rhythms blend with those surrounding us. We create inner-outer harmony.
~ Barry Kaufman, 1942- ~
Happiness Is A Choice, 1993

I don't have to explain myself. My frequency is very common and is open to anybody who wants to tune in.
~ RuPaul, 1960- ~
"On Being Almost Seven Feet Tall Without Shoes," *The New York Times*, 1993 July 11

The principle of life is that life responds by corresponding; your life becomes the thing you have decided it shall be.
~ Raymond Charles Barker ~

Community is created when people seek the same spiritual reality. The key to community is the discovery that *we are all looking for, but we find what we are looking for only by being looked for*. Our fellow seekers comprise what Ignatius of Antioch first termed "the company of saints." In such company, one is likely to find friends who are also guides: wise women and men who listen well, who offer advice and support, who help us clarify our questions, to recognize our options and to make our choices, *and who seek and find in us the same realities*.
~ Ernest Kurtz & Katherine Ketcham ~
The Spirituality of Imperfection, 1992

CONNECTION / INTERBEING / INTERDEPENDENCE

Related States & Conditions: Celebration, Collaboration/Synergy, Compassion/Empathy/Kindness, Congruence/Resonance, Continuity, Engagement/Integration/Involvement, Friendship, Giving/Serving, Influence/Effect, Love-Agape, Oneness/Unity/Wholeness, Reciprocity/Reflection, Relationship, Relativity, Synthesis

Syntonic: Acceptance, Affirmation/Approval, Appreciation, Flexibility/Flow/Flux, Forgiveness, Listening, Openness/Receptivity, Patience, Respect, Sincerity/Authenticity, Tolerance, Trust, Understanding, Wisdom

Dystonic: Anger, Attachment, Avoidance/Denial/Refusal, Conflict/Opposition, Criticism/Judgment, Defeat, Delusion, Dependence, Differentiation/Division/Separation, Fault, Fear, Greed, Hate, Jealousy/Envy, Limitation, Revenge, War/Aggression/Violence, Worry

I am part of all that I have met.
~ Homer, 8th C. BCE ~

See the world as your self.
Have faith in the way things are.
Love the world as your self;
then you can care for all things.
~ Laozi, 570-490 BCE ~
Tao Te Ching: A New English Version, Stephen Mitchell, tr., 1988

I am not an Athenian nor a Greek, but a citizen of the world.
~ Socrates, 469-399 BCE ~

All things are linked with one another, and this oneness is sacred; there is nothing that is not interconnected with everything else. For things are interdependent, and they combine to form this universal order.
~ Marcus Aurelius, 121-180 ~
The Spiritual Teachings of Marcus Aurelius, Mark Forstater, tr., 2000

One touch of nature makes the whole world kin.
~ William Shakespeare, 1564-1616 ~
Troilus and Cressida, III, 1600

No thing is single, if it lives,
But multiple its being.
~ Johann von Goethe, 1749-1832 ~
"Epirrhema," *Roman Elegies and Other Poems & Epigrams*, Michael Hamburger, tr., 1996

This we know: All things are connected like the blood which unites one family. All things are connected. Whatever befalls the earth befalls the sons of earth. Man did not weave the great web of life. He is merely a strand of it. Whatever he does to the web he does to himself ... All things share the same breath – the beast, the tree, the man, the air shares its spirit with all the life it supports.
~ Chief Sealth (Seattle), 1786-1866 ~

Each of us is responsible for everything to everyone else.
~ Fyodor Dostoevsky, 1821-1881 ~

No man lives unto himself; for every living thing is bound by cords to every other living thing.
~ Levi H. Dowling, 1844-1911 ~
The Aquarian Gospel of Jesus, The Christ, 1920

There is an intellectual function in us which demands unity, connection and intelligibility from any material, whether of perception or thought, that comes within its grasp; and if, as a result of special circumstances, it is unable to establish a true connection, it does not hesitate to fabricate a false one.
~ Sigmund Freud, 1856-1939 ~
Totem and Taboo, 1918

I want to realize brotherhood or identity not merely with the beings called human, but I want to realize identity with all life, even with such things as crawl upon earth.
~ Mahatma Gandhi, 1869-1948 ~

You are a child of the universe, no less than the trees and the stars; you have a right to be here.
And whether or not it is clear to you, no doubt the universe is unfolding as it should.
~ Max Ehrmann, 1872-1945 ~
Desiderata, 1927

I live my life in widening circles
that reach out across the world
I may not ever complete the last one,
but I give myself to it.
~ Rainer Maria Rilke, 1875-1926 ~

Yet there is so much that fills me: plants, animals, clouds, day and night, and the eternal in man. The more uncertain I have felt about myself, the more there has grown up in me a feeling of kinship with all things. In fact it seems to me as if that alienation which so long separated me from the world has become transferred into my own inner world, and has revealed to me an unexpected unfamiliarity with myself.
~ Carl Jung, 1875-1961 ~
Memories, Dreams, Reflections, Aniela Jaffe, ed., 1963

There is no such thing as a "self-made" man. We are made up of thousands of others. Everyone who has ever done a kind deed for us, or spoken one word of encouragement to us, has entered into the make-up of our character and of our thoughts, as well as our success.
~ George Matthew Adams, 1878-1962 ~

All real living is meeting.
~ Martin Buber, 1878-1965 ~

All things and beings in the universe are connected with each other – visibly or invisibly and through vibrations a communication is established between them on all the planes of existence.
~ Hazrat Khan, 1882-1927 ~
The Mysticism of Sound and Music, 1991

We have learned that we cannot live alone, in peace; that our own well-being is dependent on the well-being of other nations far away ... We have learned to be citizens of the world, members of the human community.
~ Franklin D. Roosevelt, 1882-1945 ~
4th Inaugural Address, 1945

Every people draws sustenance from others, from the heritage of the generations, from the achievements of the human spirit in all eras and all countries. Mutual dependence is a cosmic and eternal law. There is nothing in the world, large or small, from the invisible electron to the most massive bodies in infinite space, which has no bonds with its fellows or with unlike bodies. The whole of existence is an infinite chain of mutual bonds and applies to the world of the spirit as well as to the world of matter.
~ David Ben-Gurion, 1886-1973 ~
in *Atlantic Monthly*, 1961 November

We never know we are beings till we love. And then it is we know the powers and the potentialities of human existence, the power and potentialities of organic, conscious, solar, cosmic matter and force. We, together, vibrate as one in harmony with man and with the cosmos.
~ Jean Toomer, 1894-1967 ~
in Cynthia Kerman & Richard Eldridge, *The Lives of Jean Toomer*, 1987

No man who loves the trees truly can be cruel to animals or to his fellow men.
~ Lin Yutang, 1895-1976 ~
The Importance of Living, 1937

There is no such thing as a lone struggle, no such thing as a lone hope. In every human being are combined the most distant epochs, passivity, mistakes, sufferings, the pressing urgencies of our own time, the pace of history.
~ Pablo Neruda, 1904-1973 ~
Nobel Lecture, 1971 December 13

Every act or thought has consequences, which themselves will have consequences; life is the most intricate web of interconnections. This is the law of karma ... (which) simply states that every event is both a cause and an effect. Every act has consequences of a similar kind, which in turn have further consequences and so on; and every act, every karma, is also the consequence of some previous karma.
~ Eknath Easwaran, 1911-1999 ~
Introduction, *The Bhavagad-Gita*, 1985

More than anything else we need communion with everyone. Struggles for power have nothing to do with communion. Communion extends beyond borders. It is with one's enemies also.
~ John Cage, 1912-1992 ~
Empty Words, 1980

We are not outside the rest of nature and therefore cannot do with it as we please without changing ourselves.
~ Arne Naess, 1912-2004 ~
Ecology, Community and Lifestyle: Outline of an Ecosophy, David Rothenberg, tr., 1989

There is a tendency for living things to join up, establish linkages, live inside each other, return to earlier arrangements, get along whenever possible.

This is the way of the world … the whole dear notion of one's own self – marvelous old free-willed, free-enterprising, autonomous, independent, isolated island of a Self – is a myth.
~ Lewis Thomas, 1913-1993 ~
The Lives of a Cell, 1974

There are roads out of the secret places within us along which we must all move as we go to touch others.
~ Romare Bearden, 1914-1988 ~

Life is to be lived, not controlled; and humanity is won by continuing to play in face of certain defeat. Our fate is to become one, and yet many – this is not prophecy, but description.
~ Ralph Ellison, 1914-1994 ~
Invisible Man, 1952

Everything in the universe is connected, everything is osmosis. You cannot separate any part from the whole; interdependence rules the cosmic order.
~ Taisen Deshimaru, 1914-1982 ~

I commune with feelings more than
prayer
For there is nothing else to ask for
That companionship is
And it is superior to any other is.
~ Sun Ra, 1914-1993 ~
"The Differences"

All men – whether they go by the name of Americans or Russians or Chinese or British or Malayans or Indians or Africans – have obligations to one another that transcend their obligations to their sovereign societies.
~ Norman Cousins, 1915-1990 ~
In Place of Folly, 1961

We are each other's harvest:
we are each other's business:
we are each other's magnitude and bond.
~ Gwendolyn Brooks, 1917-2000 ~
"Paul Robeson," *Family Pictures*, 1970

With each man who dies in the world, each of us dies a little. With each person who suffers, we, too, suffer a little. With each child born in the world, we all become richer in possibilities. We're all unconditionally like the other; it is just that we are in diverse lands, playing different roles in a variety of robes before dissimilar backdrops on various stages before foreign audiences. It would be interesting if we could often change robes and stand on many stages in our lifetime. It would give us great insight into man's universality. We exist for each individual as each individual exists for us all.
~ Leo Buscaglia, 1924-1998 ~
Love, 1972

When we look at a sheet of paper, the sheet of paper is part of our perception. Your mind is in here and mine is also. You cannot point out one thing that is not here – time, space, the Earth, the rain, the minerals in the soil, the sunshine, the cloud, the river, the heat. Everything coexists with this sheet of paper. That is why I think the word "inter-be" should be in the dictionary. "To be" is to inter-be. You cannot just *be* by yourself alone. You have to inter-be with every other thing. This sheet of paper is, because everything else is … The fact is that this sheet of paper is made up only of "non-paper elements." And if we return these non-paper elements to their sources, then there can be no paper at all. Without "non-paper elements," like mind, logger, sunshine and so on, there will be no paper. As thin as this sheet of paper is, it contains everything in the universe in it.
~ Thich Nhat Hanh, 1926- ~
The Heart of Understanding: Commentaries on the Prajnaparamita Heart Sutra, 1988

If you look more deeply you will see that in just five or six days, the rose will become part of the garbage. You do not need to wait five days to see it. If you look at the rose, and you look deeply, you can see it now. And if you look into the garbage can, you see that in a few months its contents can be transformed into lovely vegetables, and even a rose. If you are a good organic gardener and you have the eyes of a bodhisattva, looking at a rose you can see the garbage, and looking at the garbage you can see a rose. Roses and garbage inter-are. Without a rose, we cannot have garbage; and without garbage, we cannot have a rose. They need each other very much. The rose and garbage are equal. The garbage is just as precious as the rose. If we look deeply at the concepts of defilement and immaculateness, we return to the notion of interbeing.
~ Ibid.

Looking at anything, we can see the nature of interbeing. A self is not possible without non-self elements. Looking deeply at any one thing, we see the whole cosmos. The one is made of the many.
~ Hanh ~

I can never be what I ought to be until you are what you ought to be. This is the way our world is made. No individual or nation can stand out boasting of being independent. We are interdependent.
~ Martin Luther King, Jr., 1929-1968 ~

Our lives extend beyond our skins, in radical interdependence with the rest of the world.
~ Joanna Macy, 1929- ~

Kindred souls – indeed, my selves otherwise costumed – turn up in books in the most unexpected places. Discovering them is one of the great rewards of a liberal education. If I quote liberally, it is not to show off book learning, which at my stage can only invite ridicule, but rather to bathe in this kinship of strangers.
~ Tuan Yi-Fu, 1930- ~
Who Am I? An Autobiography of Emotion, Mind, and Spirit, 1999

God created us so that we should form the human family, existing together because we were made for one another. We are not made for an exclusive self-sufficiency but for interdependence, and we break the law of being at our peril.
~ Desmond Tutu, 1931- ~

My existence is caught up and inextricably bound up with yours … A solitary human being is a contradiction in terms.
~ Tutu ~
Morehouse Medical School Commencement Address, *The Wisdom of Desmond Tutu*, Michael Battle, ed., 1998

I would not know how to be a human being at all, except I learned this from other human beings. We are made for a delicate network of relationships, of interdependence. Not even the most powerful nation can be completely self-sufficient.
~ Tutu ~

Ubuntu. The essence of being human. We say a person is a person through other persons. I can't be human in isolation. I need you to be all you can be so that I can become me and all that I can be.
~ Tutu ~
Interview, *Democracy Now*, with Amy Goodman

As we continue to grow and mature, we become increasingly aware that all of nature is *interdependent*, that there is an ecological system that governs nature, including society. We further discover that the higher reaches of our nature have to do with our relationships with others – that human life also is interdependent.
~ Stephen Covey, 1932- ~
The 7 Habits of Highly Effective People, 1989

Peace is not won by those who fiercely guard their differences but by those who, with open minds and hearts, seek out connections.
~ Katherine Paterson, 1932- ~

The amazing thing is that, when you go searching for yourself, you find others, other selves who are similar to you, and who are also there with their own secrets.
~ Sonia Sanchez, 1934 ~
Interview by Susan Kelly, *African American Review*, Winter 2000

You never know how much you need it until you're deprived of it. You say to yourself when you are at liberty how desperate you are for your solitude, you love your periods of solitude, you scramble for it, you find ways of being by yourself so you can do what you want with yourself and your mind. But when you're deprived of it for a lengthy period then you value human companionship.
~ Wole Soyinka, 1934- ~
Interview by Harry Kreisler, 1998 April 16

Instead of production, primarily, we have to think about sustainability. Instead of dominating nature, we have to acknowledge that nature is our source and best teacher. Instead of understanding the world in parts, we need to think about the whole.
~ Wes Jackson, 1936- ~

Connections are made slowly, sometimes they grow underground.
~ Marge Piercy, 1936- ~

If we begin by valuing all life forms equally – the great and the small, the rare and the common, the dangerous and the innocuous, the useful and the useless – we may also accept that all of humankind are brothers and sisters. Each has every right to be, and to seek fulfillment in its own way. A reverence for all life must take root in the mind of man.
~ Michael W. Fox, 1937- ~

When I say that the fate of the sea turtle or the tiger or the gibbon is mine, I mean it. All that is in my universe is not merely mine; it is me. And I shall defend myself not only against overt aggression but also against gratuitous insult.
~ John A. Livingston, 1937- ~

Imagine all the people living life in peace.
You may say I'm a dreamer,
but I'm not the only one.
I hope someday you'll join us,
and the world will live as one.
~ John Lennon, 1940-1980 ~
"Imagine"

If we lived a life that valued and protected trees, it would be a life that also valued and protected us – and gave us great joy. A way of life that kills trees, our present way of life, kills us too, body and soul.
~ Wangari Maathai, 1940- ~

We see our own fulfillment as entangled in that of the people around us. As we find our true calling and live it out, others prosper; and as others fulfill themselves as a community, they provide us with an irreplaceable context for our own unfolding and self-discovery ... Community arises when we discover the interesting, if radical, alternative: finding guidance for our own lives by giving attention to the desires and intentions of others. This is not an obligation, it's a way of being that invites soul in place of ego.
~ Thomas Moore, 1940- ~
Soul Mates: Honoring the Mysteries of Love and Relationship, 1994

When you hug someone, you want it to be a masterpiece of connection.
~ Tess Gallagher, 1943- ~
"The Hug," *Willingly*, 1984

In an interconnected world, not only are problems interwoven, but the solutions are interconnected as well, which means whatever we do to help ourselves and the world, we must do it together. And it is more than simply a kind of group togetherness, like a committee. It is a togetherness that is synergic, honoring of the differences we bring to the table – and the chaos as well – one that enhances us, both as individuals and as a co-creative team or group.
~ David Spangler, 1945- ~
"Between Order and Chaos: The Dynamic Realm between Individualism and Mystical Unity," Interview by Robert Gilman in *In Context*, No. 34, Winter 1993

Despite the appearance of being separate individuals, we are all connected to patterns of intelligence governing the cosmos.
~ Deepak Chopra, 1947- ~
Journey Into Healing: Awakening the Wisdom Within You, 1994

Humanism starts not with identity but with the ability to identify with others. It asks what we have in common with others while acknowledging the internal diversity among ourselves. It is about the priority of a shared humanity.
~ Henry Louis Gates, Jr., 1950- ~

We are social in many ways and for many reasons: because we desire company, because we depend on one another for survival, because so much that we care about is collectively created.
~ K. Anthony Appiah, 1954- ~
"Liberalism, Individuality, and Identity," *Critical Inquiry* 27.2, Winter 2001

What we're all striving for is authenticity, a spirit-to-spirit connection.
~ Oprah Winfrey, 1954- ~
in *O Magazine*

Human beings long for connection, and our sense of usefulness derives from the feeling of connectedness. When we are connected – to our own purpose, to the community around us, and to our spiritual wisdom – we are able to live and act with authentic effectiveness.
~ Malidoma Somé, 1956- ~
The Healing Wisdom of Africa, 1999

... the intensity of human connection and attention ... What would it be like if that intensity of human connection could be found here, in addition to all the material wealth that is available? If the human wealth could match the material wealth, what would happen? Heaven could be created, right here.
~ Ibid.

No matter what uniform we may be wearing, underneath it all we are all the same – unique individuals, alone, aching to belong. Ultimately, we all have more in common with each other than we don't have in common.
~ RuPaul, 1960- ~
Lettin It All Hang Out, 1995

Some part of the psyche – a *subliminal* form of consciousness, possesses awareness of the background energy landscape and the underlying connectedness of individual bodies below the level of normal consciousness. This results in a subtle condition of tension between different elements of perception – one, sensory, and the other, *episensory*.
~ Ali Ansari, 1969- ~
Sufism and Beyond: Sufi Thought in the Light of Late 20th Century Science, 1999

CONSCIENCE

Related States & Conditions: Being/Essence/Soul, Belief/Religion, Connection/Interbeing/Interdependence, Conviction/Principle, Criticism/Judgment, Disclosure/Veracity, Ethics/Morality, Fault, Forgiveness, Giving/Serving, Goodness/Virtue, Guilt, Integrity, Love-Agape, Moderation, Oneness/Unity/Wholeness, Questioning/Doubt, Reciprocity/Reflection, Regret, Responsibility, Restraint, Shadow, Temptation/Indulgence, Truth

Syntonic: Acceptance, Compassion/Empathy/Kindness, Engagement/Integration/Involvement, Introspection/Self-Knowledge, Listening, Openness/Receptivity, Patience, Release, Respect, Sincerity/Authenticity, Tolerance, Trust, Understanding, Wisdom

Dystonic: Anger, Attachment, Avoidance/Denial/Refusal, Complacency, Delusion, Fear, Greed, Hate, Jealousy/Envy, Limitation, Revenge, War/Aggression/Violence, Worry

Conscience, the higher mind, awoke in me, shook me and questioned: Think, careless one! Who are you? Whose are you? I ask you: Why are you here?
~ Zoroaster, c. 628-551 BCE ~

Clear conscience never fears midnight knocking.
~ Chinese Saying ~

There is a difference between him who does no misdeeds because of his own conscience and he who is kept from wrongdoing because of the presence of others.
~ *Talmud*, 2nd-5th C. CE ~

The testimony of a conscience is the glory of a good man; have a good conscience and thou shalt have gladness.
~ Thomas à Kempis, c. 1380-1471 ~

The laws of conscience, which we pretend to be derived from nature, proceed from custom.
~ Michel de Montaigne, 1533-1592 ~

A man's conscience and his judgment are the same thing.
~ Thomas Hobbes, 1588-1679 ~

Men never do evil so fully and cheerfully as when we do it out of conscience.
~ Blaise Pascal, 1623-1662 ~
Pensées, 1670, Number 813, A. J. Krailsheimer, ed.,

Conscience is the royalty and prerogative of every private man.
~ John Dryden, 1631-1700 ~

A good conscience is to the soul what health is to the body; it preserves constant ease and serenity within us, and more than countervails all the calamities and afflictions which can befall us without.
~ Joseph Addison, 1672-1719 ~

When conscience is our friend, all is peace; but if once offended, farewell to the tranquil mind.
~ Mary Wortley Montagu, 1689-1762 ~

Conscience is the voice of the soul, as passions are the voice of the body. No wonder they contradict each other.
~ Jean-Jacques Rousseau, 1712-1778 ~

The innocent seldom find an uncomfortable pillow.
~ William Cowper, 1731-1800 ~

So far from believing in the total and universal depravity of human Nature; I believe there is no Individual totally depraved. The most abandoned Scoundrel that ever existed, never Yet Wholly extinguished his Conscience, and while Conscience remains there is some Religion.
~ John Adams, 1735-1826 ~
Letter to Thomas Jefferson, 1817 April 19

The voice of conscience is so delicate that it is easy to stifle it; but it is also so clear that it is impossible to mistake it.
~ Madame de Staël, 1766-1817 ~

No ear can hear nor tongue can tell
the tortures of the inward hell!
~ Lord Byron, 1788-1824 ~

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Reason often makes mistakes, but conscience never does.
~ Josh Billings, 1818-1885 ~

Whenever conscience speaks with a divided, uncertain, and disputed voice, it is not the voice of God. Descend still deeper into yourself, until you hear nothing but a clear, undivided voice, a voice which does away with doubt and brings with it persuasion, light, and serenity.
~ Henri-Frédéric Amiel, 1821-1881 ~

The changes in our life must come from the impossibility to live otherwise than according to the demands of our conscience.
~ Leo Tolstoy, 1828-1910 ~
in Julia Cameron, *Transitions: Prayers and Declarations for a Changing Life*, 1999

Conscience and cowardice are really the same things.
~ Oscar Wilde, 1856-1900 ~

Religions are the great fairy tales of conscience.
~ George Santayana, 1863-1952 ~
"A Brief History of my Opinions," *Santayana on America*, 1967

I should love to satisfy all, if I possibly can; but in trying to satisfy all, I may be able to satisfy none. I have, therefore, arrived at the conclusion that the best course is to satisfy one's own conscience and leave the world to form its own judgment, favorable or otherwise.
~ Mahatma Gandhi, 1869-1948 ~
in Chandrashanker Shukla, *Gandhi's View of Life*, 1954

In matters of conscience, the law of the majority has no place.
~ Gandhi ~

Conscience can reside only in a delicately tuned breast. There is no such thing therefore as mass conscience as distinguished from the consciences of individuals. It is safe therefore to say that when a man makes everything a matter of conscience, he is a stranger to it.
~ Gandhi ~
"Under Conscious Cover," *Young India*, 1924 August 21

Conscience is the spiritual, supernatural principle in man, and it is not of social origin at all. It is rather the perversion and confusion of conscience that is of social origin.
~ Nikolai Berdyaev, 1874-1948 ~
The Destiny of Man, 1937

Through pride we are ever deceiving ourselves. But deep down below the surface of the average conscience a still, small voice says to us, "Something is out of tune."
~ Carl Jung, 1875-1961 ~

If you compromise with your own conscience, you will weaken your conscience. Soon your conscience will fail to guide you and you will never have real wealth based on peace of mind.
~ Napoleon Hill, 1883-1970 ~

The paradoxical – and tragic – situation of man is that his conscience is weakest when he needs it the most.
~ Erich Fromm, 1900-1980 ~

I cannot and will not cut my conscience to fit this year's fashions.
~ Lillian Hellman, 1905-1984 ~
Letter to the Honorable John S. Wood, Chairman of the House of Representatives Committee on un-American Activities, 1952 May 19

Self-understanding rather than self-condemnation is the way to inner peace and mature conscience.
~ Joshua Liebman, 1907-1948 ~

Nothing is more powerful than an individual acting out of his conscience, thus helping to bring the collective conscience to life.
~ Norman Cousins, 1915-1990 ~

Justice is conscience, not a personal conscience but the conscience of the whole of humanity. Those who clearly recognize the voice of their own conscience usually recognize also the voice of justice.
~ Aleksander Solzhenitsyn, 1918- ~

The one thing that doesn't abide majority rule is a person's conscience.
~ Harper Lee, 1926- ~

Cowardice asks the question, "Is it safe?" Expediency asks the question, "Is it politic?" Vanity asks the question, "Is it popular?" But, conscience asks the question, "Is it right?" And there comes a time when one must take a position that is neither safe, nor politic, nor popular, but one must take it because one's conscience tells one that it is right.
~ Martin Luther King, Jr., 1929-1968 ~

CONTINUITY

Related States & Conditions: Accomplishment/Achievement/Excellence, Age/Ageing, Being/Essence/Soul, Cause, Change, Connection/Interbeing/Interdependence, Creativity/Discovery/Innovation, Death/Dying, Expectation/Hope, Experience, Exploration, Expression, Flexibility/Flow/Flux, Goal/Ideal/Purpose, Journey/Path, Learning, Legacy, Life/Living, Memory, Oneness/Unity/Wholeness, Opportunity, Possibility/Potential, Presence, Reciprocity/Reflection, Renewal, Seeking, Struggle, Time, Today, Transformation, Truth, Wonder/Mystery

Syntonic: Acceptance, Attention/Awareness, Compassion/Empathy/Kindness, Engagement/Integration/Involvement, Giving/Serving, Openness/Receptivity, Optimism/Positivism, Preparation/Readiness, Release, Trust, Understanding, Wisdom

Dystonic: Attachment, Avoidance/Denial/Refusal, Complacency, Delusion, Fear, Greed, Habit, Hate, Jealousy/Envy, Limitation, Regret, Revenge, War/Aggression/Violence

Man decays, his corpse becomes dust and all his relatives die. But a book causes him to be remembered … Better is a book than a well-built house … or a stela in a temple.
~ *Book of Songs* ~
in *Kemet and the African Worldview*, Maulana Karenga & Jacob Carruthers, eds., 1986

'T is true, 't is certain; man though dead retains
Part of himself: the immortal mind remains.
~ Homer, 8th C. BCE ~

Let us live as if we were immortal.
~ Aristotle, 384-322 BCE ~

Some groups increase, others diminish, and in a short space the generations of living creatures are changed and like runners pass on the torch of life.
~ Lucretius, c. 95-55 BCE ~
De Rerum Natura

In the unfolding of the sequence of created things, those that follow always fit perfectly with those that have preceded; for this sequence is not just a list of separate events tied together by necessity, but has a rational continuity. Since all created things are joined together in harmony, so all phenomena coming into existence show not just succession but a wonderful organic connection.
~ Marcus Aurelius, 121-180 ~
The Spiritual Teachings of Marcus Aurelius, Mark Forstater, tr., 2000

Whatever the sea has washed away, the heaven burned down, the earth undermined, the sword shorn down, reappears at some other time by the turn of compensation.
~ Tertullian, c. 160-240 ~
De Pallio, 2.6., S. Thelwall, tr., 1869

I did not find the world desolate when I entered it. My fathers planted for me before I arrived, so I plant for those who come after me.
~ *Talmud*, 2nd-5th C. CE ~

One generation passeth away, and another generation cometh: but the earth abideth forever.
~ *The Bible*, c. 367 CE ~
Ecclesiastes 1:4-5

Since the springhead is timeless,
its branches refresh.
Since neither can cease,
what is the cause of your sorrow?
Think of the soul as source
and created things as springs.
While the source exists,
the springs continually flow.
Empty your head of grief
and drink from the stream.
Don't think of it failing –
this water is endless.
~ Jalaluddin Rumi, 1207-1273 ~
"This Body Is a Rose"
The Pocket Rumi Reader, Kabir Helminski, ed., 2001

Your essence was not born and will not die.
~ Bassui Zenji, 1327-1387 ~

That all things are changed, and that nothing really perishes, and that the sum of matter remains

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exactly the same, is sufficiently certain.
~ Francis Bacon, 1561-1626 ~
Thoughts on the Nature of Things, 1604

Everyone carries the proof of immortality within himself, and quite involuntarily.
~ Johann von Goethe, 1749-1832 ~

What is our life but a succession of preludes to that unknown song whose first solemn note is sounded by death?
~ Alphonse de Lamartine, 1790-1869 ~
Meditations Poetiques, 1820

If winter comes, can spring be far behind?
~ Percy Bysshe Shelley, 1792-1822 ~

What we call eternity may be but an endless series of transitions which men call deaths, abandonments of home, going ever to fairer scenes and loftier heights.
~ Edward Bulwer-Lytton, 1803-1873 ~

The wise man must remember that while he is a descendant of the past, he is a parent of the future.
~ Herbert Spencer, 1820-1903 ~

How much can come
And much can go,
And yet abide the World!
~ Emily Dickinson, 1830-1886 ~
"There Came a Wind," c. 1883

The grand show is eternal. It is always sunrise somewhere; the dew is never dried all at once; a shower is forever falling; vapor is ever rising. Eternal sunrise, eternal dawn and gloaming, on sea and continents and islands, each in its turn, as the round earth rolls.
~ John Muir, 1838-1914 ~

Out of the sighs of one generation are kneaded the hopes of the next.
~ Joaquim Machado de Assis, 1839-1908 ~
Education of a Stuffed Shirt

There is only one way to get ready for immortality, and that is to love this life and live it as bravely and faithfully and cheerfully as we can.
~ Henry Van Dyke, 1852-1933 ~

Our own death is indeed unimaginable, and whenever we make the attempt to imagine it we perceive that we really survive as spectators. Hence … at bottom no one believes in his own death, or to put the same thing another way, in the consciousness every one of us is convinced of his own immortality.
~ Sigmund Freud, 1856-1939 ~

We have not come on earth, each singly and separately, to assert only our individuality; but our fates are most solidly linked to our ancestors and their civilization as well as to our successors and their destiny … If we fail to enrich and ennoble our spiritual inheritance … we entirely ignore the meaning of the history of humanity, we altogether disregard our responsibility to our forefathers and grandchildren.
~ Soyen Shaku, 1859-1919 ~
"Immortality," *Sermons of a Buddhist Abbot*, Daisetz Teitaro Suzuki, tr., 1906

That which dies in a man is only his five senses. That which continues to exist, beyond his senses, is immense, unimaginable, sublime.
~ Anton Chekhov, 1860-1904 ~
Notebook, 1904

Through the rise and fall of empires, through the creation of vast bodies of symbols that give shape to our dreams; through the forging of magic keys with which to unlock the mysteries of creation; through it all we are marching from epoch to epoch towards the fullest realization of our soul.
~ Rabindranath Tagore, 1861-1941 ~

But the body is part of the external world, continuous with it. In fact, it is just as much part of nature as anything else there is – a river, or a mountain, or a cloud. Also, if we are fussily exact, we cannot define where a body begins and where external nature ends.
~ Alfred North Whitehead, 1861-1947 ~
Modes of Thought, 1938

Total annihilation is impossible. We are prisoners of an infinity without outlet, wherein nothing perishes, wherein everything is dispersed but nothing lost. Neither a body nor a thought can drop out of the universe, out of time and space.
~ Maurice Maeterlinck, 1862-1949 ~

Everything exists through eternity, and will exist through eternity. Only the movement is in succeeding waves and hollows, going back to fine forms, and coming out in gross manifestations. This involution and evolution is going on

throughout the whole of nature.
~ Vivekananda, 1863-1902 ~
The Complete Works of Swami Vivekananda, 1984-1987, 2:208, 1926

Believe in life! Always human beings will live and progress to greater, broader and fuller life.
~ W. E. B. Du Bois, 1868-1963 ~
"Last Message to the World," 1957

In three words I can sum up everything I've learned about life: It goes on.
~ Robert Frost, 1874-1963 ~

Life has always seemed to me like a plant that lives on its rhizome. Its true life is invisible, hidden in the rhizome. The part that appears above ground lasts only a single summer. Then it withers away – an ephemeral apparition. When we think of the unending growth and decay of life and civilizations, we cannot escape the impression of absolute nullity. Yet I have never lost a sense of something that lives and endures underneath the eternal flux. What we see is the blossom, which passes. The rhizome remains.
~ Carl Jung, 1875-1961 ~
Memories, Dreams, Reflections, Richard & Clara Winston, trs., 1961

We should all be concerned about the future because we will have to spend the rest of our lives there.
~ Charles Kettering, 1876-1958 ~

I, who am thinking, have always existed, but not in myself or within the limits of my own personality – and not by an impersonal existence or life either (for without personality there is no thought, and there must have been thought there, since it is now in me); therefore, I have always existed by a suprapersonal existence or life.
~ Jacques Maritain, 1882-1973 ~
Approaches to God, 1954

In the depth of your hopes and desires lies your silent knowledge of the beyond;
And like seeds dreaming beneath the snow your heart dreams of spring.
Trust the dreams, for in them is hidden the gate to eternity.
~ Khalil Gibran, 1883-1931 ~
The Prophet, 1923

Act as if you were going to live forever and cast your plan way ahead. If your contributions have been vital, there will always be somebody to pick up where you left off, and that will be your claim to immortality.
~ Walter Gropius, 1888-1969 ~
in *The New York Times*, 1969

Life … is really a dream, and we human beings are like travelers floating down the eternal river of time, embarking at a certain point and disembarking again at another point in order to make room for others waiting below the river to come aboard.
~ Lin Yutang, 1895-1976 ~
The Importance of Living, 1937

The soul, this mysterious entity who is wholly non-existent to many people and whose quest is a chimera to most people, will eventually prove to be the only one who remains when all others pass away.
~ Paul Brunton, 1898-1981 ~
The Spiritual Crisis of Man, 1970

Human life is but a series of footnotes to a vast obscure unfinished masterpiece.
~ Vladimir Nabokov, 1899-1977 ~
Pale Fire

To be immortal is commonplace; except for man, all creatures are immortal, for they are ignorant of death; what is divine, terrible, incomprehensible, is to know that one is immortal.
~ Jorge Luis Borges, 1899-1986 ~

A sense of continuity with the rest of creation is a form of religious experience essential to sanity.
~ René Dubos, 1901-1982 ~

Eternity is not the hereafter … This is it. If you don't get it here, you won't get it anywhere.
~ Joseph Campbell, 1904-1987 ~

We insist on permanency, on duration, on continuity; when the only continuity possible, in life as in love, is in growth, in fluidity – in freedom, in the sense that the dancers are free, barely touching as they pass, but partners in the same pattern.
~ Anne Morrow Lindbergh, 1906-2001 ~
Gift from the Sea, 1955

We should know that the defeat of the moment is not the defeat of eternity … Life will not perish with us; humanity will not die when we die … We can live only with the resolve to make our best contribution to whatever culture shall survive and

to live for the triumph of men whom we shall never know, in ages we shall never experience. This is also maturity – spiritual maturity. Even as we are heirs of martyrs, saints and heroes who lived and died for us and in their death gave birth to our world of conflict, so are we the ancestors of an unpredictable, creative, demanding human society yet in the womb of time.
~ Joshua Liebman, 1907-1948 ~
Hope for Man, 1966

Our thinking about growth and decay is dominated by the image of a single life-span, animal or vegetable. Seedling, full flower, and death ... But for an ever-renewing society, the appropriate image is a total garden, a balanced aquarium or other ecological system. Some things are being born, other things are flourishing, still other things are dying – but the system lives on.
~ John William Gardner, 1912-2002 ~
Self-Renewal, 1964

Though lovers be lost love shall not;
And death shall have no dominion.
~ Dylan Thomas, 1914-53 ~
in Julia Cameron, *Transitions: Prayers and Declarations for a Changing Life*, 1999

I hope it is true that a man can die and yet not only live in others but give them life, and not only life but that great consciousness of life.
~ Jack Kerouac, 1922-1969 ~

Life is a continuation. Instead of singing "Happy Birthday," we can sing "Happy Continuation." Even the day of our mother's death is a day of continuation; she continues in many other forms ... If you know how to touch your mother in the ultimate dimension, she will always be there with you. If you touch your hand, your face, or your hair, and look very deeply, you can see that she is there in you, smiling.
~ Thich Nhat Hanh, 1926- ~
Touching Peace: Practicing the Art of Mindful Living, 1992

If you look deeply in the palm of your hand, you will see your parents and all generations of your ancestors. All of them are alive in this moment. Each is present in your body. You are the continuation of each of these people.
~ Hanh ~
Present Moment, Wonderful Moment: Mindfulness Verses for Daily Living, 1990

Just as the life that pulses in our bodies goes back to the beginnings of the Earth, so too does that heartbeat carry the pulse of those that come after. By the power of our imagination we can sense the future generations breathing with the rhythm of our own breath or feel them hovering like a cloud of witnesses. Sometimes I fancy that if I were able to turn my head suddenly, I would glimpse them over my shoulder.
~ Joanna Macy, 1929- ~
in *The Way Ahead: A Visionary Perspective for the New Millennium*, Eddie & Debbie Shapiro, eds., 1992

A man of destiny knows that beyond this hill lies another and another. The journey is never complete.
~ F. W. de Klerk, 1936- ~

Like a dying star that in its explosive end scatters the material needed for the evolution of life, the supernova of the esoteric and occult we are witnessing is both an end and a beginning.
~ William Irwin Thompson, 1938- ~

To acknowledge our ancestors means we are aware that we did not make ourselves, that the line stretches all the way back, perhaps to God, or to Gods. We remember them because it is an easy thing to forget; that we are not the first to suffer, rebel, fight, love, and die. The grace with which we embrace life, in spite of the pain, the sorrow, is always a measure of what has gone before.
~ Alice Walker, 1944- ~
"In These Dissenting Times," *Revolutionary Petunias*, 1970

Life only *appears* to begin with birth and end with death. The flow of life is in fact continuous and eternal, birth and death are merely transformations.
~ Susan L. Taylor, 1946- ~
Lessons in Living, 1995

This particular life you're living in is a little flicker in the eternal, continual existence ... Just like the dream is an interruption in your waking activity, this life is an interruption in your eternal activity. This is just an interruption, a punctuation point in the continuum ... you're now asleep in this lifetime and when you wake up you're in the other one.
~ Deepak Chopra, 1947- ~
in *A&U*, 2001 April

CONVICTION / PRINCIPLE

Related States & Conditions: Attitude, Belief/Religion, Commitment/Dedication, Conscience, Decision/Decisiveness, Delusion, Direction, Determination/Persistence/Resolve, Experience, Focus/Intention, Goal/Ideal/Purpose, Idea/Opinion, Integrity, Perspective, Sincerity/Authenticity, Truth, Value/Worth

Syntonic: Attention/Awareness, Compassion/Empathy/Kindness, Engagement/Integration/Involvement, Flexibility/Flow/Flux, Giving/Serving, Insight/Instinct/Intuition, Openness/Receptivity, Release, Tolerance, Understanding, Wisdom

Dystonic: Attachment, Avoidance/Denial/Refusal, Complacency, Conformity, Fear, Habit, Hate, Jealousy/Envy, Limitation, Regret, Revenge, War/Aggression/Violence

Be thou incapable of change in that which is right, and men will rely upon you. Establish unto thyself principles of action; and see that thou ever act according to them. First know that thy principles are just, and then be thou inflexible in the path of them.
~ Khemetic Saying ~
Temt Tchaas: Egyptian Proverbs, Muata Ashaya Ashby, ed., 1994

Every man gives his life for what he believes. Every woman gives her life for what she believes. Sometimes people believe in little or nothing yet they give their lives to that little or nothing. One life is all we have and we live it as we believe in living it. And then it is gone. But to sacrifice what you are and live without belief, that's more terrible than dying.
~ Joan of Arc, c. 1412-1431 ~

A new principle is an inexhaustible source of new ideas.
~ Marquis de Vauvenargues, 1715-1747 ~

In matters of style, swim with the current; in matters of principle, stand like a rock.
~ Thomas Jefferson, 1743-1826 ~

If the principle is right, the details will take care of themselves.
~ Napoléon Bonaparte, 1769-1821 ~

A foolish consistency is the hobgoblin of little minds, adored by little statesmen and philosophers and divines. With consistency a great soul has simply nothing to do … Speak what you think now in hard words and tomorrow speak what tomorrow thinks in hard words again, though it contradict everything you said today.
~ Ralph Waldo Emerson, 1803-1882 ~

Many men do not allow their principles to take root, but pull them up every now and then, as children do the flowers they have planted, to see if they are growing.
~ Henry Wadsworth Longfellow, 1807-1882 ~

He that never changes his opinions, never corrects his mistakes, and will never be wiser on the morrow than he is today.
~ Tryon Edwards, 1809-1894 ~

The foolish and the dead alone never change their opinion.
~ James Russell Lowell, 1819-1891 ~

Do I contradict myself?
Very well then I contradict myself,
(I am large, I contain multitudes).
~ Walt Whitman, 1819-1892 ~
"Song of Myself," *Leaves of Grass*, 1855

He who floats with the current, who does not guide himself according to higher principles, who has no ideal, no convictions – such a man is … a thing moved, instead of a living and moving being – an echo, not a voice.
~ Henri-Frédéric Amiel, 1821-1881 ~

It is easier to produce ten volumes of philosophical writings than to put one principle into practice.
~ Leo Tolstoy, 1828-1910 ~

It is a blessed thing that in every age someone has had the individuality enough and courage enough

to stand by his own convictions.
~ Robert Ingersoll, 1833-1899 ~

It is uncompromisingness with which dogma is held, and not in the dogma or want of dogma, that the danger lies.
~ Samuel Butler, 1835-1902 ~

We have to live today by what truth we can get today and be ready tomorrow to call it falsehood.
~ William James, 1842-1910 ~

A very popular error – having the courage of one's convictions: Rather, it is a matter of having the courage for an attack upon one's convictions.
~ Friedrich Nietzsche, 1844-1900 ~

Convictions are more dangerous enemies of truth than lies.
~ Nietzsche ~
Human, All-too-Human, 1878

Consistency is the last refuge of the unimaginative.
~ Oscar Wilde, 1856-1900 ~

He dares to be a fool, and that is the first step in the direction of wisdom.
~ James Huneker, 1860-1921 ~

Search for a rock, a principle, and having found it, get it under your feet and stand erect upon it, until at last, immovably fixed upon it, you succeed in defying the fury of the waves and storms of selfishness.
~ James Allen, 1864-1912 ~

As life goes on we discover that certain thoughts sustain us in defeat, or give us victory, whether over ourselves or others, and it is these thoughts, tested by passion, which we call convictions.
~ William Butler Yeats, 1865-1939 ~
Autobiography

It is always easier to fight for one's principles than to live up to them.
~ Alfred F. Adler, 1870-1937 ~
in Phyllis Bottome, *Alfred Adler: Apostle of Freedom*, 1939

We should know what our convictions are, and stand for them. Upon one's own philosophy, conscious or unconscious, depends one's ultimate interpretation of facts. Therefore it is wise to be as clear as possible about one's subjective principles. As the man is, so will be his ultimate truth.
~ Carl Jung, 1875-1961 ~

One must not make even principles so set that one cannot alter them.
~ Hazrat Khan, 1882-1927 ~

Every conviction was a whim at birth.
~ Heywood Broun, 1888-1939 ~

The most fatal illusion is the settled point of view. Since life is growth and motion, a fixed point of view kills anybody who has one.
~ Brooks Atkinson, 1894-1984 ~
Once Around the Sun, 1951

Never for the sake of peace and quiet, deny your own convictions.
~ Dag Hammarskjöld, 1905-1961 ~

Mix a conviction with a man and something happens.
~ Adam Clayton Powell, Jr., 1908-1972 ~
"Minimum Living – Minimum Religion," *Keep the Faith, Baby*, 1967

The hallmark of courage in our age of conformity is the capacity to stand on one's convictions – not obstinately or defiantly (these are gestures of defensiveness not courage) nor as a gesture of retaliation, but simply because these are what one believes.
~ Rollo May, 1909-1994 ~

Whether you are really right or not doesn't matter, it's the belief that counts.
~ Robertson Davies, 1913-1995 ~

The man who stands for nothing will fall for anything.
~ Malcolm X, 1925-1965 ~

Shallow understanding from people of good will is more frustrating than absolute misunderstanding from people of ill will. Lukewarm acceptance is much more bewildering than outright rejection.
~ Martin Luther King, Jr., 1929-1968 ~

Victory is often a thing deferred, and rarely at the summit of courage ... What is at the summit of courage, I think, is freedom. The freedom that comes with the knowledge that no earthly thing can break you; that an unbroken spirit is the only thing you cannot live without; that in the end it is the courage of conviction that moves things, that makes all change possible.
~ Paula Giddings, 1947- ~

COST

Related States & Conditions: Action/Effort, Balance, Choice/Volition, Decision/Decisiveness, Discipline, Failure/Error, Having/Possessing, Indulgence/Temptation, Limitation, Means, Moderation, Questioning/Doubt, Reciprocity/Reflection, Responsibility, Restraint, Value/Worth, Wealth/Prosperity

Syntonic: Acceptance, Appreciation, Attention/Awareness, Desire, Diligence, Giving/Serving, Prudence, Release

Dystonic: Attachment, Avoidance/Denial/Refusal, Complacency, Conformity, Delusion, Fear, Greed, Habit, Hate, Insecurity/Risk, Jealousy/Envy, Limitation, Regret, Revenge, War/Aggression/Violence, Worry

What is the pay for titles, but flattery? How doth man purchase power but by being a slave to him who giveth it?
~ Akhenaton, c. 1385-c. 1355 BCE ~

For money, people sell their soul.
~ Sophocles, c. 496-406 BCE ~

There are losses because of glory, and there are men who have raised their heads from humble circumstances.
There is a man who buys much for a little, but pays for it seven times over.
~ Joshua ben Sira, 2nd C. BCE ~
in *Apocrypha*, Sirach (Ecclesiasticus) 20:11-12, RSV 1957

No man can purchase his virtue too dear, for it is the only thing whose value must ever increase with the price it has cost us. Our integrity is never worth so much as when we have parted with our all to keep it.
~ Ovid, c. 43 BCE–17 CE ~

Nothing is cheap which is superfluous, for what one does not need, is dear for a penny.
~ Plutarch, c. 46-c. 120 ~

There are no gains without pains.
~ Benjamin Franklin, 1706-1790 ~

Excellence in any department can be attained only by the labor of a lifetime; it is not to be purchased at a lesser price.
~ Samuel Johnson, 1709-1784 ~

What we obtain too cheap, we esteem too lightly;
'Tis dearness only that gives every thing its value.
~ Thomas Paine, 1737-1809 ~

To render ourselves insensible to pain we must forfeit also the possibility of happiness.
~ John William Lubbock, 1803-1865 ~
The Pleasures of Life, 1887

Money often costs too much.
~ Ralph Waldo Emerson, 1803-1882 ~

The cost of a thing is the amount of what I will call life that is required to trade for it, either now or in the future.
~ Henry David Thoreau, 1817-1862 ~

There is no such thing as cheapness in the universe. Everything costs its own cost, and one of our best virtues is a just desire to pay it.
~ John Ruskin, 1819-1900 ~
Letters of John Ruskin to Charles Eliot Norton, 1904

A new philosophy, a way of life, is not given for nothing. It has to be paid dearly for and only acquired with much patience and effort.
~ Fyodor Dostoevsky, 1821-1881 ~

No idea can succeed except at the expense of sacrifice; no one ever escapes without enduring strain from the struggle of life.
~ Ernest Renan, 1823-1892 ~

For anything worth having one must pay the price; and the price is always work, patience, love, self-sacrifice – no paper currency, no promises to pay, but the gold of real service.
~ John Burroughs, 1837-1921 ~

Where quality is the thing sought after, the thing of supreme quality is cheap, whatever the price one has to pay for it.
~ William James, 1842-1910 ~

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If you want roast corn, your fingers have to be burnt. If you want good, your nose has to run.
~ Jamaican Saying ~

Whoever has really sacrificed anything, knows that he wanted and got something in return.
~ Friedrich Nietzsche, 1844-1900 ~

Spiritual achievement costs much, though never as much as it is worth.
~ Evelyn Underhill, 1875-1941 ~

What a curious phenomenon it is that you can get men to die for the liberty of the world who will not make the little sacrifice that is needed to free themselves from their own individual bondage.
~ Bruce Barton, 1886-1967 ~

There are some things which cannot be learned quickly, and time, which is all we have, must be paid heavily for their acquiring. They are simple things, and because it takes a man's life to know them, the little new that each man gets from life is very costly and the only heritage he has to leave.
~ Ernest Hemingway, 1899-1961 ~
Death in the Afternoon, 1932

To spare oneself from grief at all cost can be achieved only at the price of total detachment, which excludes the ability to experience happiness.
~ Erich Fromm, 1900-1980 ~

What is to give light must endure burning.
~ Viktor Frankl, 1905-1998 ~

The reason very few people really fall in love with anyone is they're not willing to pay the price. The price is you have to adjust yourself to them.
~ Katharine Hepburn, 1909-2003 ~

The dictionary is the only place that success comes before work. Hard work is the price we must pay for success. I think you can accomplish anything if you're willing to pay the price.
~ Vince Lombardi, 1913-1970 ~

People pay for what they do, and still more for what they have allowed themselves to become. And they pay for it very simply; by the lives they lead.
~ James Baldwin, 1924-1987 ~
Nobody Knows My Name: More Notes of a Native Son, 1961

Human progress is neither automatic nor inevitable ... Every step toward the goal of justice requires sacrifice, suffering, and struggle; the tireless exertions and passionate concern of dedicated individuals.
~ Martin Luther King, Jr., 1929-1968 ~

People who want a cure, provided they can have it without pain, are like those who favor progress, provided they can have it without change.
~ Anthony deMello, 1931-1987 ~

While we all hope for peace it shouldn't be peace at any cost but peace based on principle, on justice.
~ Corazon Aquino, 1933- ~

Sometimes you got to hurt something to help something. Sometimes you have to plow under one thing in order for something else to grow.
~ Ernest Gaines, 1933- ~
A Gathering of Old Men, 1983

Sorrow happens, hardship happens – the hell with it – who never knew the price of happiness, will not be happy.
~ Yevgeny Yevtushenko, 1933- ~

Self-respect is a question of recognizing that anything worth having has a price.
~ Joan Didion, 1934- ~

Loving can cost a lot but not loving always costs more, and those who fear to love often find that want of love is an emptiness that robs the joy from life.
~ Merle Shain, 1935- ~
Some Men Are More Perfect Than Others, 1973

Judge your success by what you had to give up to get it.
~ Dalai Lama, 1935- ~

You have given your life to become the person you are today. Was it worth it?
~ Richard Bach, 1936- ~

The price of dishonesty is self-destruction.
~ Rita Mae Brown, 1944- ~

To gain that which is worth having, it may be necessary to lose everything else.
~ Bernadette Devlin, 1947- ~

By choosing we learn to be responsible. By paying the price of our choices we learn to make better choices.
~ Marsha Sinetar ~

COURAGE

Related States & Conditions: Change, Choice/Volition, Commitment/Dedication, Confidence, Creativity/Discovery/Innovation, Daring/Challenge, Decision/Decisiveness, Determination/Persistence/Resolve, Discipline, Exploration, Growth/Expansion, Initiative, Integrity, Responsibility, Insecurity/Risk, Self-Reliance, Sincerity/Authenticity, Struggle, Transformation

Syntonic: Action/Effort, Affirmation/Approval, Desire, Diligence, Expectation/Hope, Faith, Focus/Intention, Insight/Instinct/Intuition, Optimism/Positivism, Power, Preparation/Readiness, Renewal, Spirituality, Vision/Visualization

Dystonic: Attachment, Avoidance/Denial/Refusal, Complacency, Conformity, Delusion, Depression/Despair/Distress, Fear, Habit, Hate, Jealousy/Envy, Limitation, Regret, Revenge, War/Aggression/Violence, Worry

As a rock on the sea shore, stand firm and let not the dashing of the waves disturb you. Raise your head like a tower on a hill, and the arrows of fortune drop at your feet. In the instant of danger, the courage of your heart will sustain you, and the steadiness of your mind beareth you through.
~ Khemetic Saying ~
Temt Tchaas: Egyptian Proverbs, Muata Ashaya Ashby, ed., 1994

It is the bold man who every time does best, at home or abroad … A decent boldness ever meets with friends.
~ Homer, 8th C. BCE ~

To see what is right, and not do it, is want of courage, or of principle.
~ Kongfuzi, c. 551-c. 479 BCE ~

It is better by noble boldness to run the risk of being subject to half of the evils we anticipate than to remain in cowardly listlessness for fear of what might happen.
~ Herodotus, c. 485-c. 425 BCE ~

It is better to die on your feet than to live on your knees.
~ Euripides, c. 485-406 BCE ~

The bravest are surely those who have the clearest vision of what is before them, glory and danger alike, and yet notwithstanding, go out to meet it.
~ Thucydides, c. 460-c. 399 BCE ~

Courage is the first of human qualities because it is the quality which guarantees the others.
~ Aristotle, 384-322 BCE ~

Fortune favors the brave.
~ Terence, c. 190-159 BCE ~

In difficult situations, when hope seems feeble, the boldest plans are safest.
~ Livy, 59 BCE-17 CE ~

Sometimes even to live is an act of courage.
~ Seneca, c. 4 BCE-65 CE ~

Courage consists not in hazarding without fear, but being resolutely minded in a just cause.
~ Plutarch, c. 46-c. 120 ~

There are some whose bravery increases
At the sight of their own blood,
While some lose all their strength and faint
When it's another's blood they see!
This results from how the mind is set,
In steadfastness or cowardice.
And so I'll scorn all injury,
And hardships I will disregard.
~ Shantideva, 7th C. ~
The Way of the Boddhisattva, Padmakara, tr., 1997

Courage is as often the outcome of despair as of hope; in the one case we have nothing to lose, in the other everything to gain.
~ Diane de Poitiers, 1499-1566 ~
in Winifred Gordon, *A Book of Days*

Valor is stability, not of legs and arms, but of courage and the soul.
~ Michel de Montaigne, 1533-1592 ~

Great things are done more through courage than through wisdom.
~ German Saying ~

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He who loses wealth loses much; he who loses a friend loses more; but he who loses his courage loses all.
~ Miguel de Cervantes, 1547-1616 ~

Cowards die many times before their deaths; the valiant never taste of death but once.
~ William Shakespeare, 1564-1616 ~
Julius Caesar, 1600

They can conquer who believe they can.
~ François-Marie Voltaire, 1694-1778 ~

To have courage for whatever comes in life – everything lies in that.
~ Teresa of Avila, 1515-1582 ~

Courage is the greatest of all the virtues. Because if you haven't courage, you may not have an opportunity to use any of the others ... Courage is a quality so necessary for maintaining virtue that it is always respected. Even when it is associated with vice.
~ Samuel Johnson, 1709-1784 ~

Often the real test of courage is not to die, but to live.
~ Vittorio Alfieri, 1749-1803 ~

When moral courage feels that it is in the right, there is no personal daring of which it is incapable.
~ Leigh Hunt, 1784-1859 ~

True courage is like a kite; a contrary wind raises it higher.
~ John Petit-Senn, 1792-1870 ~
Conceits and Caprices, 1869

Courage does not consist in calculation, but in fighting against chances.
~ John Henry Newman, 1801-1890 ~
Oxford University Sermons

Whatever you do, you need courage. Whatever course you decide upon, there is always someone to tell you that you are wrong. There are always difficulties arising that tempt you to believe your critics are right. To map out a course of action and follow it to an end requires some of the same courage that a soldier needs. Peace has its victories, but it takes brave men and women to win them.
~ Ralph Waldo Emerson, 1803-1882 ~

How, then, find the courage for action? By slipping a little into unconsciousness, spontaneity, instinct which holds one to the earth and dictates the relatively good and useful ... By accepting the human condition more simply, and candidly, by dreading troubles less, calculating less, hoping more.
~ Henri-Frédéric Amiel, 1821-1881 ~

Courage is resistance to fear, mastery of fear; not absence of fear.
~ Mark Twain, 1835-1910 ~

To believe yourself to be brave is to be brave; it is the only essential thing.
~ Twain ~

It needs courage to throw oneself forward; but it needs not less to hold oneself back.
~ Désiré-Joseph Mercier, 1851-1926 ~
in John A. Gade, *The Life of Cardinal Mercier*

What would life be if we had no courage to attempt anything?
~ Vincent van Gogh, 1853-1890 ~
Dear Theo: An Autobiography of Vincent van Gogh, 1937

Face the terrible, face it boldly ... the hardships of life fall back when we cease to flee before them. If we are ever to gain freedom, it must be by conquering nature, never by running away. Cowards never win victories. We have to fight fear and troubles and ignorance if we expect them to flee before us.
~ Vivekananda, 1863-1902 ~
The Complete Works of Swami Vivekananda, 1984-1987, 1:339, 1926

What is more mortifying than to feel that you have missed the plum for want of courage to shake the tree?
~ Logan Pearsall Smith, 1865-1946 ~
Afterthoughts

When in doubt, do the courageous thing.
~ Jan Christian Smuts, 1870-1950 ~

Courage is almost a contradiction in terms: it means a strong desire to live taking the form of a readiness to die.
~ G. K. Chesterton, 1874-1936 ~

Success is not final, failure is not fatal: it is the courage to continue that counts.
~ Winston Churchill, 1874-1965 ~

We must assume our existence as *broadly* as we in any way can; everything, even the unheard-of, must be possible in it. That is at bottom the only courage that is demanded of us: to have courage for the most extraordinary, the most singular and the most unexplicable that we may encounter.
~ Rainer Maria Rilke, 1875-1926 ~
Letters to a Young Poet, 1992

Last, but by no means least, courage – moral courage, the courage of one's convictions, the courage to see things through. The world is in a constant conspiracy against the brave. It's the age-old struggle – the roar of the crowd on one side and the voice of your conscience on the other.
~ Douglas MacArthur, 1880-1964 ~

Life is either a daring adventure or nothing. To keep our faces toward change and behave like free spirits in the presence of fate is strength undefeatable.
~ Helen Keller 1880-1968 ~

'Tisn't life that matters! 'Tis the courage you bring to it.
~ Hugh Walpole, 1884-1941 ~

The great virtue in life is real courage, that knows how to face facts and live beyond them.
~ D. H. Lawrence, 1885-1930 ~
Selected Letters of D. H. Lawrence, Diana Trilling, ed., 1958

Courage is fear holding on one minute longer.
~ George S. Patton, Jr., 1885-1945 ~

My feeling about life is a curious kind of triumphant feeling about seeing it bleak, knowing it is so, and walking into it fearlessly because one has no choice.
~ Georgia O'Keefe, 1887-1986 ~

Every act of courage is a manifestation of the ground of being, however questionable the content of the act may be.
~ Paul Tillich, 1888-1965 ~
The Courage to Be, 1952

Courage is doing what you're afraid to do. There can be no courage unless you're scared.
~ Edward Rickenbacker, 1890-1973 ~

In true courage there is always an element of choice, of an ethical choice, and of anguish, and also of action and deed. There is always a flame of spirit in it, a vision of some necessity higher than oneself.
~ Brenda Ueland, 1892-1985 ~

Bravery is the capacity to perform properly even when scared half to death.
~ Omar Bradley, 1893-1981 ~

Courage … is nothing less than the power to overcome danger, misfortune, fear, injustice, while continuing to affirm inwardly that life, with all its sorrows, is good; that everything is meaningful, even if in a sense beyond our understanding; and that there is always tomorrow.
~ Dorothy Thompson, 1894-1961 ~

To me wisdom and courage are the same thing, for courage is born of an understanding of life; he who completely understands life is always brave. Anyway that type of wisdom which does not give us courage is not worth having at all. Wisdom leads to courage by exercising a veto against our foolish ambitions and emancipating us from the fashionable humbug of this world, whether humbug of thought or humbug of life.
~ Lin Yutang, 1895-1976 ~
The Importance of Living, 1937

Courage is the price that life exacts for granting peace.
The soul that knows it not, knows no release from little things;
Knows not the livid loneliness of fear;
Nor mountain heights where bitter joy can hear
The sound of wings.
~ Amelia Earhart, 1898-1937 ~

Courage is not merely *one* of the virtues but the form of every virtue at the testing point, which means at the point of highest reality.
~ C. S. Lewis, 1898-1963 ~
in Cyril Connolly, *The Unquiet Grave*, 1944

The certainty that nothing can happen to us that does not in our innermost being belong to us is the foundation of fearlessness.
~ Lama Govinda, 1898-1985 ~

Courage is grace under pressure.
~ Ernest Hemingway, 1899-1961 ~

We must have courage to bet on our ideas, to take the calculated risk, and to act. Everyday living requires courage if life is to be effective and bring happiness.
~ Maxwell Maltz, 1899-1975 ~

To have faith requires *courage*, the ability to take a risk, the readiness even to accept pain and disappointment. Whoever insists on safety and security as primary conditions of life cannot have faith; whoever shuts himself off in a system of defense, where distance and possession are his means of security, makes himself a prisoner.
~ Erich Fromm, 1900-1980 ~

Life expands or shrinks in direct proportion to one's courage.
~ Anaïs Nin, 1903-1977 ~

Courage is the capacity to confront what can be imagined.
~ Leo Rosten, 1908-1997 ~

Courage is the capacity to meet the anxiety which arises as one achieves freedom … Courage is necessary in every step in a person's movement from the mass – symbolically, the womb – to becoming a person in his own right.
~ Rollo May, 1909-1994 ~

Courage is required not only in a person's occasional crucial decision for his own freedom, but in the little hour-to-hour decisions which place the bricks in the structure of his building of himself into a person who acts with freedom and responsibility.
~ May ~

Courage is the basic virtue for everyone so long as he continues to grow, to move ahead.
~ May ~
Man's Search for Himself, 1953

Courage comes and goes. Hold on for the next supply.
~ Thomas Merton, 1915-1968 ~

The courage of life is often a less dramatic spectacle than the courage of the final moment, but it is no less a magnificent mixture of triumph and tragedy. A man does what he must – in spite of personal consequences, in spite of obstacles and dangers and pressures – and that is the basis of all morality.
~ John F. Kennedy, 1917-1963 ~

Courage is a moral quality; it is not a chance gift of nature like an aptitude for games. It is a cold choice between two alternatives, the fixed resolve not to quit; an act of renunciation which must be made not once but many times by the power of the will. Courage is will power.
~ Lord Moran, 1924- ~

I wanted you to see what real courage is, instead of getting the idea that courage is a man with a gun in his hand. It's when you know you're licked before you begin but you begin anyway and you see it through no matter what.
~ Harper Lee, 1926- ~
To Kill a Mockingbird, 1960

One isn't necessarily born with courage, but one is born with potential. Without courage, we cannot practice any other virtue with consistency.
~ Maya Angelou, 1928- ~

Courage faces fear and thereby masters it. Cowardice represses fear and is thereby mastered by it. Courageous men never lose the zest for living even though their life situation is zestless; cowardly men, overwhelmed by the uncertainties of life, lose the will to live. We must constantly build dykes of courage to hold back the flood of fear.
~ Martin Luther King, Jr., 1929-1968 ~
The Strength to Love, 1963

Courage is not the absence of fear, but rather the judgment that something else is more important than fear.
~ Ambrose Redmoon, c. 1933-c. 1966 ~

Courage is not the absence of fear; it is the making of action in spite of fear.
~ M. Scott Peck, 1936-2005 ~
The Road Less Travelled, 1978

I have accepted fear as a part of life – specifically the fear of change … I have gone ahead despite the pounding in the heart that says: turn back.
~ Erica Jong, 1942- ~

Never yield your courage – your courage to live, your courage to fight, to develop your own lives, to be free. I'm talking about resistance to wrong and fighting oppression.
~ Roger Baldwin ~

Many … miss their greatest chance of happiness through a want of courage in the decisive moments of their lives.
~ Winifred Gordon ~
A Book of Days

CREATIVITY / DISCOVERY / INNOVATION

Related States & Conditions: Art, Breakthrough/Epiphany/Turning Point, Change, Choice/Volition, Daring/Challenge, Dreams/Dreaming, Exploration, Growth/Expansion, Imagination, Initiative, Possibility/Potential, Struggle, Synthesis, Transformation, Vision/Visualization, Wonder/Mystery

Syntonic: Action/Effort, Attention/Awareness, Commitment/Dedication, Confidence, Decision/Decisiveness, Desire, Determination/Persistence/Resolve, Diligence, Discipline, Engagement/Integration/Involvement, Expectation/Hope, Faith, Flexibility/Flow/Flux, Focus/Intention, Insight/Instinct/Intuition, Inspiration, Openness/Receptivity, Optimism/Positivism, Patience, Power, Preparation/Readiness, Renewal, Sincerity/Authenticity

Dystonic: Attachment, Avoidance/Denial/Refusal, Complacency, Conformity, Defeat, Delusion, Depression/Despair/Distress, Fear, Habit, Hate, Jealousy/Envy, Limitation, Regret, Revenge, War/Aggression/Violence, Worry

Where there is creating, there is progress. Where there is no creating, there is no progress. Know the nature of creating. Where there is joy, there is creating. Know the nature of joy.
~ *Chandogya Upanishad*, c. 1400-c. 800 BCE ~
The Upanishads, Juan Mascaro, tr., 1965

Only those who are able to relax can create, and then ideas reach the mind like lightning.
~ Cicero, 106-43 BCE ~

Do not follow the path. Go where there is no path and begin the trail.
~ Ashanti (Ghana) Saying ~

It must be remembered that there is nothing more difficult to plan, more doubtful of success nor more dangerous to manage than the creation of a new system. For the initiator has the enmity of all who profit by the preservation of the old institution and merely lukewarm defenders in those who would gain by the new one.
~ Niccolò dei Machiavelli, 1469-1527 ~
The Prince, 1532

He that will not apply new remedies must expect new evils; for time is the greatest innovator.
~ Francis Bacon, 1561-1626 ~
Of Innovations

There are seasons, in human affairs, of inward and outward revolution, when new depths seem to be broken up in the soul, when new wants are unfolded in multitudes, and a new and undefined good is thirsted for. These are periods when … to dare is the highest wisdom.
~ William Ellery Channing, 1789-1842 ~

We must forget what is behind. If we cease to originate, we are lost. We can only keep what we have, by new activity.
~ Channing ~

The seeds of great discoveries are constantly floating around, but they only take root in minds well prepared to receive them.
~ Joseph Henry, 1797-1878 ~

The soul looketh steadily forwards, creating a new world before her, leaving worlds behind her.
~ Ralph Waldo Emerson, 1803-1882 ~

The great creative individual … is capable of more wisdom and virtue than collective man ever can be.
~ John Stuart Mill, 1806-1873 ~

The dogmas of the quiet past are inadequate to the stormy present. The occasion is piled high with difficulty, and we must rise with the occasion. As our case is new, so we must think anew and act anew. We must disenthrall ourselves.
~ Abraham Lincoln, 1809-1865 ~
Message to Congress, 1862 December 1

There is an incessant influx of novelty into the world, and yet we tolerate incredible dullness.
~ Henry David Thoreau, 1817-1862 ~

It is better to fail in originality than to succeed in imitation.
~ Herman Melville, 1819-1891 ~

Creating – that is the great salvation from suffering and life's alleviation. But for the creator to appear, suffering itself is needed, and much transformation.
~ Friedrich Nietzsche, 1844-1900 ~
Thus Spake Zarathustra, Thomas Common, tr., 1909

Creative power is that receptive attitude of expectancy which makes a mold into which the plastic and as yet undifferentiated substance can flow and take the desired form.
~ Thomas Troward, 1847-1916 ~
The Creative Process in the Individual, 1910

To invent, you need a good imagination and a pile of junk.
~ Thomas Edison, 1847-1931 ~

It is by logic that we prove, but by intuition that we discover.
~ Henri Poincaré, 1854-1912 ~

Do a common thing in an uncommon way.
~ Booker T. Washington, 1856-1915 ~
Daily Resolves

Originality begins in our reaction to the necessary events of life, to things that come up hard against us ... If you are destined to do anything original there is some germ of it growing in you now, and you first need to discover and cherish that.
~ Charles Horton Cooley, 1864-1929 ~
Life and the Student, 1927

If you want to succeed you should strike out on new paths rather than travel the worn paths of accepted success.
~ John D. Rockefeller, Jr., 1874-1960 ~

The world begins to exist when the individual discovers it.
~ Carl Jung, 1875-1961 ~
Psychological Reflections, Jolande Jacobi & R. F. Hull, eds., 1953

The creation of something new is not accomplished by the intellect but by the play instinct acting from inner necessity. The creative mind plays with the objects it loves.
~ Jung ~

It is the unquestioning acceptance of the already existing that keeps people from being creative.
~ Unknown ~

The mere formulation of a problem is far more essential than its solution, which may be merely a matter of mathematical or experimental skills. To raise new questions, new possibilities, to regard old problems from a new angle requires creative imagination and marks real advances in science.
~ Albert Einstein, 1879-1955 ~

The intellect has little to do on the road to discovery. There comes a leap in consciousness, call it intuition or what you will, and the solution comes to you and you don't know how or why.
~ Einstein ~
in *Forbes*, 1974 September 15

In the creative state a man is taken out of himself. He lets down as it were a bucket into his subconscious, and draws up something which is normally beyond his reach. He mixes this thing with his normal experiences, and out of this mixture he makes a work of art.
~ E. M. Forster, 1879-1970 ~

The chief enemy of creativity is "good" taste.
~ Pablo Picasso, 1881-1973 ~

One of the advantages to being disorderly is that one is constantly making exciting discoveries.
~ A. A. Milne, 1882-1956 ~

In order to create there must be a dynamic force. And what force is greater than love?
~ Igor Stravinsky, 1882-1971 ~

Creative life is characterized by spontaneous mutability; it brings forth unknown issues, impossible to preconceive.
~ D. H. Lawrence, 1885-1930 ~
Selected Essays, 1950

Create or perish is the eternal mandate of nature. Be constructive or become frustrated is an equal demand. You cannot escape the conclusion that whatever this thing is which is seeking expression through everything, it can find satisfactory outlet only through constructive and life-giving creativeness.
~ Ernest Holmes, 1887-1960 ~
This Thing Called You, 1948

Creation is the movement of the internal towards the external and not a movement of the external on the surface.
~ Pierre Reverdy, 1889-1960 ~
in André Breton, *Surrealism & Painting*, 1972

To create is to think more efficiently.
~ Reverdy ~
Le livre de mon bord

When the creative urge seizes one – at least, such is my experience – one becomes creative in all directions at once.
~ Henry Miller, 1891-1980 ~
The Books in My Life, 1952

Discovery consists of seeing what everybody else has seen and thinking what nobody has thought.
~ Albert Szent-Györgyi, 1893-1986 ~

A discovery is said to be an accident meeting a prepared mind.
~ Szent-Györgyi ~

All ... of us are merely repeating what others have thought, though many have made their own discoveries by some thinking of their own. By "original minds" I mean the thinkers who broke unknown grounds for human thought, whose thinking soared to heights where others had not been before.
~ Lin Yutang, 1895-1976 ~
From Pagan to Christian, 1959

Creative work carries with it a form of intense love which borders on mania before it can become a success.
~ Lin ~
The Importance of Understanding

Creative minds have always been known to survive any kind of bad training.
~ Anna Freud, 1895-1982 ~

Even in literature and art, no man who bothers about originality will ever be original: whereas if you simply try to tell the truth (without caring twopence how often it has been told before) you will, nine times out of ten, become original without ever having noticed it.
~ C. S. Lewis, 1898-1963 ~

The future cannot be predicted, but futures can be invented. It was man's ability to invent which has made society what it is.
~ Dennis Gabor, 1900-1979 ~
Inventing the Future

In beginnings, worlds are created. In creativity, meanings are formed.
~ Unknown ~

Millions of men have lived to fight, build palaces and boundaries, shape destinies and societies; but the compelling force of all times has been the force of originality and creation profoundly affecting the roots of the human spirit.
~ Ansel Adams, 1902-1984 ~

The richest source of creation is feeling, followed by a vision of its meaning.
~ Anaïs Nin, 1903-1977 ~

Creative activity could be described as a type of learning process where teacher and pupil are located in the same individual.
~ Arthur Koestler, 1905-1983 ~
Drinkers of Infinity, 1967

The principal mark of genius is not perfection but originality, the opening of new frontiers.
~ Koestler ~

The most damaging phrase in the language is: "It's always been done that way."
~ Grace Hopper, 1906-1922 ~

Only the flexibly creative person can really manage the future, only the one who can face novelty with confidence and without fear.
~ Abraham Maslow, 1908-1970 ~

All men are creative, but few are artists.
~ Paul Goodman, 1911-1972 ~
Growing Up Absurd, 1960

Creativity requires the freedom to consider "unthinkable" alternatives, to doubt the worth of cherished practices. Every organization, every society is under the spell of assumptions so familiar that they are never questioned – least of all by those most intimately involved.
~ John William Gardner, 1912-2002 ~
No Easy Victories, Helen Rowan, ed., 1968

Perhaps some day we shall know how to heighten creativity. Until then, one of the best things we can do for creative men and women is to stand out of their light.
~ Gardner ~

When you've filled yourself with a particular problem ... you have a great desire to have some clarity in it. You go through this long, hard period of filling yourself up with as much information as you can. You just sort of feel it rumbling around inside of you, not particularly at a conscious level.

Then … you begin to feel a solution, a resolution, bubbling up to your consciousness. At the same time you begin to get very excited, tremendously elated – pervaded by a fantastic sense of joy.
~ Robert R. Wilson, 1914-2000 ~

The great obstacle to discovery is not ignorance, it is the illusion of knowledge.
~ Daniel Boorstin, 1914-2004 ~

Everyone's got to be different. You can't copy anybody and end up with anything. If you copy, it means you're working without any real feeling. And without feeling, whatever you do amounts to nothing.
~ Billie Holiday, 1915-1959 ~
Lady Sings the Blues, 1956

Creativity is essentially a lonely art. An even lonelier struggle. To some a blessing. To others a curse. It is in reality the ability to reach inside yourself and drag forth from your very soul an idea.
~ Lou Dorfsman, 1918- ~

Curiosity is the key to creativity.
~ Akio Morito, 1920-1999 ~

The creative person is willing to live with ambiguity. He doesn't need problems solved immediately and can afford to wait for the right ideas.
~ Abe Tannenbaum, 1922- ~

To live a creative life, we must lose our fear of being wrong.
~ Joseph Chilton Pearce, 1926- ~

I've always had this idea from the day I started to play music: that not only is it alive, but that it's endless and has no ego in it. There's something about creativity that every human being gets an equal share.
~ Ornette Coleman, 1930- ~

This is one of the glories of man, the inventiveness of the human mind and the human spirit: whenever life doesn't seem to give an answer, we create one.
~ Lorraine Hansberry, 1930-1965 ~

Creativity … consists largely of rearranging what we know in order to find out what we do not know … Hence, to think creatively, we must be able to look afresh at what we normally take for granted.
~ George Kneller, d. 1999 ~

Creativity represents a miraculous coming together of the uninhibited energy of the child with its apparent opposite and enemy, the sense of order imposed on … the disciplined adult intelligence.
~ Norman Podhoretz, 1930- ~
in *Playboy*, 1968

It is especially important to encourage unorthodox thinking when the situation is critical: At such moments every new word and fresh thought is more precious than gold. Indeed, people must not be deprived of the right to think their own thoughts.
~ Boris Yeltsin, 1931- ~

Creativity can solve almost any problem. The creative act, the defeat of habit by originality, overcomes everything.
~ George Lois, 1931- ~
The Art of Advertising, 1977

The creative process is also the most terrifying part because you don't know exactly what's going to happen or where it is going to lead. You don't know what new dangers and challenges you'll find. It takes an enormous amount of internal security to begin with the spirit of adventure, discovery, and creativity. Without doubt, you have to leave the comfort zone of base camp and confront an entirely new and unknown wilderness.
~ Stephen Covey, 1932- ~
The 7 Habits of Highly Effective People, 1989

Creative experiences can be produced regularly … it requires enormous personal security and openness and a spirit of adventure.
~ Covey ~

Creativity involves breaking out of established patterns in order to look at things in a different way.
~ Edward de Bono, 1933- ~

People who never believed that they even possessed the gift of self expression become creative and this in turn activates other energies within the individual. I believe the creative process is the most energizing. And that is why it is so intimately related to the process of revolution within society.
~ Wole Soyinka, 1934- ~
Interview in *In Person – Achebe, Awoonor, and Soyinka at the University of Washington*, 1975

Be brave enough to live life creatively. The creative is the place where no one else has ever been. You have to leave the city of your comfort and go into the wilderness of your intuition. You can't get there by bus, only by hard work and risk and by not quite knowing what you're doing. What you'll discover will be wonderful. What you'll discover will be yourself.
~ Alan Alda, 1936- ~

The things we fear most in organization – fluctuations, disturbances, imbalances – are the primary sources of creativity.
~ Margaret J. Wheatley, 1941- ~

Life is pretty simple: You do some stuff. Most fails. Some works. You do more of what works. If it works big, others quickly copy it. Then you do something else. The trick is the doing something else.
~ Tom Peters, 1942- ~

It is our inexperience and ignorance that can make the creative process seem as if it is an outcome of magical operations … But, in fact, creating is a skill that can be learned and developed. Like any skill, you learn by practice and hands-on experience. You can learn to create by creating.
~ Robert Fritz, 1943- ~
The Path of Least Resistance, 1984

Creativity comes from trust. Trust your instincts. And never hope more than you work.
~ Rita Mae Brown, 1944- ~
Starting From Scratch

We each participate in a co-created reality. My creative influence varies; in some situations I determine the shape and direction of events while in others I am a supporting player. When I say, "I create my reality," I might just as easily say, "My culture creates its reality through me."
~ David Spangler, 1945- ~
"Between Order and Chaos: The Dynamic Realm between Individualism and Mystical Unity," Interview by Robert Gilman in *In Context*, No. 34, Winter 1993

The art of creating is as integral a part of life as going to the lavatory.
~ David Bowie, 1947- ~

When you do use your mind, and particularly when a creative solution is needed, you oscillate every few minutes or so between thought and stillness, between mind and no-mind. No mind is consciousness without thought. Only in that way is it possible to think creatively, because only in that way does thought have any real power.
~ Eckhard Tolle, 1948- ~
The Power of Now: A Guide to Spiritual Enlightenment, 1999

Creativity can replace conformity as the primary mode of social being. We can cling to that which is passing, or has already passed, or we can remain accessible to – even surrender to – the creative process, without insisting that we know in advance the ultimate outcome for us, our institutions, or our planet. To accept this challenge is to cherish freedom, to embrace life, and to find meaning.
~ Stephen Nachmanovitch, 1950- ~

The current cultural split lies not between scientists and everyone else but between those who innovate or create and those who do not. Innovators and the process of innovation must become the focus of study. Innovation is the lifeblood of cultural change.
~ Robert Bernstein, 1953- ~

Life is a continuous exercise in creative problem-solving.
~ Bill Gates, 1955- ~

If life deals you a pile of scraps, just stitch them together one by one. When you're done, you'll have a more harmonious life – and a beautiful treasure.
~ Dorothy Morrison, 1955- ~

A creative person is someone who imagines what other people cannot. Their value to us lies in expanding our own possibilities. Walls fall. We break out. Art releases what was lost.
~ Jeanette Winterson, 1959- ~
Blog, 2000 December

All new work has an element of risk about it … Don't get me wrong, risk of itself doesn't guarantee the real thing, but I am sure that there is no real thing without risk.
~ Winterson ~
Blog, 2000 November

Originality does not consist in saying what no one has ever said before, but in saying exactly what you think yourself.
~ James Stephen ~

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CRITICISM / JUDGMENT

Related States & Conditions: Belief/Religion, Comparison/Competition, Conflict/Opposition, Conformity, Conviction/Principle, Differentiation/Division/Separation, Ethics/Morality, Failure/Error, Fault, Guilt, Idea/Opinion, Questioning/Doubt, Value/Worth

Syntonic: Acceptance, Appreciation, Balance, Compassion/Empathy/Kindness, Equanimity, Example, Exploration, Forgiveness, Love-Agape, Oneness/Unity/Wholeness, Openness/Receptivity, Optimism/Positivism, Patience, Reciprocity/Reflection, Relativity, Release, Restraint, Tact/Discretion, Tolerance, Trust, Understanding

Dystonic: Attachment, Delusion, Depression/Despair/Distress, Fear, Habit, Hate, Insecurity/Risk, Jealousy/Envy, Limitation, Regret, Revenge, War/Aggression/Violence, Worry

The gentleman calls attention to the good points in others; he does not call attention to their defects. The small man does just the reverse of this.
~ Kongfuzi, c. 551-c. 479 BCE ~
The Analects of Confucius, XII.16, Arthur Waley, tr., 1989

Better to light a single candle than to curse the darkness.
~ Chinese Saying ~

Rest satisfied with doing well, and leave others to talk of you as they please.
~ Pythagoras, 6th C. BCE ~

We are all wise when we admonish others, and yet we know not when we trip ourselves.
~ Euripides, c. 485-406 BCE ~

To attempt to correct others while one's own virtue is clouded is to set one's own virtue a task for which it is inadequate.
~ Zhuangzi, c. 369-c. 286 BCE ~

I criticize by creation – not by finding fault.
~ Cicero, 106-43 BCE ~

It is your mind that makes judgments about good and evil. Stop these judgments and all will be well … Let your mind pronounce nothing to be either good or evil if it can happen equally to both good men and bad.
~ Marcus Aurelius, 121-180 ~
The Spiritual Teachings of Marcus Aurelius, Mark Forstater, tr., 2000

First judge the one who judges within you –
the discriminating power
that calls this worthy and that worthless
within and among you.
If your inner judge condemns you,
who can set you free?
If your inner judge acquits you
who can lock you up?
~ *Thunder, Perfect Mind* ~
Gnostic Text, in *Desert Wisdom: Sacred Middle Eastern Writings from the Goddess Through the Sufis*, Neil Douglas-Klotz, tr., 1995

Judge not, that ye be not judged. For with what judgment ye judge, ye shall be judged: and with what measure ye mete, it shall be measured to you again.
~ Jesus of Nazareth, c. 5-38 ~
in *The Bible*, Matthew 7:1-2

You who judge others, at some time be also a judge of yourself. Look into the recesses of your own conscience.
~ Cyprian, 200-258 ~
Address to Demetrian

The burdensome practice of judging brings
annoyance and weariness.
What benefits can be derived from distinctions and
separations?
~ Jianzhi Sengcan, 526-606 ~

Actions will be judged according to intentions.
~ Muhammad, c. 570-632 ~

If you make subjective, personal judgments of past and present events, not having been through the process of refining and purifying your insight, this is

like trying to do a sword dance without having learned how to handle a sword.
~ Fayan Wenyi, 885-958 ~
in *Zen Essence: The Science of Freedom*, Thomas Cleary, tr. & ed., 1989

In judging others a man laboreth in vain … How seldom we weigh our neighbour in the same balance with ourselves.
~ Thomas à Kempis, c. 1380-1471 ~

You do ill if you praise, but worse if you censure, what you do not understand.
~ Leonardo da Vinci, 1452-1519 ~

It is a dangerous and serious presumption, and argues an absurd temerity, to condemn what we do not understand.
~ Michel de Montaigne, 1533-1592 ~
Essais, 1580

Criticism should awaken our attention, not inflame our anger. We should listen to, and not flee from, those who contradict us. Truth should be our cause, no matter in what manner it comes to us.
~ Madame de Sable, 1599-1678 ~
The Maxims of Madame de Sable, Arthur Chandler, tr.

If there is any judgment in your heart, it will be blocked by the judgment.
~ Bunan, 1603-1676 ~
in *The Pocket Zen Reader*, Thomas Cleary, ed., 1999

No man can justly censure or condemn another, because indeed no man truly knows another.
~ Thomas Browne, 1605-1682 ~
Religio Medici, 1643

He who discommendeth others obliquely commendeth himself.
~ Browne ~
Christian Morals, 1716

If we had no vices ourselves we should take less pleasure in identifying those of others.
~ François de La Rochefoucauld, 1613-1680 ~
Maximes, 1664

Pride has a greater share than goodness of heart in the remonstrances we make to those who are guilty of faults; we reprove not so much with a view to correct them as to persuade them that we are exempt from those faults ourselves.
~ Rochefoucauld ~

We should look long and carefully at ourselves before we consider judging others.
~ Jean-Baptiste Moliére, 1622-1673 ~
Le Misanthrope, 1666

Against criticism a man can neither protest nor defend himself; he must act in spite of it, and then it will gradually yield to him.
~ Johann von Goethe, 1749-1832 ~

Correction does much, but encouragement does more.
~ Goethe ~

Judge thyself with the judgment of sincerity, and thou will judge others with the judgment of charity.
~ John Mason, 1770-1829 ~

We do not judge men by what they are in themselves, but what they are relatively to us.
~ Madame Swetchine, 1782-1857 ~

One can no more judge a man by the actions of an hour than of the climate of a country by the temperature of a day.
~ John Petit-Senn, 1792-1870 ~
Conceits and Caprices, 1869

The more you judge, the less you love.
~ Honoré de Balzac, 1799-1850 ~

How much easier it is to be critical than to be correct.
~ Benjamin Disraeli, 1804-1881 ~

He has the right to criticize who has the heart to help.
~ Abraham Lincoln, 1809-1865 ~

Though no man hates himself, the coldest among us having too much self-love for that, yet most men unconsciously judge the world from themselves, and it will be very generally found that those who sneer habitually at human nature, and affect to despise it, are among its worst and least pleasant samples.
~ Charles Dickens, 1812-1870 ~
The Life and Adventures of Nicholas Nickleby, 1838-1839

Do not judge men by mere appearances; for the light laughter that bubbles on the lip often mantles over the depths of sadness, and the serious look may be the sober veil that covers a divine peace

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and joy.
~ E. H. Chapin, 1814-1880 ~

Life appears to me to be too short to be spent in nursing animosity or registering wrongs.
~ Charlotte Brontë, 1816-1855 ~

To judge is to see clearly, to care for what is just and therefore to be impartial, more exactly, to be disinterested, more exactly still, to be impersonal.
~ Henri-Frédéric Amiel, 1821-1881 ~

Children have more need of models than of critics.
~ Piet Joubert, 1834-1900 ~

You shouldn't say it is not good. You should say, you do not like it; and then, you know, you're perfectly safe.
~ James McNeill Whistler, 1834-1903 ~
Whistler Stories, 1913

Judgments, value judgments concerning life, for or against, can in the last resort never be true: they possess value only as symptoms, they come into consideration only as symptoms – in themselves such judgments are stupidities.
~ Friedrich Nietzsche, 1844-1900 ~

Learn to accept in silence the minor aggravations, cultivate the gift of taciturnity, and consume your own smoke with an extra draft of hard work, so that those about you may not be annoyed with the dust and soot of your complaints.
~ William Osler, 1849-1919 ~

To avoid criticism do nothing, say nothing, be nothing.
~ Elbert Hubbard, 1856-1915 ~

Judge not thy brother!
There are secrets in his heart that you might weep to see.
~ Leo Martin, 1859-1887 ~
"Judge Not Thy Brother"

I have never for one instant seen clearly within myself. How then would you have me judge the deeds of others?
~ Maurice Maeterlinck, 1862-1949 ~

In judging others we always judge them by our own ideals. That is not as it should be. Everyone must be judged according to his own ideal, and not by that of anyone else.
~ Vivekananda, 1863-1902 ~
The Complete Works of Swami Vivekananda, 1984-1987, 2:105-6, 1926

You must not criticize others; you must criticize *yourself*. If you see a drunkard, do not criticize him; remember he is you in another shape. He who has no darkness sees no darkness in others. What you have inside you is that which you see in others. This is the surest way of reform. If the would-be reformers who criticize and see evil would themselves stop creating evil, the world would be better.
~ Ibid. 6:129

In order to judge properly, one must get away somewhat from what one is judging, after having loved it. This is true of countries, of persons, and of oneself.
~ André Gide, 1869-1951 ~
Pretexts, Justin O'Brien, ed., Angelo P. Bertocci, tr., 1959

As to advice, be wary; if it is honest, it is also criticism.
~ David Grayson, 1870-1946 ~

Everything that irritates us about others can lead us to an understanding of ourselves.
~ Carl Jung, 1875-1961 ~

Criticism is prejudice made plausible.
~ H. L. Mencken, 1880-1956 ~

While man judges another from his own moral standpoint, the wise man looks also at the point of view of another.
~ Hazrat Khan, 1882-1927 ~

Oftentimes I have heard you speak of one who commits a wrong as though he were not one of you, but a stranger unto you and an intruder upon your world.
But I say that even as the holy and the righteous cannot rise beyond the highest which is in each one of you,
So the wicked and the weak cannot fall lower than the lowest which is in you also.
And as a single leaf turns not yellow but with the silent knowledge of the whole tree,
So the wrong-doer cannot do wrong without the hidden will of you all.
~ Khalil Gibran, 1883-1931 ~
The Prophet, 1923

And you judges who would be just,
What judgment pronounce you upon him who though honest in the flesh yet is a thief in spirit? ...
And you who would understand justice, how shall you unless you look upon all deeds in the fullness of light?
Only then shall you know that the erect and the fallen are but one man standing in the twilight between his pygmy-self and the day of his god-self;
And that the corner-stone of the temple is not higher than the lowest stone in its foundation.
~ Ibid.

As soon as you concern yourself with the "good" and "bad" of your fellows, you create an opening in your heart for maliciousness to enter. Testing, competing with, and criticizing others weaken and defeat you.
~ Morihei Ueshiba, 1883-1969 ~
The Art of Peace, John Stevens, tr., 1992

None of us lives out, at every moment, all of our ideas; but one should judge human beings more by their excellence than by their weaknesses.
~ André Maurois, 1885-1967 ~
Lelia ou la vie de George Sand, 1952

The thought of judgment, criticism and condemnation must, in time, operate against the one who sets it into motion.
~ Ernest Holmes, 1887-1960 ~

Never complain about bad environments. Create your own mental world wherever you remain and wherever you go. There are some difficulties and advantages wherever you go.
~ Sivananda, 1887-1963 ~

Criticism is futile because it puts a man on the defensive, and usually makes a man strive to justify himself.
~ Dale Carnegie, 1888-1955 ~

Always keep in mind the part that mood can play in affecting one's judgment of a piece of work; be cautious of enthusiasm when the sun shines bright, and slow to dismissal when the clouds hang low.
~ J. Donald Adams, 1891-1968 ~

Man measures everything by his own experiences; he has no other yardstick.
~ Dorothy Sayers, 1893-1957 ~

When one observes oneself as one actually is, then either one is moved to despair because one considers oneself as hopeless, ugly, miserable; or one looks at oneself without any judgment. And to look at oneself without any judgment is of the greatest importance, because that is the only way you can understand yourself and know about yourself.
~ Jiddu Krishnamurti, 1895-1986 ~
You Are the World, 1972

It is easier to light a match than it is to curse the darkness.
~ Paul Robeson, 1898-1976 ~

Understanding a person does not mean condoning; it only means that one does not accuse him as if one were God or a judge placed over him.
~ Erich Fromm, 1900-1980 ~
Man for Himself, 1947

Every person's map of the world is as unique as their thumbprint. There are no two people alike. No two people who understand the same sentence the same way ... in dealing with people you try not to fit them to your concept of what they should be.
~ Milton Erickson, 1901-1980 ~

Judgment consists not in seeing through deceptions and evil intentions, but in being able to awaken the decency dormant in every person.
~ Eric Hoffer, 1902-1983 ~

When a man points a finger at someone else, he should remember that four of his fingers are pointing at himself.
~ Louis Nizer, 1902-1994 ~

Instead of criticizing, find out how to help.
~ Shunryu Suzuki, 1905-1971 ~

Judging others will avail you nothing and injure you spiritually. Only if you can inspire others to judge themselves will anything worthwhile have been accomplished. When you approach others in judgment they will be on the defensive. When you are able to approach them in a kindly, loving manner without judgment they will tend to judge themselves and be transformed.
~ Peace Pilgrim, 1908-1981 ~
Peace Pilgrim: Her Life and Work in Her Own Words, 1982

If you judge people, you have no time to love them.
~ Mother Teresa, 1910-1997 ~

Criticism, like rain, should be gentle enough to nourish a man's growth without destroying his roots.
~ Frank A. Clark, 1911- ~

It is not history that makes judgments, but judgments that make history.
~ Gaeton Picon, 1915- ~
L'Ecrivain et son ombre

It helps you to understand that while you see things one way, the other party sees things differently … imagine how you look from the point of view of that other person. You might discover that they have an image of you that isn't how you see yourself at all. Likewise, you may discover that your image of the other person is distorted as well, leading to two errors of miscommunication. In fact, most of us spend our entire lives making judgments based on error, allowing our misassessments of others and ourselves to muddy the waters of perception.
~ Vilayat Khan, 1916-2004 ~
Awakening: A Sufi Experience, 1999

Because you're not what I would have you be, I blind myself to who, in truth, you are.
~ Madeleine L'Engle, 1918- ~

All judgment, I think in almost anything, even in your own personal life, grows out of being able to measure one thing against another. You measure your own judgments, you measure your own values against things that have happened to you.
~ Ada Louise Huxtable, 1921- ~

Self-criticism must be my guide to action, and the first rule for its employment is that in itself it is not a virtue, only a procedure.
~ Kingsley Amis, 1922- ~
in *The Daily Express*, 1957

It is not a sign of weakness, but a sign of high maturity, to rise to the level of self-criticism.
~ Martin Luther King Jr., 1929-1968 ~

It is much more ennobling to the human spirit to let people judge themselves than to judge them.
~ Stephen Covey, 1932- ~

Everything that exists in the world does so independently of your opinion about it.
~ Wayne Dyer, 1940- ~

To belittle is to be little.
~ Unknown ~

To complain is always non-acceptance of what *is*. It invariably carries an unconscious negative charge. When you complain, you make yourself into a victim. When you speak out, you are in your power. So change the situation by taking action or by speaking out if necessary or possible; leave the situation or accept it. All else is madness.
~ Eckhard Tolle, 1948- ~
The Power of Now: A Guide to Spiritual Enlightenment, 1999

When we criticize another person, it says nothing about that person: it merely says something about our own need to be critical.
~ Richard Carlson ~

Realize that if you have time to whine and complain about something then you have the time to do something about it.
~ Anthony J. D'Angelo ~
The College Blue Book

Judgment and fear makes strangers out of people who should be friends.
~ Cameron Koo ~

When nobody around you seems to measure up, it's time to check your yardstick.
~ Bill Lemley ~

It is not appropriate that we allow our actions to be motivated by feelings of indignation, righteousness, or victimization. These feelings are the result of judgments that we make about ourselves and the other person, assessments through which we see ourselves as superior to another being.
~ Gary Zukav ~
The Seat of the Soul, 1990

Non-judgmental justice is a perception that allows you to see everything in life, but does not engage your negative emotions. Non-judgmental justice relieves you of the self-appointed job of judge and jury because you know that everything is being seen – nothing escapes the law of karma – and this brings forth understanding and compassion … It allows you to experience directly the unobstructed flow of intelligence, radiance, and love of the Universe of which our physical reality is a part. Non-judgmental justice flows naturally from understanding the soul and how it evolves.
~ Ibid.

DANCE / MOVEMENT

Related States & Conditions: Art, Balance, Celebration, Change, Creativity/Discovery/Innovation, Direction, Enjoyment/Pleasure, Exploration, Expression, Flexibility/Flow/Flux, Growth/Expansion, Imagination, Lila/Leisure, Manifestation, Meaning, Music, Possibility/Potential, Presence, Sensibility/Sensuality, Synthesis, Transformation, Vision/Visualization, Wonder/Mystery

Syntonic: Action/Effort, Appreciation, Attention/Awareness, Confidence, Decision/Decisiveness, Discipline, Diversity/Multiplicity, Engagement/Integration/Involvement, Focus/Intention, Power, Preparation/Readiness

Dystonic: Attachment, Complacency, Conformity, Defeat, Deferment/Delay, Depression/Despair/Distress, Habit, Laziness, Limitation, Regret

Nothing rests; everything moves; everything vibrates.
~ Hermes Trismegistus ~
in *The Kybalion: A Study of the Hermetic Philosophy*, 1908

There is no heart that does not move with the motion of rhythm.
~ Muhammad, c. 570-632 ~

When you strive to gain quiescence by stopping motion,
The quiescence thus gained is ever in motion.
~ Jianzhi Sengcan, 526-606 ~
"On Believing in Mind," 5, Daisetz Teitaro Suzuki, tr.

How long will you move backward?
Come forward; do not stray in unbelief;
come dancing to Divine Knowledge.
~ Jalaluddin Rumi, 1207-1273 ~

Mad with joy, life and death dance to the rhythm
of this music.
The hills and the sea and the earth dance.
The world of man dances in laughter and tears.
~ Kabir, 1440-1518 ~
One Hundred Poems of Kabir

Our natures lie in motion, without which we die.
~ Blaise Pascal, 1623-1662 ~

We should consider every day lost in which we have not danced at least once.
~ Friedrich Nietzsche, 1844-1900 ~

Dancing is the loftiest, the most moving, the most beautiful of the arts, because it is no mere translation or abstraction from life; it is life itself.
~ Havelock Ellis, 1859-1939 ~

Dancing may be said to be a graceful expression of thought and feeling without uttering a word. It may be used also to impress the soul by movement, by producing an ideal picture before it. When beauty of movement is taken as the presentment of the divine ideal, then the dance becomes sacred.
~ Hazrat Khan, 1882-1927 ~
The Mysticism of Sound and Music, 1991

Jungle jazzing. Orient wrigging, civilized stepping. Shake that thing. Sweet dancing thing of primitive joy, perverse pleasure, prostitute ways, many adored variations of the rhythm, savage, barbaric, refined – eternal rhythm of the mysterious magical, magnificent – the dance divine of life. Oh, shake that thing.
~ Claude McKay, 1889-1948 ~
Banjo, 1929

The body says what words cannot.
~ Martha Graham, 1894-1991 ~

Dance can play a special part in helping us achieve self-awareness and fulfill ourselves from our true nature – particularly when it comes to finding our very own personal rhythm … Everything that goes toward determining correct overall posture – the balance between heaven and earth, male and female, Yin and Yang, the world outside and the world within – is revealed in the way people walk, and even more so in the way they dance.
~ Karlfried Durckheim, 1896-1988 ~
The Call for the Master, Vincent Nash, tr., 1989

Once we open up to the flow of energy within our body, we also open up to the flow of energy in the universe.
~ Wilhelm Reich, 1897-1957 ~

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We are the men of the dance, whose feet draw new strength pounding the hardened earth.
~ Léopold Senghor, 1906- ~
"Prayer to Masks," *Selected Poems*, John Reed and Clive Wake, trs., 1964

The truest expression of a people is in its dances and its music. Bodies never lie.
~ Agnes de Mille, 1908-1993 ~

Dance to the song of life.
~ Katharine Hepburn, 1909-2003 ~

There is a purifying process in dancing.
~ Katherine Dunham, 1910- ~

Why aren't you dancing with joy at this very moment? is the only relevant spiritual question.
~ Vilayat Khan, 1916-2004 ~

The dance is strong magic. The dance is a spirit. It turns the body to liquid steel. It makes it vibrate like a guitar. The body can fly without wings. It can sing without voice. The dance is strong magic.
~ Pearl Primus, 1919-1994 ~

Rhythm is the soul of life. Every cell in your body moves in a constant rhythm. When we get out of rhythm, that is when we get into trouble.
~ Babatunde Olatunji, 1927-2003 ~
in *Hartford Courant*, 2001

Of what is the body made?
It is made of emptiness and rhythm.
At the ultimate heart of the body, at the heart of the world, there is no solidity … there is only the dance.
~ George B. Leonard, 1931- ~

Sports and fitness are not the only media of physical experience that use the body as a source of enjoyment, for in fact a broad range of activities rely on rhythmic or harmonious movements to generate flow. Among these dance is probably the oldest and most significant, both for its universal appeal and because of its potential complexity … But just as with athletics, one certainly need not become a professional to enjoy controlling the expressive potentials of the body.
~ Mihaly Csikszentmihalyi, 1934- ~
Flow: The Psychology of Optimal Experience, 1990

The language of movement is rhythm. Rhythm is our mother tongue, and everything is moving in a beat, in a pulse, in a pattern, in a cycle, in a wave. I began to notice that as people surrendered to their dance, their soul became more visible. And when that energy was visible, one could see the patterns of rhythm that were natural to the soul. These five rhythms are Flowing, Staccato, Chaos, Lyrical, and Stillness. And each one is like a state of being.
~ Gabrielle Roth, 1941 ~

Sweat your prayers, dance your pain, and move on.
~ Roth ~

We've all been dancing since the beginning of time. We're always in motion, even if we think we're not. If you feel static, then you've got a problem.
~ Judith Jamison, 1943- ~
Dancing Spirit: An Autobiography, 1993

Once you've danced, you always dance.
~ Jamison ~
in *Essence*, 1988 December

Dancing symbolizes the rhythmic, patterned movements of life itself. Music and dance amplify and make manifest to our senses the unheard tones and unseen waves that weave together the matter of existence. Even when we are sitting most still or resting in deepest sleep, the atoms, molecules, cells, tissues, organs, and systems of our bodies dance in astounding harmony and exchange the ambient energies from air, water, food, and invisible electromagnetic radiation.
~ Yaya Diallo, 1946- ~
in Yaya Diallo & Mitchell Hall, *The Healing Drum: African Wisdom Teachings*, 1989

My job is to be resilient. That's why I call life a dance.
~ Bill T. Jones, 1952- ~

Everything is animate. Everything moves. It's just that some things move slower than other things, like the mountains or the ground itself. But everything has its movement, has its life.
~ David Abram, 1957- ~
Radio interview, "Insight & Outlook," by Scott London, 1999

Life is movement, movement is life.
To live is to move, to move is to be alive.
~ Mirka Knaster ~

When your body dances, your soul travels and remembers, free of the limits of this life, free of the limitations of time and space.
~ Frank Natale ~

DARING / CHALLENGE

Related States & Conditions: Actualization/Fulfillment, Beginning/Endeavour, Cause, Courage, Creativity/Discovery/Innovation, Dreams/Dreaming, Exploration, Goal/Ideal/Purpose, Growth/Expansion, Initiative, Insecurity/Risk, Opportunity, Possibility/Potential, Questioning/Doubt, Seeking, Transformation

Syntonic: Action/Effort, Appreciation, Attention/Awareness, Autonomy/Control, Commitment/Dedication, Confidence, Conviction/Principle, Decision/Decisiveness, Determination/Persistence/Resolve, Discipline, Diversity/Multiplicity, Engagement/Integration/Involvement, Expectation/Hope, Faith, Flexibility/Flow/Flux, Focus/Intention, Imagination, Inspiration, Optimism/Positivism, Power, Preparation/Readiness, Self-Reliance, Strength, Vision/Visualization

Dystonic: Attachment, Avoidance/Denial/Refusal, Complacency, Conformity, Defeat, Deferment/Delay, Dependence, Depression/Despair/Distress, Distraction/Diversion, Habit, Laziness, Limitation, Regret, Worry

The superior man makes the difficulty to be overcome his first interest; success comes only later.
~ Kongfuzi, c. 551–c. 479 BCE ~

Only by great risks can great results be achieved.
~ Xerxes, c. 519-465 BCE ~

Great deeds are usually wrought at great risks.
~ Herodotus, c. 485-c. 425 BCE ~
Histories

Fortune helps those who dare.
~ Virgil, 70-19 BCE ~
Aeneid, X, Line 284

Valor grows by daring, fear by holding back.
~ Publilius Syrus, c. 42 BCE ~

We don't dare because things are difficult;
Things are difficult because we don't dare.
~ Seneca, c. 4 BCE-65 CE ~

Admire those who attempt great things – even if they fail.
~ Seneca ~

Who dares nothing, need hope for nothing.
~ Friedrich von Schiller, 1759-1805 ~

He that climbs the tall tree has won right to the fruit.
He that leaps the wide gulf should prevail in his suit.
~ Walter Scott, 1771-1832 ~

To do anything in this world worth doing, we must not stand back shivering and thinking of the cold and danger, but jump in, and scramble through as well as we can.
~ Sydney Smith, 1771-1845 ~

Do not be too timid and squeamish about your actions. All life is an experiment. The more experiments you make the better. What if they are a little coarse, and you may get your coat soiled or torn? What if you do fail, and get fairly rolled in the dirt once or twice? Up again; you shall never be so afraid of a tumble.
~ Ralph Waldo Emerson, 1803-1882 ~
Journals of Ralph Waldo Emerson, 1863

Attacking is the only secret. Dare and the world always yields; or if it beats you sometimes, dare it again, and it will succumb.
~ William Makepeace Thackeray, 1811-1863 ~

To dare is to lose one's footing momentarily; to not dare is to lose one's self entirely.
~ Søren Kierkegaard, 1813-1855 ~

A man sits as many risks as he runs.
~ Henry David Thoreau, 1817-1862 ~

Everything is sweetened by risk.
~ Alexander Smith, 1829-1867 ~

The Path that leadeth on is lighted by one fire – the light of daring burning in the heart. The more one dares, the more he shall obtain.
~ Helen Blavatsky, 1831-1891 ~

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Twenty years from now you will be more disappointed by the things you didn't do than by the ones you did. So throw off the bowlines. Sail away from the safe harbor. Catch the trade winds in your sails. Explore. Dream. Discover.
~ Mark Twain, 1835-1910 ~

It is only by risking our persons from one hour to another that we live at all.
~ William James, 1842-1910 ~
The Will to Believe and Other Essays in Popular Philosophy, 1897

It is better to be high-spirited even though one makes more mistakes, than to be narrow-minded and all too prudent.
~ Vincent van Gogh, 1853-1890 ~

An idea that isn't risky is hardly worth calling an idea.
~ Oscar Wilde, 1856-1900 ~

Far better is it to dare mighty things, to win glorious triumphs, even though checkered by failure … than to rank with those poor spirits who neither enjoy much nor suffer much, because they live in a gray twilight that knows not victory nor defeat.
~ Theodore Roosevelt, 1858-1919 ~

Don't be afraid to take a big step if one is indicated. You can't cross a chasm in two small jumps.
~ David Lloyd George, 1863-1945 ~

One does not discover new lands without consenting to lose sight of the shore for a very long time.
~ André Gide, 1869-1951 ~

You've got to go out on a limb sometimes because that's where the fruit is.
~ Will Rogers, 1879-1935 ~

Accept the challenges so that you may feel the exhilaration of victory.
~ George S. Patton, Jr., 1885-1945 ~

Only those who will risk going too far can possibly find out how far one can go.
~ T. S. Eliot, 1885-1965 ~

The time when you need to do something is when no one else is willing to do it, when people are saying it can't be done.
~ Will Durant, 1885-1982 ~

Risk! Risk anything! Care no more for the opinion of others, for those voices. Do the hardest thing on earth for you. Act for yourself. Face the truth.
~ Katherine Mansfield, 1888-1923 ~
The Journal of Katherine Mansfield, J. Middleton Murry, ed., 1927

Take a chance! All life is a chance. The man who goes the furthest is generally the one who is willing to do and dare.
~ Dale Carnegie, 1888-1955 ~

Difficulty attracts the man of character because it is in embracing it that he realizes himself.
~ Charles de Gaulle, 1890-1970 ~

Behold the turtle. He makes progress only when he sticks his neck out.
~ James Conant, 1893-1978 ~

On the edge of destiny, you must test your strength.
~ Billy Bishop, 1894-1956 ~

I want to do it because I want to do it. Women must try to do things as men have tried. When they fail, their failure must be but a challenge to others.
~ Amelia Earhart, 1898-1937 ~

Often the difference between a successful man and a failure is not one's better abilities or idea, but the courage that one has to bet on his ideas, to take a calculated risk – and to act.
~ Maxwell Maltz, 1899-1975 ~

Then the time came when the risk it took
To remain tight in a bud was more painful
Than the risk it took to blossom.
~ Anaïs Nin, 1903-1977 ~

An individual, like a people, like a continent, dies out when he shrinks from both rash plans and rash acts, when, instead of taking risks and hurling himself toward being, he cowers within it, takes refuge there: a metaphysics of regression, a retreat to the primordial!
~ E. M. Cioran, 1911-1995 ~
The Temptation to Exist, 1956

Self-confidence is the result of a successfully survived risk.
~ Jack Gibb, 1914- ~

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To act is to be committed, and to be committed is to be in danger.
~ James Baldwin, 1924-1987 ~
"My Dungeon Shook," *The Fire Next Time*, 1962

The person who risks nothing does nothing, has nothing, is nothing. He may avoid suffering and sorrow, but he simply cannot learn, feel, change, grow, live and love.
~ Leo Buscaglia, 1924-1998 ~

Only those who dare to fail greatly can ever achieve greatly.
~ Robert F. Kennedy, 1925-1968 ~

If no one ever took risks, Michelangelo would have painted the Sistine floor.
~ Neil Simon, 1927- ~

You never live so fully as when you gamble with your own life.
~ Anthony deMello, 1931-1987 ~

Challenges make you discover things about yourself that you never really knew. They're what make the instrument stretch, what make you go beyond the norm.
~ Cicely Tyson, 1933- ~

Take into account that great love and great achievements involve great risk.
~ Dalai Lama, 1935- ~

All life itself represents a risk, and the more lovingly we live our lives the more risks we take … Of the thousands, maybe even millions, of risks we can take in a lifetime the greatest is the risk of growing up.
~ M. Scott Peck, 1936-2005 ~
The Road Less Travelled, 1978

With each passage of human growth we must shed a protective structure like a hardy crustacean. We are left exposed and vulnerable – but also yeasty and embryonic again, capable of stretching in ways we hadn't known before.
~ Gail Sheehy, 1937- ~

Risk brings its own rewards: the exhilaration of breaking through, of getting to the other side, the relief of a conflict healed, the clarity when a paradox dissolves. Whoever teaches us this is our agent of liberation. Eventually we know deeply that the other side of every fear is a freedom.

Finally, we must take charge of the journey, urging ourselves past our own reluctance and misgivings and confusion to new freedom.
~ Marilyn Ferguson, 1938- ~
The Aquarian Conspiracy, 1980

If those who made it did not have the courage and vision and made that "imaginary leap into the darkness," nothing would have happened. It is time we take creative risks.
~ Trevor Rhone, 1940- ~
in *The Sunday Gleaner*, 2001

Don't fear failure so much that you refuse to try new things. The saddest summary of a life contains three descriptions: could have, might have, and should have.
~ Louis Eugene Boone, 1941- ~

If you run, you might lose. If you don't run, you're guaranteed to lose.
~ Jesse Jackson, 1941- ~

He who is not courageous enough to take risks will accomplish nothing in life.
~ Muhammad Ali, 1942- ~

Be bold. If you're going to make an error, make it a doozy, and don't be afraid to hit the ball.
~ Billie Jean King, 1943- ~

You have to take risks … We will only understand the miracle of life fully when we allow the unexpected to happen.
~ Paulo Coelho, c. 1947- ~
By the River Piedra I Sat Down and Wept, Alan R. Clarke, tr., 1996

The universe will reward you for taking risks on its behalf.
~ Shakti Gawain, 1948- ~

Some people just seem to be natural risk-takers; they keep on reaching, they keep on doing, until they get what they've wanted and dreamed about. They have a mind-set that accepts risk as a way of life. They are unwilling to settle for the "bird in the hand" if it is not the right bird.
~ Phillip McGraw, 1950- ~
Life Strategies: Doing What Works, Doing What Matters, 1999

If you are never scared or embarrassed or hurt, it means you never take chances.
~ Julia Soul

DEATH / DYING

Related States & Conditions: Actualization/Fulfillment, Age/Ageing, Appearance/Form, Breakthrough/Epiphany/Turning Point, Change, Chaos/Uncertainty, Continuity, Grief/Sorrow, Impermanence, Journey/Path, Liberation/Liberty/Freedom, Life/Living, Limitation, Meaning, Possibility/Potential, Questioning/Doubt, Release, Insecurity/Risk, Seeking, Self, Silence/Stillness, Spirituality, Time, Transformation

Syntonic: Acceptance, Appreciation, Attention/Awareness, Belief/Religion, Composure/Peace/Tranquility, Courage, Enlightenment/Realization/Transcendence, Equanimity, Faith, Flexibility/Flow/Flux, Inspiration, Optimism/Positivism, Preparation/Readiness, Strength

Dystonic: Anger, Attachment, Avoidance/Denial/Refusal, Defeat, Depression/Despair/Distress, Guilt, Regret, Worry

Death comes when the purpose of living is fulfilled; death shows what the reason for living was.
~ Khemetic Saying ~
Temt Tchaas: Egyptian Proverbs, Muata Ashaya Ashby, ed., 1994

Life and death are one thread, the same line viewed from different sides.
~ Laozi, 570-490 BCE ~

Even death is not to be feared by one who has lived wisely.
~ Buddha, c. 563-483 BCE ~

We don't know yet about life, how can we know about death?
~ Kongfuzi, c. 551–c. 479 BCE ~

The fear of death is indeed the pretense of wisdom, and not real wisdom, being a pretense of knowing the unknown; and no one knows whether death, which men in their fear apprehend to be the greatest evil, may not be the greatest good.
~ Plato, c. 427-347 BCE ~

To fear death, my friends, is only to think ourselves wise, without being wise: for it is to think that we know what we do not know. For anything that men can tell, death may be the greatest good that can happen to them: but they fear it as if they know quite well that it was the greatest of evils. And what is this but that shameful ignorance of thinking that we know what we do not know?
~ Socrates, 469-399 BCE ~
in Plato, *Apology*, 29

Never is the undying Self born nor does it die; never did it come to be nor will it come not to be: Unborn, eternal, everlasting is the primordial Self. It is not slain when the body is slain.
~ *Bhagavad Gita*, c. 400 BCE ~

Death is not a beginning; death is not an end. Who knows when the end is reached? Death may be the beginning of life. How do I know that love of life is not a delusion after all? How do I know that he who dreads to die is as a child who has lost the way and cannot find his home? How do I know but that the dead repent of having previously clung to life?
~ Zhuangzi, c. 369-c. 286 BCE ~

Death is nothing to us, since when we are, death has not come, and when death has come, we are not.
~ Epicurus, 341-270 BCE ~
"Letter to Menoeceus"

Death twitches my ear. "Live," he says, "I am coming."
~ Virgil, 70-19 BCE ~

A punishment to some, to some a gift, and to many a favor.
~ Seneca, c. 4 BCE-65 CE ~

The worst evil of all is to leave the ranks of the living before one dies.
~ Seneca ~

You must be willing to die in order to live.
~ Yoruba (Southern Nigeria) saying ~

The fear of death is more to be dreaded than death itself.
~ Publilius Syrus, c. 42 BCE ~

Maxim 511
The gods conceal from men the happiness of death, that they may endure life.
~ Lucian, c. 120-200 ~

The person who fears death either fears the total loss of all consciousness or the onset of new sensations. But if you have no consciousness, you will not feel any pain, and if you acquire new sensations, you will just be a different kind of living creature and so will not cease to live.
~ Marcus Aurelius, 121-180 ~
The Spiritual Teachings of Marcus Aurelius, Mark Forstater, tr., 2000

We need to look at the nature of death, and look at it objectively without the emotional baggage we carry about it. We will then find it to be merely a process of Nature. And anyone afraid of a process of Nature is a child.
~ Ibid.

It is not death that a man should fear, but he should fear never beginning to live.
~ Marcus Aurelius ~

You must realize that what
is at stake here does not
reside in words and phrases:
it is like sparks from struck flint,
like the brilliance of flashing lightning.
However you manage to deal with this,
you cannot get around
losing your body and life.
~ Yunmen Wenyan, 864-949 ~

Everyone's death is of the same quality as himself:
to the enemy of God, an enemy;
to the friend of God, a friend.
Your fear of death in fleeing from it
is really your fear of yourself.
Pay attention, dear soul!
~ Jalaluddin Rumi, 1207-1273 ~
"Fear of Yourself," Mathnawi III, 2537-2538
The Pocket Rumi Reader, Kabir Helminski, ed., 2001

Were we to live forever, then indeed people would not feel the pity for things. Truly the beauty of life is its uncertainty.
~ Yoshida Kenko, 1283-1350 ~

As a well-spent day brings happy sleep, so life well used brings happy death.
~ Leonardo da Vinci, 1452-1519 ~

Against his will he dieth that hath not learned to die. Learn to die and thou shalt learn to live, for there shall none learn to live that hath not learned to die.
~ *The Book of the Craft of Dying* ~
Medieval Christian Text

To begin depriving death of its greatest advantage over us ... let us deprive death of its strangeness, let us frequent it, let us get used to it; let us have nothing more often in mind than death ... We do not know where death awaits us; so let us await it everywhere. To practice death is to practice freedom. A man who has learned how to die has unlearned how to be a slave.
~ Michel de Montaigne, 1533-1592 ~

Men fear death as children fear to go in the dark; and as that natural fear in children is increased with tales, so is the other.
~ Francis Bacon, 1561-1626 ~
"Of Death," *Essays*, 1625

Cowards die many times before their deaths;
The valiant never taste of death but once.
Of all the wonders that I yet have heard,
It seems to me most strange that men should fear;
Seeing that death, a necessary end,
Will come when it will come.
~ William Shakespeare, 1564-1616 ~
Julius Caesar, II.ii, 1600

Nothing in his life
Became him like the leaving it.
~ Shakespeare ~
Macbeth, I.iv, 1606

Men must endure
Their going hence, even as their coming hither:
Ripeness is all.
~ Shakespeare ~
King Lear, V.ii, 1606

When one man dies, one chapter is not torn out of the book, but translated into a better language.
~ John Donne, 1572-1631 ~
in Julia Cameron, *Transitions: Prayers and Declarations for a Changing Life*, 1999

Die while you're alive
And be absolutely dead.
Then do whatever you want:
it's all good.
~ Bunan, 1603-1676 ~
in *The Enlightened Heart: An Anthology of Sacred Poetry*, Stephen Mitchell, tr. & ed., 1989

The wise man is never surprised by death; he is always ready to depart.
~ Jean de la Fontaine, 1621-1695 ~

Die – then live
Day and night within the world
Once you've done this, then you can
Hold the world right in your hand!
~ Bankei, 1622-1693 ~
Bankei Zen: Translations from the Record of Bankei, Yoshito Hakeda, ed., Peter Haskel, tr., 1984

He that lives to forever, never fears dying.
~ William Penn, 1644-1718 ~

Men fear death, as if unquestionably the greatest evil, and yet no man knows that it may not be the greatest good.
~ William Mitford, 1744-1827 ~

Often the real test of courage is not to die, but to live.
~ Vittorio Alfieri, 1749-1803 ~

Death – the last sleep? No, it is the final awakening.
~ Walter Scott, 1771-1832 ~

Perhaps the best cure for the fear of death is to reflect that life has a beginning as well as an end. There was a time when we were not; this gives us no concern – why then should it trouble us that a time will come when we shall cease to be?
~ William Hazlitt, 1778-1830 ~
Table Talk, 1821-1822

To die is only to be as we were before we were born; yet no one feels any remorse or regret, or repugnance, in contemplating this last idea. It is rather a relief and disburdening of the mind.
~ Hazlitt ~

Our repugnance to death increases in proportion to our consciousness of having lived in vain.
~ Hazlitt ~

Death is the liberator of him whom freedom cannot release, the physician of him whom medicine cannot cure, and the comforter of him whom time cannot console.
~ Charles Caleb Colton, 1780-1832 ~

After your death, you will be what you were before your birth.
~ Arthur Schopenhauer, 1788-1860 ~
Parerga and Paralipomena, 1851

We sometimes congratulate ourselves at the moment of waking from a troubled dream; it may be so the moment after death.
~ Nathaniel Hawthorne, 1804-1864 ~
Passages from the American Notebooks, 1868

The tragedy of a man's life is what dies inside of him while he lives.
~ Henry David Thoreau, 1817-1862 ~

Has anyone supposed it lucky to be born? I hasten to inform him or her it is just as lucky to die, and I know it.
~ Walt Whitman, 1819-1892 ~
"Song of Myself," *Leaves of Grass*, 1855

Many a life has been injured by the constant expectation of death. It is life we have to do with, not death. The best preparation for the night is to work diligently while the day lasts. The best preparation for death is life.
~ George MacDonald, 1824-1905 ~

All say, "How hard it is that we have to die" – a strange complaint to come from the mouths of people who have had to live.
~ Mark Twain, 1835-1910 ~

Some people are so afraid to die that they never begin to live.
~ Henry Van Dyke, 1852-1933 ~

To die will be an awfully big adventure.
~ J. M. Barrie, 1860-1937 ~

Once I give form to my thought, I must free myself from it. For the time being, it seems to me that I want absolute freedom to create new forms for new ideas. I am sure physical death has the same meaning for us – the creative impulse of our soul must have new forms for its realization. Death can continue to dwell in the same sepulcher, but life must unceasingly outgrow its dwelling-place; otherwise the form gets the upper hand and becomes a prison.
~ Rabindranath Tagore, 1861-1941 ~
Letters to a Friend, C. F. Andrews, ed., 1929

Nature, body, and mind go to death, not we; we never go nor come.
~ Vivekananda, 1863-1902 ~
The Complete Works of Swami Vivekananda, 1984-1987, 7:70, 1926

There is no cure for birth and death save to enjoy the interval. The dark background which death supplies brings out the tender colors of life in all their purity.
~ George Santayana, 1863-1952 ~

Science says: "We must live," and seeks the means of prolonging, increasing, facilitating and amplifying life, of making it tolerable and acceptable; wisdom says: "We must die," and seeks how to make us die well.
~ Miguel de Unamuno, 1864-1936 ~

To fear love is to fear life, and those who fear life are already three parts dead.
~ Bertrand Russell, 1872-1970 ~

I am convinced that it is hygienic – if I may use the word – to discover in death a goal towards which one can strive, and that shrinking away from it is something unhealthy and abnormal which robs the second half of life of its purpose.
~ Carl Jung, 1875-1961 ~

The call of death is the call of love. Death can be sweet if we answer it in the affirmative, if we accept it as one of the great eternal forms of life and transformation.
~ Hermann Hesse, 1877-1962 ~
in Julia Cameron, *Transitions: Prayers and Declarations for a Changing Life*, 1999

Everything is alive … there is nothing dead, it is only we who are dead. If we become alive for a moment, we shall feel that everything is alive, that all things live, think, feel and can speak to us.
~ P. D. Ouspensky, 1878-1947 ~
A New Model for the Universe, 1934

Death destroys a man, but knowledge of death saves him.
~ E. M. Forster, 1879-1970 ~
Where Angels Fear to Tread

You would know the secret of death.
But how shall you find it unless you seek it in the heart of life? …
If you would indeed behold the spirit of death, open your heart wide unto the body of life.
For life and death are one, even as the river and the sea are one.
~ Khalil Gibran, 1883-1931 ~
The Prophet, 1923

No one's death comes to pass without making some impression, and those close to the deceased inherit part of the liberated soul and become richer in their humaneness.
~ Hermann Broch, 1886-1951 ~
The Spell, 1987

Death is not an event in life: we do not live to experience death. If we take eternity to mean not infinite temporal duration but timelessness, then eternal life belongs to those who live in the present.
~ Ludwig Wittgenstein, 1889-1951 ~
Tractatus Logico-Philosophicus, 1921

Most people die at the last minute; others twenty years beforehand, some even earlier. They are the wretched of the earth.
~ Louis Celine, 1894–1961 ~
Journey to the End of Night, 1932

He who perceives death perceives a sense of the human comedy, and quickly becomes a poet.
~ Lin Yutang, 1895-1976 ~
The Importance of Living, 1937

To live before death is to live with death; which means that one is living in a timeless world. One is living a life in which everything that one acquires is constantly ending, so that there is always a tremendous movement, one is not fixed in a certain place. This is not a concept. When one invites death, which means the ending of everything that one holds, dying to it, each day, each minute, then one will find – (not "one" there is then no oneself finding it, because one has gone) – then there is that state of a timeless dimension in which the movement we know as time, is not. It means the emptying of the content of one's consciousness so that there is no time; time comes to an end, which is death.
~ Jiddu Krishnamurti, 1895-1986 ~
The Wholeness of Life, 1978

We start dying the moment we are born. Death is woven into life, and everything that lives and grows lives towards its own death and from the death of the things it outgrows. This is all part of an unconscious, everlasting, and painless process of change. The growth of the ego that determines,

holds fast, and circles fixed points makes it harder, however, to move on and make room for the new. Happy the man or woman who knows how to leave things behind! But one day death in the real sense approaches. This is something more than the dying involved in every change. It means growing through and beyond this literal dying – the ultimate growing-beyond-self.
~ Karlfried Durckheim, 1896-1988 ~
The Call for the Master, Vincent Nash, tr., 1989

Since death's face changes with the eyes that look at it, it is our own maturity and mentality that determine whether we see it as a threat to life, mercilessly cutting it short, or as something that is part of life and yet points beyond it to another life, in which the familiar yields to the unknown, or perhaps to an Absolute beyond time and change.
~ Ibid.

The fear of death is the fine for accepting the identity of the body as a separate entity in the total functioning.
~ Nisargadatta, 1897-1981 ~

People are afraid to die, because they do not know what is death ... the moment you know your real being, you are afraid of nothing. Death gives you freedom and power.
~ Nisargadatta ~

Do not fear death so much, but rather the inadequate life.
~ Bertolt Brecht, 1898-1956 ~

Life is a great surprise. I don't see why death should not be an even greater one.
~ Vladimir Nabokov, 1899-1977 ~
Pale Fire: A Novel, 1962

In nature, there is less death and destruction than death and transmutation.
~ Edwin Teale, 1899-1980 ~
Circle of the Seasons

Death no longer seems the final end it used to be, but rather the entrance to a new and free existence which includes all space and time.
~ Charles Lindbergh, 1902-1974 ~

Death gives value, and in a sense almost infinite value, to our lives, and makes more urgent and attractive the task of using our lives to achieve something for others ... which apparently embodies more or less what is called the meaning of life.
~ Karl R. Popper, 1902-1994 ~
in Karl R. Popper & John C. Eccles, *The Self and Its Brain*, 1981

When I was analyzing I observed clearly that the fear of death was in proportion to not-living. The less a person was in life, the greater the fear. By being alive I mean living out of all the cells, all the parts of one's self. The cells which are denied become atrophied, like a dead arm, and infect the rest of the body. People living deeply have no fear of death.
~ Anaïs Nin, 1903-1977 ~
The Diary of Anaïs Nin, Vol. II, Gunther Stuhlmann, ed., 1967

I postpone death by living, by suffering, by error, by risking, by giving, by loving.
~ Nin ~

Our life and death are the same thing. When we realize this fact, we have no fear of death anymore, nor actual difficulty in our life.
~ Shunryu Suzuki, 1905-1971 ~
Zen Mind, Beginner's Mind, 1970

The conquest of the fear of death is the recovery of life's joy. One can experience an unconditional affirmation of life only when one has accepted death, not as contrary to life, but as an aspect of life. Life in its becoming is always shedding death, and on the point of death. The conquest of fear yields the courage of life. That is the cardinal initiation of every heroic adventure – fearlessness and achievement.
~ Joseph Campbell, 1904-1987 ~

Do not seek death. Death will find you. But seek the road which makes death a fulfillment.
~ Dag Hammarskjöld, 1905-1961 ~
Markings, 1964

In the last analysis it is our conception of death which decides our answers to all the questions that life puts to us.
~ Hammarskjöld ~

The goal in life is to die young – as late as possible.
~ Ashley Montagu, 1905-1999 ~

I often feel that death is not the enemy of life, but it is our friend, for it is the knowledge that our years are limited, which makes them so precious.
~ Joshua Liebman, 1907-1948 ~

The distraction of human life to the war against death, by the same inevitable irony, results in death's dominion over life. The war against death takes the form of a preoccupation with the past and the future, and the present tense, the tense of life, is lost.
~ Norman O. Brown, 1913-2002 ~

Death is the epitome of the truth that in each moment we are thrust into the unknown. Here all clinging to security is compelled to cease, and wherever the past is dropped away and safety abandoned, life is renewed. Death is the unknown in which all of us lived before birth. Nothing is more creative than death, since it is the whole secret of life. It means that the past must be abandoned, that the unknown cannot be avoided, that "I" cannot continue, and that nothing can be ultimately fixed. When a man knows this, he lives for the first time in his life. By holding his breath, he loses it. By letting it go, he finds it.
~ Alan Watts, 1915-1973 ~
The Wisdom of Insecurity, 1951

You never die because you were never born; you've just forgotten who you are.
~ Watts ~

Death is not the greatest loss in life. The greatest loss is what dies inside us while we live.
~ Norman Cousins, 1915-1990 ~

If you're afraid to die, you will not be able to live.
~ James Baldwin, 1924-1987 ~

Death is a challenge. It tells us not to waste time ... It tells us to tell each other right now that we love each other.
~ Leo Buscaglia, 1924-1998 ~

Death is always close by. And what's important is not to know if you can avoid it, but to know that you have done the most possible to realize your ideas.
~ Frantz Fanon, 1925-1961 ~

Death is not a deplorable event; it is the journey's end, the owner getting out of the car when the time is up and the goal is reached. It is a consummation, a happy conclusion, or at least it ought to be, if only all are wise enough to treat it as such and be prepared for it.
~ Satya Sai Baba, 1926- ~

If we value so highly the dignity of life, how can we not also value the dignity of death? No death may be called futile.
~ Yukio Mishima, 1935-1970 ~
"How to Read *Hagakure*," *Mishima on Hagakure*, 1977

The encounter with death begins at birth, not when we are actually sick and dying ... If sickness, old age, and death are unfortunate, then certainly, so is birth.
~ Issan Dorsey, 1933-1990 ~
in David Schneider, *Street Zen: The Life and Work of Issan Dorsey*, 1993, 2000

What is there possibly left for us to be afraid of, after we have dealt face to face with death and not embraced it? Once I accept the existence of dying as a life process, who can ever have power over me again?
~ Audre Lorde, 1934-1992 ~
The Cancer Journals, 1980

If you are mindful of death, it will not come as a surprise – you will not be anxious. You will feel that death is merely like changing your clothes. Consequently, at that point you will be able to maintain your calmness of mind.
~ Dalai Lama, 1935- ~
A Policy of Kindness, Sidney Piburn, ed., 1990, 1993

It is death that provides life with all its meaning.
~ M. Scott Peck, 1936-2005 ~
The Road Less Travelled, 1978

If we can live with the knowledge that death is our constant companion, then death can become our "ally," still fearsome but continually a source of wise counsel ... When we shy away from death, the ever-changing nature of things, we inevitably shy away from life.
~ Ibid.

When we realize that ... our body is already broken, that indeed we are already dead, then life becomes precious and we open to it just as it is, in the moment it is occurring ... How little fear can interpose, how little doubt can estrange us. When you live your life as though you're already dead, life takes on new meaning. Each moment becomes a whole lifetime, a universe unto itself.
~ Stephen Levine, 1937- ~
Who Dies? An Investigation of Conscious Living and Conscious Dying, 1982

Death or the process of dying seems to be accompanied by a sense of expanding beyond oneself, of dissolving out of form, of melting into the undifferentiated … For a few moments, awareness shines more brilliantly than a thousand suns and there is the experience of the one reality out of which all creation arises.
~ Ibid.

Machines will never be able to give the thinking process a model of thought itself, since machines are not mortal. What gives humans access to the symbolic domain of value and meaning is the fact that we die.
~ Régis Debray, 1940- ~

Death, we say, is the equivalent of an empty, lifeless void. Yet nothing in the whole of modern physics justifies this view. The void is charged with invisible potentials just waiting to happen. Matter *cannot* come to nothing; it can only be transmuted into energy, and vice versa. Even from a materialistic point of view, then, there can never be an end to ourselves – only a transmutation.
~ Larry Dossey, 1940- ~
"Healing and Modern Physics: Exploring Consciousness and the Small-Is-Beautiful Assumption," in *Alternative Therapies*, 1999 July

Once you're dead, you're made for life.
~ Jimi Hendrix, 1942-1970 ~

The knowledge that we will die burns out our attachments to the dignified madness of our socially constructed existence. Death is an ally that helps us to release our clinging to social position, material accumulation, and superficial desires as a source of ultimate security.
~ Duane Elgin, 1943- ~
Voluntary Simplicity, 1981

Death does not necessarily diminish us, it also deepens our awareness of what it means to be alive.
~ Brian Patten, 1946- ~
Grave Gossip

I live my life even now as if I could die this evening. Your priorities are different when you live your life constantly aware that death is stalking you. You don't waste your time in trivia or mundane things, or get upset by people. You are much more loving and compassionate.
~ Deepak Chopra, 1947- ~
in *A&U*, 2001 April

Fear not that you may die; instead, fear that you will reach death and realize that you have never truly lived.
~ Unknown ~

Death is a stripping away of all that is not you. The secret of life is "to die before you die" – and find that there is no death.
~ Eckhard Tolle, 1948- ~
The Power of Now: A Guide to Spiritual Enlightenment, 1999

Death results in simply a different form of belonging to the community. It is a lesson from nature that change is the norm, that the world is defined by eternal cycles of decline and regeneration … Death is not a separation but a different form of communion, a higher form of connectedness with the community, providing an opportunity for even greater service.
~ Malidoma Somé, 1956- ~
The Healing Wisdom of Africa, 1999

Tears are sometimes an inappropriate response to death. When a life has been lived completely honestly, completely successfully, or just completely, the correct response to death's perfect punctuation mark is a smile.
~ Julie Burchill, 1960- ~
in *The Independent* (London), 1989 December 5

Good strong people get cancer, and they do all the right things to beat it, and they still die. That is the essential truth that you learn. People die. And after you learn it, all other matters seem irrelevant.
~ Lance Armstrong, 1971- ~
It's Not About the Bike, 2000

I never think he is quite ready for another world who is altogether weary of this.
~ Hugh Hamilton ~

Death is more universal than life; everyone dies but not everyone lives.
~ A. Sachs ~

People so often give up in death and that is a pity. Death is not a tragedy to be feared, but actually it is an opportunity for transformation.
~ Sogyal Rinpoche ~
The Tibetan Book of Living and Dying, 1992

DECISION / DECISIVENESS

Related States & Conditions: Action/Effort, Actualization/Fulfillment, Autonomy/Control, Beginning/Endeavour, Cause, Choice/Volition, Cost, Desire, Focus/Intention, Initiative, Opportunity, Possibility/Potential, Questioning/Doubt, Responsibility, Solution, Struggle, Value/Worth

Syntonic: Acceptance, Attention/Awareness, Commitment/Dedication, Confidence, Courage, Creativity/Discovery/Innovation, Daring/Challenge, Detachment, Determination/Persistence/Resolve, Diligence, Discipline, Engagement/Involvement/Integration, Exploration, Flexibility/Flow/Flux, Goal/Ideal/Purpose, Integrity, Optimism/Positivism, Preparation/Readiness, Release, Self-Reliance, Understanding, Vision/Visualization, Wisdom

Dystonic: Avoidance/Denial/Refusal, Chaos/Uncertainty, Conformity, Deferment/Delay, Delusion, Distraction/Diversion, Fault, Fear, Habit, Haste/Impatience, Inaction, Laziness, Limitation, Regret, Revenge, Worry

Beware of irresolution in the intent of thy actions, beware of instability in the execution; so shalt thou triumph over two great failings of thy nature.
~ Khemetic Saying ~
Temt Tchaas: Egyptian Proverbs, Muata Ashaya Ashby, ed., 1994

Indecisiveness reflects the mental difficulties that arise when one has lost confidence in one's own inner voice. A person must find the courage to uncover his own deep-seated fears, which may appear to be blocking his forward progress. Openness and honesty will help. Excessive determination will lead to violence, just as prolonged vacillation will lead to exhaustion. Make a decision, and then act on it.
~ *Yi Jing*, c. 1150 BCE ~
"Sun: Mildness" in *The Photographic I Ching*, Dhiresha McCarver, tr., 1997

One who sits between two chairs may easily fall down.
~ Russian Saying ~

Life is not long, and too much of it must not pass in idle deliberation how it shall be spent.
~ Samuel Johnson, 1709-1784 ~

A man who has lost courage lacks decision because he faces alternatives that are all very dangerous. And the worst thing in our enterprises is indecision. The essential quality of a general is resolution, the ability to make decisions.
~ Napoléon Bonaparte, 1769-1821 ~

Once you make a decision, the universe conspires to make it happen.
~ Ralph Waldo Emerson, 1803-1882 ~

Make up your mind to act decidedly and take the consequences. No good is ever done in this world by hesitation.
~ Thomas Huxley, 1825-1895 ~
in Leonard Huxley, *Life and Letters of Thomas Henry Huxley, Vol. 2*, 1900

There is no more miserable human being than one in whom nothing is habitual but indecision.
~ William James, 1842-1910 ~
Principles of Psychology, 1890

If you take too long in deciding what to do with your life, you'll find you've done it.
~ George Bernard Shaw, 1856-1950 ~

One's mind has a way of making itself up in the background, and it suddenly becomes clear what one means to do.
~ A. C. Benson, 1862-1925 ~
Extracts from the Letters of Dr. A. C. Benson to M. E. A., 1926

Nothing is so exhausting as indecision, and nothing is so futile.
~ Bertrand Russell, 1872-1970 ~
The Conquest of Happiness, 1930

The great decisions of human life usually have far more to do with the instincts and other mysterious unconscious factors than with conscious will and well-meaning reasonableness.
~ Carl Jung, 1875-1961 ~

Living is a constant process of deciding what we are going to do.
~ José Ortega y Gasset, 1883-1955 ~

Fiddling with this
And that technique
Is of no avail.
Simply act decisively
Without reserve!
~ Morihei Ueshiba, 1883-1969 ~
The Art of Peace, John Stevens, tr., 1992

I invented this rule for myself to be applied to every decision I might have to make in the future. I would sort out all the arguments and see which belonged to fear and which to creativeness, and other things being equal I would make the decision which had the larger number of creative reasons on its side. I think it must be a rule something like this that makes jonquils and crocuses come pushing through the cold mud.
~ Katharine Hathaway, 1890-1942 ~
The Journals and Letters of the Little Locksmith, 1946

Continually one faces the horrible matter of making decisions ... The solution (we honestly believe) is, as far as possible, to avoid conscious rational decisions and choices: simply to do what you find yourself doing; to float in the great current of life with as little friction as possible; to allow things to settle themselves, as indeed they do with the most infallible certainty.
~ Christopher Morley, 1890-1957 ~
Inward Ho, 1923

Once the *what* has been decided, the *how* always follows. We must not make the *how* an excuse for not facing and accepting the *what*.
~ Pearl S. Buck, 1892-1973 ~
To My Daughters, With Love, 1967

We are given one life and the decision is ours whether to wait for circumstances to make up our mind, or whether to act and, in acting, live.
~ Omar Bradley, 1893-1981 ~

But decisions, particularly important ones, have always made me sleepy, perhaps because I know that I will have to make them by instinct, and thinking things out is only what other people tell me I should do.
~ Lillian Hellman, 1905-1984 ~
Pentimento

Man does not simply exist, but always decides what his existence will be, what he will become in the next moment.
~ Viktor Frankl, 1905-1998 ~

It is the characteristic excellence of the strong man that he can bring momentous issues to the fore and make a decision about them. The weak are always forced to decide between alternatives they have not chosen themselves.
~ Dietrich Bonhoeffer, 1906-1945 ~

Whenever you see a successful business, someone once made a courageous decision.
~ Peter Drucker, 1909-2005 ~

Every decision you make stems from what you think you are, and represents the value that you put upon yourself.
~ Helen Schucman, 1910-1981 ~
A Course in Miracles, 1975

When one's mind is made up, this dimishes fear; knowing what must be done does away with fear.
~ Rosa Parks, 1913-2005 ~
Quiet Strength, 1994

He who hesitates is poor.
~ Mel Brooks, 1926- ~

The best decision-makers are those who are willing to suffer the most over their decisions but still retain their ability to be decisive.
~ M. Scott Peck, 1936-2005 ~
The Road Less Travelled, 1978

It's better to be boldly decisive and risk being wrong than to agonize at length and be right too late.
~ Marilyn Kennedy, 1943- ~

Again and again, the impossible problem is solved when we see that the problem is only a tough decision waiting to be made.
~ Marilyn vos Savant, 1946- ~

The longer I live, the more deeply I'm convinced that the diference between the successful person and the failure, between the strong and the weak, is a decision.
~ Willie E. Gary, 1947- ~

Everything starts with yourself – with you making up your mind about what you're going to do with your life.
~ Tony Dorsett, 1954- ~

Some people are very decisive when it comes to avoiding decisions.
~ Brendan Francis ~

DEFEAT

Related States & Conditions: Adversity, Age/Ageing, Chaos/Uncertainty, Conflict/Opposition, Death/Dying, Failure/Error, Grief/Sorrow, Limitation, Loneliness, Oppression, Suffering, Struggle, War/Aggression/Violence

Syntonic: Affirmation/Approval, Autonomy/Control, Beginning/Endeavour, Centering, Confidence, Courage, Creativity/Discovery/Innovation, Daring/Challenge, Determination/Persistence/Resolve, Expectation/Hope, Faith, Focus/Intention, Forgiveness, Health/Healing, Humor/Laughter, Inspiration, Introspection/Self-Knowledge, Learning, Optimism/Positivism, Passion, Power, Release, Renewal, Responsibility, Self-Reliance, Spirituality, Strength, Zeal/Zest

Dystonic: Anger, Attachment, Avoidance/Denial/Refusal, Chaos/Uncertainty, Complacency, Criticism/Judgment, Delusion, Dependence, Depression/Despair/Distress, Fault, Fear, Guilt, Habit, Hate, Jealousy/Envy, Laziness, Revenge

The real disgrace of poverty is not in owning to the fact but in declining to struggle against it.
~ Thucydides, c. 460-c. 399 BCE ~

A good man would prefer to be defeated than to defeat injustice by evil means.
~ Sallust, 86-c. 34 BCE ~
Jugurthine War, 41 BCE

When defeat is inevitable, it is wisest to yield.
~ Quintillian, c. 35-c. 100 CE ~

There are defeats more triumphant than victories.
~ Michel de Montaigne, 1533-1592 ~
Essais, 1580

Defeat should never be a source of discouragement but rather a fresh stimulus.
~ Robert South, 1634-1716 ~

Our strength grows out of our weakness. Not until we are pricked and stung and sorely shot at, awakens the indignation which arms itself with secret forces. A great man is always willing to be little. Whilst he sits on the cushion of advantages he goes to sleep. When he is pushed, tormented, defeated, he has a chance to learn something; he has been put on his wits; on his manhood; he has gained facts; learned his ignorance; been cured of the insanity of conceit; he has got moderation and real skill.
~ Ralph Waldo Emerson, 1803-1882 ~

It is defeat that turns bone to flint; it is defeat that turns gristle to muscle; it is defeat that makes men invincible. Do not then be afraid of defeat. You are never so near to victory as when defeated in a good cause.
~ Henry Ward Beecher, 1813-1887 ~

Defeat is not the worst of failures. Not to have tried is the true failure.
~ George Woodberry, 1855-1930 ~

Many of life's failures are people who did not realize how close they were to success when they gave up.
~ Thomas Edison, 1847-1931 ~

He alone fails who gives up and lies down.
~ Ralph Waldo Trine, 1866-1958 ~

A man is not defeated by his opponents but by himself.
~ Jan Christian Smuts, 1870-1950 ~

There are no contests in the Art of Peace. A true warrior is invincible because he or she contests with nothing. Defeat means to defeat the mind of contention that we harbor within.
~ Morihei Ueshiba, 1883-1969 ~
The Art of Peace, John Stevens, tr., 1992

It is better to be defeated on principle than to win on lies.
~ Arthur Calwell, 1894-1973 ~

Believe you are defeated, believe it long enough, and it is likely to become a fact.
~ Norman Vincent Peale, 1898-1993 ~

Defeat is a thing of weariness, of incoherence, of boredom. And above all of futility.
~ Antoine de Saint-Exupéry, 1900-1944 ~

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Never give up and sit and grieve. Find another way.
~ Satchel Paige, 1900-1982 ~

The deepest personal defeat suffered by human beings is constituted by the difference between what one was capable of becoming and what one has in fact become.
~ Ashley Montagu, 1905-1999 ~

It's not whether you get knocked down. It's whether you get up.
~ Vince Lombardi, 1913-1970 ~

Defeat doesn't finish a man – quit does. A man is not finished when he's defeated. He's finished when he quits.
~ Richard Nixon, 1913-1994 ~

There could be no honor in a sure success, but much might be wrested from a sure defeat.
~ Ann Landers, 1918-2002 ~

There is no better than adversity. Every defeat, every heartbreak, every loss, contains its own seed, its own lesson on how to improve your performance the next time.
~ Malcolm X, 1925-1965 ~

The encountering (of defeats) may be the very experience which creates the vitality and the power to endure.
~ Maya Angelou, 1928- ~

It's easy to do anything in victory. It's in defeat that a man reveals himself.
~ Floyd Patterson, 1935- ~
in *The Boxing Book of Quotations*, Henry Mullan, ed., 1988

There are no mistakes. The events we bring upon ourselves, no matter how unpleasant, are necessary in order to learn what we need to learn; whatever steps we take, they're necessary to reach the places we've chosen to go.
~ Richard Bach, 1936- ~

Defeat is not bitter unless you swallow it.
~ Joe Clark, 1939- ~

Defeat is a state of mind. No one is ever defeated until defeat has been accepted as a reality. To me, defeat in anything is merely temporary, and its punishment is but an urge for me to greater effort to achieve my goal. Defeat simply tells me that something is wrong in my doing; it is a path leading to success and truth.
~ Bruce Lee, 1940-1973 ~

You may not be responsible for getting knocked down, but you're certainly responsible for getting back up.
~ Jesse Jackson, 1941- ~

Only a man who knows what it is like to be defeated can reach down to the bottom of his soul and come up with the extra ounce of power it takes to win when the match is even.
~ Muhammad Ali, 1942- ~

It is inevitable that some defeat will enter even the most victorious life. The human spirit is never finished when it is defeated … it is finished when it surrenders.
~ Ben Stein, 1944- ~

You must think of failure and defeat as the springboards to new achievements or to the next level of accomplishment.
~ Les Brown, 1945- ~

Being defeated is only a temporary condition; giving up is what makes it permanent.
~ Marilyn vos Savant, 1946- ~

You won't win until you learn how to lose … Along with everything else, you have to acquire the ability to accept defeat. No one makes it without stumbling.
~ Kareem Abdul-Jabbar, 1947- ~
Kareem, 1990

And there are defeats. No one can avoid them. But it's better to lose some of the battles in the struggle for your dreams than to be defeated without ever even knowing what you're fighting for.
~ Paulo Coelho, c. 1947- ~
By the River Piedra I Sat Down and Wept, Alan R. Clarke, tr.

You can take from every experience what it has to offer you. And you cannot be defeated if you just keep taking one breath followed by another.
~ Oprah Winfrey, 1954- ~
"What I Know For Sure,," *O Magazine*, 2004 January

You may feel like dwelling on your limits or your fears. Don't do it. A perfect prescription for a squandered, unfulfilled life is to accommodate self-defeating feelings while undercutting your finest, most productive ones.
~ Marsha Sinetar ~

DEFERMENT / DELAY

Related States & Conditions: Avoidance/Denial/Refusal, Complacency, Conformity, Dispatch, Dependence, Failure/Error, Inaction, Laziness, Limitation, Questioning/Doubt, Retreat/Withdrawal

Syntonic: Action/Effort, Beginning/Endeavour, Confidence, Courage, Creativity/Discovery/Innovation, Daring/Challenge, Decision/Decisiveness, Determination/Persistence/Resolve, Dispatch, Expectation/Hope, Faith, Focus/Intention, Inspiration, Optimism/Positivism, Passion, Power, Preparation/Readiness, Presence, Release, Renewal, Responsibility, Self-Reliance, Today, Zeal/Zest

Dystonic: Anger, Attachment, Chaos/Uncertainty, Criticism/Judgment, Delusion, Depression/Despair/Distress, Fault, Fear, Guilt, Habit, Worry

Strive not, my soul, for an immortal life, but make the most of what is possible.
~ Pindar, 518-438 BCE ~
Pythian Odes

The man who is tardy acting
where utmost speed is called for,
rouses the ire of the gods who would set up
obstacles in his way; you can bank on that.
~ Vishnu Sharma, c. 200 BCE ~
Panchatantra, III.205, Chandra Rajan, tr., 1993

Dare to be wise; begin! He who postpones the hour of living rightly is like the rustic who waits for the river to run out before he crosses.
~ Horace, 65-8 BCE ~

Expecting is the greatest impediment to living. In anticipation of tomorrow, it loses today.
~ Seneca, c. 4 BCE-65 CE ~

The greatest loss of time is delay and expectation, which depend upon the future. We let go of the present, which we have in our power, and look forward to that which depends upon chance, and so relinquish a certainty for an uncertainty.
~ Seneca ~

Believe me, "I shall live" is not the saying of a wise man. Tomorrow's life is too late: live today.
~ Martial, c. 40-c. 104 ~
Epigrammata

Think of all the years passed by in which you said to yourself, "I'll do it tomorrow," and how the gods have again and again granted you periods of grace of which you have not availed yourself. It is time to realize that you are a member of the Universe, that you are born of Nature itself, and to know that a limit has been set to your time. Use every moment wisely, to perceive your inner refulgence, or 'twill be gone and nevermore within your reach.
~ Marcus Aurelius, 121-180 ~
Meditations, Book 2:4 in *Two Suns Rising*, Jonathan Star, ed., 1991

If not now, when?
~ *Talmud*, 2nd-5th C. CE ~

Don't postpone today's pleasure till tomorrow.
~ Persian Saying ~
in Bernard Lewis, *A Middle East Mosaic*, 2000

Death will be so quick to swoop on you;
Gather merit till that moment comes!
Wait till then to banish laziness?
Then there'll be no time, what will you do?
"This I have not done. And this I'm only starting.
And this – I'm only halfway through ..."
Then is the sudden coming of the Lord of Death,
And oh, the thought, "Alas, I'm finished."
~ Shantideva, 7th C. ~
The Way of the Boddhisattva, Padmakara, tr., 1997

Delay always breeds danger, and to protract a great design is often to ruin it.
~ Miguel de Cervantes, 1547-1616 ~
Don Quixote

By the streets of by and by, one arrives at the house of never.
~ Cervantes ~

Matters sometimes are not clear even when it is urgent to understand them. Relax and they will become clear by themselves; don't invite

frustration with impatience. There are people who will not comply when they are expected to comply. Let them be and they will fall in line; don't induce more stubborness with your insistence.
~ Hong Zicheng, fl. 1596 ~
Caigentan: Vegetable Roots Discourse, I.153, Robert Aitken & Daniel W. Y. Kwok, trs., 2006

It is better to have a hen tomorrow than an egg today.
~ Thomas Fuller, 1608-1661 ~

The prospect of being pleased tomorrow will never console me for the boredom of today.
~ François de La Rochefoucauld, 1613-1680 ~

As we are always preparing to be happy, it is inevitable that we should never be so.
~ Blaise Pascal, 1623-1662 ~

Very few men, properly speaking, live at present, but are providing to live another time.
~ Jonathan Swift, 1667-1745 ~

Procrastination is the thief of time.
~ Edward Young, 1683-1765 ~
Night-Thoughts on Life, Death and Immortality, 1742-1746

One today is worth two tomorrows; never leave that till tomorrow which you can do today.
~ Benjamin Franklin, 1706-1790 ~

Nothing will ever be attempted if all possible objections must first be overcome.
~ Samuel Johnson, 1709-1784 ~

It seems to be the fate of man to seek all his consolations in futurity.
~ Johnson ~

Delay is preferable to error.
~ Thomas Jefferson, 1743-1826 ~
Letter to George Washington, 1792 May 16

Lose this day loitering; 't will be the same old story tomorrow, and the next day more dilatory ... Each indecision brings its own delays and days are lost lamenting o'er lost days.
~ Johann von Goethe, 1749-1832 ~

Never do today what you can put off till tomorrow. Delay may give clearer light as to what is best to be done.
~ Aaron Burr, 1756-1836 ~
in James Parton, *Life and Times of Aaron Burr*

Space we can recover, time never.
~ Napoléon Bonaparte, 1769-1821 ~

To be always intending to live a new life, but never find time to set about it – this is as if a man should put off eating and drinking from one day to another till he be starved and destroyed.
~ Walter Scott, 1771-1832 ~

The best part of our lives we pass in counting on what is to come.
~ William Hazlitt, 1778-1830 ~

Men spend their lives in anticipation, in determining to be vastly happy at some period when they have time. But the present time has one advantage over every other – it is our own ... We may lay in a stock of pleasures, as we would lay in a stock of wine; but if we defer the tasting of them too long, we shall find that both are soured by age.
~ Charles Caleb Colton, 1780-1832 ~

Nothing would be done at all if one waited until one could do it so well that no one could find fault with it.
~ John Henry Newman, 1801-1890 ~

We are always getting ready to live but never living.
~ Ralph Waldo Emerson, 1803-1882 ~

You cannot do a kindness too soon, because you never know how soon it will be too late.
~ Emerson ~
Journals of Ralph Waldo Emerson, 1863

Where duty is plain delay is both foolish and hazardous; where it is not, delay may be both wisdom and safety.
~ Tryon Edwards, 1809-1894 ~

T'were too absurd to slight
for the hereafter, the day's delight.
~ Robert Browning, 1812-1889 ~

In putting off what one has to do, one runs the risk of never being able to do it.
~ Charles Baudelaire, 1821-1867 ~
Intimate Journals

The greater part of our lives is spent in dreaming over the morrow, and when it comes, it too is consumed in the anticipation of a brighter morrow, and so the cheat is prolonged, even to the grave.
~ Mark Rutherford, 1831-1913 ~

The load of tomorrow, added to that of yesterday, carried today, makes the strongest falter. We must learn to shut out the future as tightly as the past.
~ William Osler, 1849-1919 ~

Delay is a bitter tonic, but it increases the appetite.
~ Austin O'Malley, 1858-1932 ~
Keystones of Thought

"Never put off until tomorrow what you can do today." Under the influence of this pestilent morality, I am forever letting tomorrow's work slop backwards into today's, and doing painfully and nervously today what I could do quickly and easily tomorrow.
~ J. A. Spender, 1862-1942 ~

It is cheap generosity which promises the future in compensation for the present.
~ Spender ~

You do well to have visions of a better life than of every day, but it is the life of every day from which the elements of a better life must come.
~ Maurice Maeterlinck, 1862-1949 ~

I believe half the unhappiness in life comes from people being afraid to go straight at things.
~ William John Locke, 1863-1930 ~
Simon the Jester

Why always "Not yet"? Do flowers in spring say "Not yet"?
~ Norman Douglas, 1868-1952 ~
An Almanac

The habit of looking into the future and thinking that the whole meaning of the present lies in what it will bring forth is a pernicious one. There can be no value in the whole unless there is value in the parts.
~ Bertrand Russell, 1872-1970 ~

Immortality is the only thing which doesn't tolerate being postponed.
~ Karl Kraus, 1874-1936 ~
Sayings and Contradictions, 1909

The oldest habit in the world for resisting change is to complain that unless the remedy to the disease should be universally applied it should not be applied at all. But you must start somewhere.
~ Winston Churchill, 1874-1965 ~

We cannot put off living until we are ready. The most salient characteristic of life is its coerciveness; it is always urgent, "here and now," without any possible postponement. Life is fired at us point-blank.
~ José Ortega y Gasset, 1883-1955 ~
Mission of the University, 1944

Don't wait. The time will never be just right.
~ Napoleon Hill, 1883-1970 ~

One of the most tragic things I know about human nature is that all of us tend to put off living. We are all dreaming of some magical rose garden over the horizon – instead of enjoying the roses blooming outside our windows today.
~ Dale Carnegie, 1888-1955 ~

If you wait for the perfect moment when all is safe and assured, it may never arrive. Mountains will not be climbed, races won, or lasting happiness achieved.
~ Maurice Chevalier, 1888-1972 ~

While one person hesitates because he feels inferior, the other is busy making mistakes and becoming superior.
~ Henry Link, 1889-1952 ~

Conditions are never just right. People who delay action until all factors are favorable are the kind who do nothing.
~ William Feather, 1889-1981 ~
The Business of Life

The truth is that we live out our lives putting off all that can be put off; perhaps we all know deep down that we are immortal and that sooner or later all men will do and know all things.
~ Jorge Luis Borges, 1899-1986 ~
"Funes the Memorious," *Labyrinths*, 1962

What happens to a dream deferred?
Does it dry up like a raisin in the sun?
Or fester like a sore – and then run?
Does it stink like rotten meat?
Or crust and sugar over – like a syrupy sweet?
Maybe it just sags like a heavy load.
Or does it explode?
~ Langston Hughes, 1902-1967 ~
"Harlem," *Montage of a Dream Deferred*, 1951

A preoccupation with the future not only prevents us from seeing the present as it is, but often

prompts us to rearrange the past.
~ Eric Hoffer, 1902-1983 ~

When you say, "Wait a moment," you are bound by your karma; when you say "Yes I will," you are free.
~ Shunryu Suzuki, 1905-1971 ~

I would not sit waiting for some value tomorrow, nor for something to happen. One could wait for a lifetime … I would *make* something happen.
~ Louis L'Amour, 1908-1988 ~

To live only for some future goal is shallow. It's the sides of the mountain that sustain life, not the top.
~ Robert Pirsig, 1928- ~

We are now faced with the fact that tomorrow is today. We are confronted with the fierce urgency of *now*. In this unfolding conundrum of life and history there is such a thing as being too late. Procrastination is still the thief of time. Life often leaves us standing bare, naked, and dejected with a lost opportunity.
~ Martin Luther King, Jr., 1929-1968 ~
The Words of Martin Luther King, Jr., Coretta Scott King, ed., 1983

You must not procrastinate. Rather, you should make preparations so that even if you did die tonight, you would have no regrets. If you develop an appreciation for the uncertainty and imminence of death, your sense of the importance of using your time wisely will get stronger and stronger.
~ Dalai Lama, 1935- ~
Advice on Dying and Living a Better Life

Every moment that I am centered in the future, I suffer a temporary loss of this life.
~ Hugh Prather, 1938- ~

It is not uncommon for people to spend their whole life waiting to start living. Waiting is a state of mind. Basically, it means you want the future; you don't want the present. You don't want what you've got, and you want what you haven't got. With every kind of waiting, you unconsciously create inner conflict between your here and now, where you don't want to be, and the projected future, where you want to be. This greatly reduces the quality of your life by making you lose the present.
~ Eckhard Tolle, 1948- ~
The Power of Now: A Guide to Spiritual Enlightenment, 1999

None of us knows if we'll live to see another day, how long we may have together, to know love, to experience tenderness, to share oneself with another. Once we know what we want, there is no time to waste, no need for hesitation, vacillation or delay. Just do it.
~ Larry Chang, 1949- ~

If we accept and internalize the fact of our own mortality, then, by definition, we have to deal with the essential questions of how we live and spend our allotted time. We have to stop procrastinating, pretending that we have forever to do what we want to do and be what we long to be.
~ Lama Surya Das, 1950- ~
Awakening to the Sacred: Creating a Spiritual Life from Scratch, 1999

Start living now. Stop saving the good china for that special occasion. Stop withholding your love until that special person materializes. Every day you are alive is a special occasion. Every minute, every breath, is a gift from God.
~ Mary Manin Morrissey, 1951- ~

Ultimately, all you have to do is to be willing to respond to the truth without hesitation.
~ Andrew Cohen, 1955- ~

We make up for so much time a little too late.
~ Alanis Morissette, 1974- ~

You cannot afford to wait for perfect conditions. Goal setting is often a matter of balancing timing against available resources. Opportunities are easily lost while waiting for perfect conditions.
~ Gary Ryan Blair ~
Mind Munchies: A Delicious Assortment of Brain Snacks!

For a long time it had seemed to me that life was about to begin – real life. But there was always some obstacle in the way, something to be got through first, some unfinished business, time still to be served, a debt to be paid. Then life would begin. At last it dawned on me that these obstacles were my life.
~ Fr. Alfred D'Souza ~

The tragedy of life is not that it ends so soon, but that we wait so long to begin it.
~ W. M. Lewis ~

Don't let your life wait for other people.
~ Meredith Rowe ~

DELUSION

Related States & Conditions: Attitude, Avoidance/Denial/Refusal, Belief/Religion, Complacency, Conformity, Conviction/Principle, Criticism/Judgment, Dependence, Distraction/Diversion, Failure/Error, Idea/Opinion, Insanity, Limitation, Perspective, Shadow

Syntonic: Attention/Awareness, Creativity/Discovery/Innovation, Determination/Persistence/Resolve, Diligence, Focus/Intention, Insight/Instinct/Intuition, Inspiration, Learning, Preparation/Readiness, Renewal, Responsibility, Truth, Understanding, Vision/Visualization, Wisdom

Dystonic: Anger, Attachment, Chaos/Uncertainty, Depression/Despair/Distress, Fault, Fear, Guilt, Habit, Worry

Who is it that affirms most boldly? Who is it that holds his opinion most obstinately? Ever they who hath most ignorance; for they also have most pride.
~ Khemetic Saying ~
Temt Tchaas: Egyptian Proverbs, Muata Ashaya Ashby, ed., 1994

The phenomena of life can be compared to a dream, a ghost, an air bubble, a shadow, glittering dew, the flash of lightning – and must be contemplated as such.
~ Buddha, c. 563-483 BCE ~

Beware that you do not lose the substance by grasping at the shadow.
~ Aesop, fl. c. 550 BCE ~

The worst of all deceptions is self-deception.
~ Plato, c. 427-347 BCE ~
Cratylus, 360 BCE

Nothing is so easy as to deceive one's self, for what we wish to believe, we readily believe, but such expectations are often inconsistent with the real state of things.
~ Demosthenes, c. 384-322 BCE BCE ~

No one was ever injured by the truth. But a man injures himself if he lives with self-deception and ignorance.
~ Marcus Aurelius, 121-180 ~
The Spiritual Teachings of Marcus Aurelius, Mark Forstater, tr., 2000

The awareness of mortals falls short. As long as they're attached to appearances, they're unaware that their mind is empty. And by mistakenly clinging to the appearance of things, they lose the Way.
~ Bodhidharma, 440-533 ~

Like an image in a dream the world is troubled by love, hatred, and other poisons. So long as the dream lasts, the image appears to be real; but on awaking it vanishes.
~ Shankara, 686-718 ~

Delusion completely overcomes man's sense of right and wrong.
~ *Srimad Bhagavata* ~

You should know that
The Buddha nature of the
Ignorant and of the
Enlightened are the same,
The only difference being
That the former are deluded whereas
The latter are awakened to it.
~ *Altar Sutra* ~

If you want to get rid of your enemy, the true way is to realize that your enemy is delusion.
~ *Kegon Sutra* ~

I beg you, cease going
From lecture to lecture;
It's better to seek truth directly.
The nature of Diamond Wisdom
Excludes even a speck of dust.
From "Thus we have heard,"
To "This I believe,"
All's but an array
Of unreal names.
~ Layman P'ang, 740-808 ~

If you love the sacred and despise the ordinary, you are still bobbing in the sea of delusion … Because you grasp labels and slogans, you are hindered by those labels and slogans, both those used in

ordinary life and those considered sacred. Thus they obstruct your perception of objective truth, and you cannot understand clearly.
~ Linji Yixuan, d. 867 ~
in *Zen Essence: The Science of Freedom*, Thomas Cleary, tr. & ed., 1989

Few people believe their
Inherent mind is Buddha.
Most will not take this seriously,
And therefore are cramped.
They are wrapped up in illusions, cravings,
Resentments, and other afflictions,
All because they love the cave of ignorance.
~ Fenyang Shanzhao, 947-1024 ~

It is because you still have calculation in your mind and your views are limited to effect and cause: you are not yet able to transcend religious sentiments and get beyond the shadows and traces.
~ Huanglong Huinan, 1002-1069 ~
in *The Pocket Zen Reader*, Thomas Cleary, ed., 1999

When a buddha appears in the world and expounds various teachings according to people's inclinations, all of the teachings are expedients, just for the purpose of breaking through obsessions, doubts, intellectual interpretations, and egocentric ideas. If there were no such false consciousness and false views, there would be no need for buddhas to appear and expound so many teachings.
~ Yuanwu Kekin, 1063-1135 ~
in *Zen Essence: The Science of Freedom*, Thomas Cleary, tr. & ed., 1989

To start from the self and try to understand all things is delusion. To let the self be awakened by all things is enlightenment. To be enlightened about delusion is to be a Buddha. To be deluded in the midst of enlightenment is to be an ordinary person.
~ Eihei Dogen, 1200-1253 ~
"Genjokoan" (The Manifestation of Truth)
in *The Enlightened Mind: An Anthology of Sacred Prose*, Stephen Mitchell, ed., 1991

It's this false thinking that blocks him
From the path that leads to himself.
By always saying, "Further on!"
He's become estranged from "here":
Because of a false fantasy
He's driven from reality.
~ Jalaluddin Rumi, 1207-1273 ~
"False Thinking," Mathnawi
Teachings of Rumi, Andrew Harvey, tr., 1999

Delusion is a Divine curse
that makes someone envious, conceited, malicious,
so that he doesn't know the evil he does
will strike him back.
If he could see his nothingness
and his deadly, festering wound,
pain would arise from looking within,
and that pain would save him.
~ Rumi ~
"Pain That Saves," Mathnawi II, 2513-17
The Pocket Rumi Reader, Kabir Helminski, ed., 2001

In the fundamental ground, there is no sign of ordinariness or sainthood, no purity or defilement. Because of the "dream" of consciousness conditioned by unconscious habit, purity and defilement appear in the midst of formlessness, and one sees distinctions between the ordinary and holy in the midst of the uncreated. When you think you are an ordinary mortal, you go running around after honor and gain, disappointed if you do not get them. When you think you are wise, you look down on everyone and develop a conceited attitude. When you are fooled by such delusions, you do not even believe in the existence of a fundamental ground of peace and happiness, let alone experience it.
~ Muso Kokushi, 1275-1351 ~
in *Dream Conversations on Buddhism and Zen*, Thomas Cleary, tr., 1994

The promises of the world are for the most part vain phantoms ... to have faith in oneself and become something of worth and value is the best and safest course.
~ Michelangelo Buonarotti, 1475-1564 ~

Nothing is so firmly believed as that which a man knoweth least.
~ Michel de Montaigne, 1533-1592 ~
Essais, I. 230, 1580

Who are a little wise the best fools be.
~ John Donne, 1572-1631 ~

There are petty-minded people who cannot endure to be reminded of their ignorance because, since they are usually quite blind to all things, quite foolish, and quite ignorant, they never question anything, and are persuaded that they see clearly what in fact they never see at all, save through the darkness of their own dispositions.
~ Madame de Sable, 1599-1678 ~
The Maxims of Madame de Sable, Arthur Chandler, tr.

Clear are the workings of cause
and effect
You become deluded, but
don't know
It's something that you've done yourself
That's what's called self-centeredness.
~ Bankei, 1622-1693 ~
Bankei Zen: Translations from the Record of Bankei, Yoshito Hakeda, ed., Peter Haskel, tr., 1984

A man must be both stupid and uncharitable who believes there is no virtue or truth but on his own side.
~ Joseph Addison, 1672-1719 ~

A long habit of not thinking a thing wrong gives it the superficial appearance of being right, and raises at first a formidable outcry in defense of custom. But the tumult soon subsides. Time makes more converts than reason.
~ Thomas Paine, 1737-1809 ~

There is nothing respecting which a man may be so long unconscious as of the extent and strength of his prejudices ... Nothing is so firmly believed as that which is least known.
~ Francis Jeffrey, 1773-1850 ~

The easiest person to deceive is one's own self.
~ Edward Bulwer-Lytton, 1803-1873 ~

People only see what they are prepared to see.
~ Ralph Waldo Emerson, 1803-1882 ~

There is no end to illusion. Life is a train of moods like a string of beads, and as we pass through them they prove to be many colored lenses which paint the world their own hue.
~ Emerson ~

Perfection does not exist. To understand this is the triumph of human intelligence; to expect to possess it is the most dangerous kind of madness.
~ Alfred de Musset, 1810–1857 ~

It's never too late to give up our prejudices.
~ Henry David Thoreau, 1817-1862 ~

No man is happy without a delusion of some kind. Delusions are as necessary to our happiness as realities.
~ Christian Bovee, 1820-1904 ~
Thoughts, Feelings and Fancies, 1857

Loyalty to a petrified opinion never yet broke a chain or freed a human soul.
~ Mark Twain, 1835-1910 ~

We all live in the protection of certain cowardices which we call our principles.
~ Twain ~
More Maxims of Mark, Merle Johnson, ed., 1927

A great many people think they are thinking when they are merely rearranging their prejudices.
~ William James, 1842-1910 ~

We have unquestionably a great cloud-bank of ancestral blindness weighing down upon us, only transiently riven here and there by fitful revelations of the truth.
~ James ~
Talks to Teachers, 1899

Out of damp and gloomy days, out of solitude, out of loveless words directed at us, conclusions grow up in us like fungus: one morning they are there, we know not how, and they gaze upon us, morose and gray. Woe to the thinker who is not the gardener but only the soil of the plants that grow in him!
~ Friedrich Nietzsche, 1844-1900 ~

If a million people say a foolish thing, it is still a foolish thing.
~ Anatole France, 1844-1924 ~

Illusions command themselves to us because they save us pain and allow us to enjoy pleasure instead. We must therefore accept it without complaint when they sometimes collide with a bit of reality against which they are dashed to pieces.
~ Sigmund Freud, 1856-1939 ~

Genuine ignorance is ... profitable because it is likely to be accompanied by humility, curiosity, and open-mindedness; whereas ability to repeat catch-phrases, cant terms, familiar propositions, gives the conceit of learning and coats the mind with varnish waterproof to new ideas.
~ John Dewey, 1859-1952 ~

The mind brings before us all our delusions – body, sex, creed, caste, bondage; so we have to tell the truth to the mind incessantly, until it is made to realize it. Our real nature is bliss, and all the pleasure we know is but a reflection, an atom, of

that bliss we get from touching our real nature.
~ Vivekananda, 1863-1902 ~
The Complete Works of Swami Vivekananda, 1984-1987, 8:7, 1926

Men heap together the mistakes of their lives, and create a monster they call Destiny.
~ John Oliver Hobbes, 1867-1906 ~

A universal stupidity is the belief that our neighbor's success is the cause of our failure.
~ Charles V. Roman, 1864-1934 ~
"What the Negro May Reasonably Expect of the White Man," *American Civilization and the Negro*, 1916

But do not distress yourself with imaginings. Many fears are born of fatigue and loneliness.
~ Max Ehrmann, 1872-1945 ~
Desiderata, 1927

The modern world is filled with men who hold dogmas so strongly that they do not even know they are dogmas.
~ G. K. Chesterton, 1874-1936 ~

If prejudice could reason, it would dispel itself.
~ William Pickens, 1881-1954 ~
The New Negro, 1914

If you do not raise your eyes you will think you are the highest point.
~ Antonio Porchia, 1886-1968 ~
Voices, W. S. Merwin, tr., 1988

What is history after all? History is facts which become legend in the end; legends are lies which become history in the end.
~ Jean Cocteau, 1889-1963 ~

In every age "the good old days" were a myth. No one ever thought they were good at the time. For every age has consisted of crises that seemed intolerable to the people who lived through them.
~ Brooks Atkinson, 1894-1984 ~
Once Around the Sun, 1951

One argues because one is confused. The man who knows does not argue; the man who argues does not know.
~ Lin Yutang, 1895-1976 ~
The Pleasures of a Nonconformist, 1962

Man has built in himself images as a fence of security – religious, political, personal. These manifest as symbols, ideas, beliefs. The burden of these images dominates man's thinking, his relationships, and his daily life. These images are the cause of our problems, for they divide man from man.
~ Jiddu Krishnamurti, 1895-1986 ~
Speech on leaving the Theosophical Society

It is precisely when the ground is pulled away and we plummet that we may suddenly sense a truth outside our normal way of seeing, and realize that the fixed values that used to be the whole story and formerly defined our own position are simply the objective correlative of a subjective stance that our own finite understanding has determined, and that has therefore cut us off from something that can never be determined.
~ Karlfried Durckheim, 1896-1988 ~
Zen and Us, Vincent Nash, tr., 1987

Each thing we see hides something else we want to see.
~ René Magritte, 1898-1967 ~

Our greatest illusion is disillusion. We imagine that we are disillusioned with life, when the truth is that we have not even begun to live.
~ Paul Brunton, 1898-1981 ~

The subtlest and most pervasive of influences are those which create and maintain the repertory of stereotypes. We are told about the world before we see it. We imagine most things before we experience them. And those preconceptions, unless education has made us acutely aware, govern deeply the whole process of perception.
~ Walter Lippmann, 1889-1974 ~

There is perhaps no phenomenon which contains so much destructive feeling as *moral indignation*, which permits envy or hate to be acted out under the guise of *virtue*.
~ Erich Fromm, 1900-1980 ~

Our greatest pretenses are built up not to hide the evil and the ugly in us, but our emptiness. The hardest thing to hide is something that is not there.
~ Eric Hoffer, 1902-1983 ~
The Passionate State of Mind, and Other Essays, Aphorism 217, 1955

Even though you think you are in delusion, your pure mind is there. To realize pure mind in your delusion is practice. If you have pure mind, essential mind in your delusion, the delusion will

vanish. It cannot stay when you say, "This is delusion." ... When you just observe the delusion, you have your true mind, your calm, peaceful mind.
~ Shunryu Suzuki, 1905-1971 ~
Zen Mind, Beginner's Mind, 1970

When you are fooled by something else, the damage will not be so big. But when you are fooled by yourself, it is fatal.
~ Suzuki ~

A "pattern of reaction" is the sum total of the ways we act in response to events, to words and to symbols ... in their more obvious forms we call them prejudices.
~ S. I. Hayakawa, 1906-1992 ~

We want the facts to fit the preconceptions. When they don't, it is easier to ignore the facts than to change the preconceptions.
~ Jessamyn West, 1907- ~

Questioning illusions is the first step in undoing them.
~ Helen Schucman, 1910-1981 ~
A Course in Miracles, 1975

There is a condition worse than blindness, and that is seeing something that isn't there.
~ L. Ron Hubbard, 1911-1986 ~

The world is full of people whose notion of a satisfactory future is, in fact, a return to the idealized past.
~ Robertson Davies, 1913-1995 ~
A Voice from the Attic, 1960

We suffer not from our vices and our weaknesses, but from our illusions. We are haunted, not by reality, but by those images we have put in place of reality.
~ Daniel Boorstin, 1914-2004 ~

Nobody is more dangerous than he who imagines himself pure in heart, for his purity, by definition, is unassailable.
~ James Baldwin, 1924-1987 ~
Nobody Knows My Name, 1961

Human beings seem to have an almost unlimited capacity to deceive themselves and to deceive themselves into taking their own lies for truth.
~ R. D. Laing, 1927-1989 ~
The Politics of Experience, 1967

Nothing in all the world is more dangerous than sincere ignorance and conscientious stupidity.
~ Martin Luther King, Jr., 1929-1968 ~

The first part of the spiritual journey should properly be called psychological rather than spiritual because it involves peeling away the myths and illusions that have misinformed us.
~ Sam Keen, 1931- ~

We have been raised to fear the yes in ourselves.
~ Audre Lorde, 1934-1992 ~

It is easy to question apparently irrational, funny or bizarre beliefs of others, but one's own are usually assumed to be true.
~ Frances Vaughan, 1935- ~

The mark of your ignorance is the depth of your belief in injustice and tragedy.
~ Richard Bach, 1936- ~
Illusions: The Adventures of a Reluctant Messiah, 1997

It is essential to our spiritual growth for us to become scientists who are skeptical of the common notions and assumptions of our culture. But the notions of science themselves often become cultural idols, and it is necessary that we become skeptical of these as well.
~ M. Scott Peck, 1936-2005 ~
The Road Less Travelled, 1978

To emphasize the afterlife is to deny life. To concentrate on Heaven is to create hell. In their desperate longing to transcend the disorderliness, friction, and unpredictability that pesters life; in their desire for a fresh start in a tidy habitat, germ-free and secured by angels, religious multitudes are gambling the only life they may ever have on a dark horse in a race that has no finish line.
~ Tom Robbins, 1936- ~
Skinny Legs and All, 1990

But a human being is never reducible to biology ... to enter the fallacy of physicalism – the idea that a human being can be defined and then treated as a material body ... overlooks a world of emotion, memory, fantasy, and meaning, all of which more directly define a human being.
~ Thomas Moore, 1940- ~
Original Self, 2000

Identification of consciousness with ego consciousness leads to confusion of mind with intellect, to acceptance of appearance as reality, to

materialistic formulations of the interaction of mind and matter, to isolation and fear, to increasingly negative conceptions of reality, and, ultimately and very logically, to disaster.
~ Andrew T. Weil, 1942- ~
The Natural Mind, 1986

It is hard to let old beliefs go. They are familiar. We are comfortable with them and have spent years building systems and developing habits that depend on them. Like a man who has worn eyeglasses so long that he forgets he has them on, we forget that the world looks to us the way it does because we have become used to seeing it that way through a particular set of lenses. Today, however, we need new lenses. And we need to throw the old ones away.
~ Kenich Ohmae, 1943- ~

We all create scenarios and then become convinced by them, down to our very cells.
~ Deepak Chopra, 1947- ~
Journey Into Healing: Awakening the Wisdom Within You, 1994

The heaviest load that you can have is a chip on your shoulder.
~ Unknown ~

To the ego, the present moment hardly exists. Only past and future are considered important. This total reversal of the truth accounts for the fact that in the ego mode the mind is so dysfunctional. It is always concerned with keeping the past alive, because without it – who are you? It constantly projects itself into the future to ensure its continued survival and to seek some kind of release or fulfillment there … Even when the ego seems to be concerned with the present, it is not the present that it sees: It misperceives it completely because it looks at it through the eyes of the past. Or it reduces the present to a means to an end, an end that always lies in the mind-projected future.
~ Eckhard Tolle, 1948- ~
The Power of Now: A Guide to Spiritual Enlightenment, 1999

End the delusion of time. Time and mind are inseparable. Remove time from the mind and it stops – unless you choose to use it. To be identified with your mind is to be trapped in time: the compulsion to live almost exclusively through memory and anticipation. This creates an endless preoccupation with past and future and an unwillingness to honor and acknowledge the present moment and *allow it to be*. The compulsion arises because the past gives you an identity and the future holds the promise of salvation, of fulfillment in whatever form. Both are illusions.
~ Ibid.

Tomorrow's bills are not the problem. The dissolution of the physical body is not a problem. Loss of Now is the problem, or rather: the core delusion that turns a mere situation, event, or emotion into a personal problem and into suffering. Loss of Now is loss of Being.
~ Ibid.

Fixed beliefs are typically very dangerous, if for no other reason than their fixedness. Consciously or otherwise, you have stopped seeking or receiving and processing new information. You're treating the belief as fact, and will no longer subject it to debate or modification. In this condition, you will not only miss new information, you will overlook important changes in yourself or other people that would negate the fixed belief.
~ Phillip McGraw, 1950- ~
Life Strategies: Doing What Works, Doing What Matters, 1999

When a magician is successful making a stone vanish, and then plucking it back into thin air, or making a coin float from one hand to the other hand, it leaves us without any framework of explanation. We are suddenly floating in that open space of direct sensory experience, actually encountering the world without preconceptions, even if just for a moment. The magician is one who frees the senses from the static holding patterns that they are held in by assumptions, by outmoded ways of thinking, and by the styles of speech and discourse.
~ David Abram, 1957- ~
Radio interview, Insight & Outlook, by Scott London, 1999

Rinsing away dreams is a way of saying that we must not only dispel the illusions and anxieties of our sleeping moments but those of our waking ones as well. All life is a dream, not because it isn't there, but because we all project different meanings upon it. We must cleanse away this habit.
~ Deng Ming-Dao ~
365 Tao: Daily Meditations, 1992

DEPENDENCE

Related States & Conditions: Avoidance/Denial/Refusal, Belief/Religion, Complacency, Conformity, Delusion, Failure/Error, Insecurity/Risk, Influence/Effect, Limitation, Reciprocity/Reflection, Relationship, Insecurity/Risk

Syntonic: Autonomy/Control, Balance, Centering, Courage, Creativity/Discovery/Innovation, Determination/Persistence/Resolve, Diligence, Focus/Intention, Ingenuity, Initiative, Insight/Instinct/Intuition, Inspiration, Integrity, Learning, Liberation/Liberty/Freedom, Preparation/Readiness, Renewal, Responsibility, Self, Self-Reliance, Strength, Understanding, Vision/Visualization, Wisdom

Dystonic: Anger, Attachment, Avoidance/Denial/Refusal, Chaos/Uncertainty, Depression/Despair/Distress, Fault, Fear, Guilt, Habit, Inaction, Laziness, Jealousy/Envy, Worry

Do not depend upon others: there is no grace, no help to be had from the outside.
~ Buddha, c. 563-483 BCE ~

The essence of philosophy is that a man should so live that his happiness shall depend as little as possible on external things.
~ Epictetus, 50-120 ~

You should refrain from dependence on anything at all, pure or impure. Then mindfulness and mindlessness, views and no view, will be like a snowflake on a red-hot furnace.
~ Yuanwu Kekin, 1063-1135 ~
in *Zen Essence: The Science of Freedom*, Thomas Cleary, tr. & ed., 1989

We often have to put up with most from those on whom we most depend.
~ Baltasar Gracián y Morales, 1601-1685 ~

There is no dependence that can be sure but a dependence upon one's self.
~ John Gay, 1685-1732 ~

To be obliged to beg our daily happiness from others bespeaks a more lamentable poverty than that of him who begs his daily bread.
~ Charles Caleb Colton, 1780-1832 ~

Our chief want in life is somebody who will make us do what we can.
~ Ralph Waldo Emerson, 1803-1882 ~

The man who goes out alone can start today; but he who travels with another must wait till that other is ready.
~ Henry David Thoreau, 1817-1862 ~

We are all dependent on one another, every soul of us on earth.
~ George Bernard Shaw, 1856-1950 ~

Why are people so afraid? The answer is that they have made themselves helpless and dependent on others. We are so lazy, we do not want to do anything for ourselves. We want a Personal God, a savior or a prophet to do everything for us.
~ Vivekananda, 1863-1902 ~
The Complete Works of Swami Vivekananda, 1984-1987, 8:131, 1926

A mother is not a person to lean on but a person to make leaning unnecessary.
~ Dorothy Canfield Fisher, 1879-1958 ~

Spoon feeding in the long run teaches us nothing but the shape of the spoon.
~ E. M. Forster, 1879-1970 ~
in *The Observer*, 1951

Human love is often but the encounter of two weaknesses.
~ François Mauriac, 1885-1970 ~

A person who depends on others is not himself or herself but really the subject of others.
~ Marcus Garvey, 1887-1940 ~

We build our defenses slowly, brick by brick, cementing them with our fear and anguish; and then, when they are no longer needed, we cannot bear to tear them down. We have leaned on them too long. Our lives have been shaped to fit them, psychic muscles have stiffened against them, emotions have learned to flow under them, our

vocabulary has entwined itself around them until they are almost hidden from us.
~ Lillian Smith, 1897-1966 ~
The Journey

The more you depend on forces outside yourself, the more you are dominated by them.
~ Harold Sherman, 1898-1987 ~

The dependence on irrational authority results in a weakening of the will in the dependent person and, at the same time, whatever tends to paralyze the will makes for an increase in dependence. Thus a vicious circle is formed.
~ Erich Fromm, 1900-1980 ~
Man for Himself, 1947

The crucial psychological battle we must wage is that against our own dependent needs, and our anxiety and guilt feelings which will arise as we move toward freedom.
~ Rollo May, 1909-1994 ~

The proverb warns that "You should not bite the hand that feeds you." But maybe you should, if it prevents you from feeding yourself.
~ Thomas Szasz, 1920- ~

You must begin to trust yourself. If you do not then you will forever be looking to others to prove your own merit to you, and you will never be satisfied. You will always be asking others what to do, and at the same time resenting those from whom you seek such aid.
~ Jane Roberts, 1929-1984 ~
The Nature of Personal Reality, 1974

If you depend on someone for your happiness you are becoming a slave, you are becoming dependent, you are creating a bondage.
~ "Osho" Rajneesh, 1931-1990 ~
The Book of the Books, Vol. IV

We are all inclined to abdicate responsibilities and delegate our authority to something outside ourselves. Nontheism is relaxing with the ambiguity and uncertainty of the present moment without reaching for anything to protect ourselves … finally realizing that there's no baby-sitter you can count on … realizing that it's not just baby-sitters that come and go. The whole of life is like that. This is the truth and the truth is inconvenient. Theism is an addiction.
~ Pema Chödrön, 1936- ~
When Things Fall Apart: Heart Advice for Difficult Times, 1997

We can never be completely whole in and of ourselves. We are inevitably social creatures who desperately need each other not merely for sustenance, not merely for company, but for any meaning to our lives whatsoever.
~ M. Scott Peck, 1936-2005 ~
The Different Drum: Community Making and Peace, 1987

Co-dependence is taking someone else's temperature to see how you feel.
~ Linda Ellerbee, 1944- ~

You can't base your life on other people's expectations.
~ Stevie Wonder, 1950- ~

Thinking there is some special person out there who is going to save us is a barrier to pure love … We seek desperately for love, but it is that same desperation that leads us to destroy it once it gets here. Thinking that one special person is going to save us tempts us to load an awful lot of emotional pressure on whoever comes along that we think might fit the bill.
~ Marianne Williamson, 1952- ~
A Return to Love, 1992

If you don't trust yourself to be involved in transforming that which needs to be changed, then you end up waiting for someone else to come along and do the work for you. This leads to a constant state of dependence on some external authority, when the means to achieving what you want sits within yourself.
~ Malidoma Somé, 1956- ~
The Healing Wisdom of Africa, 1999

Poor is the man whose pleasures depend on the permission of another.
~ Madonna, 1958- ~

You have to realize that you can be you. Otherwise, you have a potpourri of other people's decisions. You are a second place person getting from life a small portion of the good that is possible. Leaning on the consciousness of others, you are not being what you can be.
~ Raymond Charles Barker ~

If rejection destroys your self-esteem, you're letting others hold you as an emotional hostage.
~ Brian Tracy

DEPRESSION / DESPAIR / DISTRESS

Related States & Conditions: Adversity, Chaos/Uncertainty, Defeat, Grief/Sorrow, Influence/Effect, Limitation, Questioning/Doubt, Regret, Retreat/Withdrawal, Insecurity/Risk, Struggle, Suffering, Worry

Syntonic: Balance, Breakthrough/Epiphany/Turning Point, Centering, Composure/Peace/Tranquility, Courage, Determination/Persistence/Resolve, Diligence, Equanimity, Faith, Focus/Intention, Friendship, Happiness/Contentment, Health/Healing, Humor/Laughter, Inspiration, Learning, Liberation/Liberty/Freedom, Music, Optimism/Positivism, Release, Renewal, Responsibility, Self-Reliance, Strength, Understanding, Vision/Visualization, Wisdom, Wonder/Mystery, Zeal/Zest

Dystonic: Anger, Attachment, Avoidance/Denial/Refusal, Complacency, Conformity, Criticism/Judgment, Delusion, Dependence, Fault, Fear, Guilt, Habit, Jealousy/Envy, War/Aggression/Violence

To destroy an undesirable rate of mental vibration, concentrate on the opposite vibration to the one to be suppressed ... What is the source of sadness but feebleness of the mind? What gives it power but the want of reason? Rouse yourself to the combat, and it quits the field before you strike.
~ Khemetic Saying ~
Temt Tchaas: Egyptian Proverbs, Muata Ashaya Ashby, ed., 1994

Avoid the trap of increasing distress by sinking into states of depression. Inner feelings of inadequacy must be overcome. The strengthening of spiritual practice will help one to overcome the feelings of inner oppression which lead to exhaustion.
~ *Yi Jing*, c. 1150 BCE ~
"K'un: Oppression" in *The Photographic I Ching*, Dhiresha McCarver, tr., 1997

Depression never brings me what I want;
My virtue will be warped and marred by it.
If there is a remedy when trouble strikes,
What reason is there for despondency?
And if there is no help for it,
What use is there in being sad?
~ Shantideva, 7th C. ~
The Way of the Boddhisattva, Padmakara, tr., 1997

No matter how bad a state of mind you may get into, if you keep strong and hold out, eventually the floating clouds must vanish and the withering winds must cease.
~ Eihei Dogen, 1200-1253 ~
in *The Pocket Zen Reader*, Thomas Cleary, ed., 1999

Despair is a mental state which exaggerates not only our misery but also our weakness.
~ Marquis de Vauvenargues, 1715-1747 ~

Keep aloof from sadness for sadness is a sickness of the soul. Life has, indeed, many ills, but the mind that views every object in its most cheering aspect, and every doubtful dispensation as replete with latent good, bears within itself a powerful and perpetual antidote.
~ Lydia Sigourney, 1791-1865 ~

The secret of being miserable is to have leisure to bother about whether you are happy or not. The cure for it is occupation.
~ George Bernard Shaw, 1856-1950 ~

I can enjoy feeling melancholy, and there is a good deal of satisfaction about being thoroughly miserable; but nobody likes a fit of the blues. Nevertheless, everybody has them; notwithstanding which, nobody can tell why. There is no accounting for them. You are just as likely to have one on the day you have come into a large fortune as on the day after you have left your new silk umbrella in the train.
~ Jerome K. Jerome, 1859-1927 ~
The Idle Thoughts of an Idle Fellow

It is despair, and despair alone, that begets heroic hope, absurd hope, mad hope.
~ Miguel de Unamuno, 1864-1936 ~

Many an attack of depression is nothing but the expression of regret at having to be virtuous.
~ Wilhelm Stekel, 1868-1940 ~
The Depths of the Soul, 1922

Why do you want to shut out of your life any uneasiness, any misery, any depression, since after all you don't know what work these conditions are

doing inside you?
~ Rainer Maria Rilke, 1875-1926 ~
Letters to a Young Poet, 1992

The cause of your misery is not in your outer life; it is in you, as your ego. You impose limitations on yourself and then make a vain struggle to transcend them.
~ Ramana Maharshi, 1879-1950 ~

Men have been depressed now for many years in their male and resplendent selves, depressed into dejection and almost abjection. Is that not evil?
~ D. H. Lawrence, 1885-1930 ~

I got the blues thinking of the future, so I left off and made some marmalade. It's amazing how it cheers one up to shred oranges and scrub floors.
~ Lawrence ~
Selected Letters of D. H. Lawrence, Diana Trilling, ed., 1958

Noble deeds and hot baths are the best cures for depression.
~ Dodie Smith, 1896-1990 ~
I Capture the Castle, 1948

Depression is a partial surrender to death, and it seems that cancer is despair experienced at the cellular level.
~ Arnold A. Hutschnecker, 1898-2000 ~
The Will to Live, 1951

Now that I seem to have attained a temporary calm, I understand how valuable unhappiness can be; melancholy and remorse form the deep leaden keel which enables us to sail into the wind of reality; we run aground sooner than the flat-bottomed pleasure-lovers, but we venture out in weather that would sink them, and we choose our direction.
~ Cyril Connolly, 1903-1974 ~
The Unquiet Grave, 1944

But the storm, painful as it is, might have had some truth in it. So sometimes one has simply to endure a period of depression for what it may hold of illumination if one can live through it, attentive to what it exposes or demands.
~ May Sarton, 1912-1995 ~
Journal of a Solitude

Despair is the absolute extreme of self-love. It is reached when a man deliberately turns his back on all help from anyone else in order to taste the rotten luxury of knowing himself to be lost.
~ Thomas Merton, 1915-1968 ~

Distress tends to make you feel constricted in your personal identity, but if you are thinking of the distress of the whole of humanity, or even just the sadness of people around you in your everyday life, you begin to realize how puny your concern for yourself is.
~ Vilayat Khan, 1916-2004 ~
Awakening: A Sufi Experience, 1999

Hopelessness can arise, I think, only from an inability to face the present, to live in the present, to live as a responsible being among other beings in this sacred world here and now, which is all we have, and all we need to found our hope upon.
~ Ursula Le Guin, 1929- ~

Ordinary consciousness is a mistake. It is an error that has been created by our "intermediate" stage of evolution. Left-brain awareness – the ability to examine the world through a magnifying glass – is essential, but its "close-upness" has deprived us of meaning. We are stranded in an oversized world of magnified objects, and we can see the trees but not the wood. At this point, the emotional body intervenes, with its negativity and self-pity and mistrust, and turns the wood into a forest of nightmare. This is the state that Sartre calls "nausea," and that I have called "depression." It can be overcome only by recognizing that it *is* a mistake. And the "absurd good news" is the recognition that this insight, in itself, can transform subjective into objective consciousness. The bogies created by the mind can be destroyed by the mind.
~ Colin Wilson, 1931- ~
The Essential Colin Wilson, 1985

Depression can be a signal to reexamine assumptions and change strategies – a slowing down to reorient. If we are to deal effectively with problems, we have to see them realistically. And we have to define our purpose … The best antidepressants are expression and action – engagement in the struggle. That way depression is not an end, but a meaningful beginning.
~ Marilyn Ferguson, 1938- ~
The Aquarian Conspiracy, 1980

DESIRE

Related States & Conditions: Actualization/Fulfillment, Choice/Volition, Dreams/Dreaming, Enjoyment/Pleasure, Expectation/Hope, Feeling/Emotion, Goal/Ideal/Purpose, Happiness/Contentment, Having/Possessing, Indulgence/Temptation, Love-Eros, Passion, Seeking, Sex/Sexuality, Wealth/Prosperity, Zeal/Zest

Syntonic: Autonomy/Control, Balance, Confidence, Daring/Challenge, Determination/Persistence/Resolve, Faith, Focus/Intention, Impermanence, Initiative, Moderation, Optimism/Positivism, Prudence, Sensibility/Sensuality, Release, Responsibility, Vision/Visualization, Wisdom, Wonder/Mystery

Dystonic: Anger, Attachment, Avoidance/Denial/Refusal, Complacency, Conformity, Criticism/Judgment, Delusion, Dependence, Fault, Fear, Guilt, Habit, Jealousy/Envy, Limitation, Regret, Revenge, Suffering, War/Aggression/Violence, Worry

Ever desireless,
One can see the mystery.
Ever desiring,
One can see the manifestations.
These two spring
From the same source
But differ in name.
~ Laozi, 570-490 BCE ~

There is no satisfaction of desires, even by a shower of money. One is wise to know that desires are painful, bringing little enjoyment.
~ Buddha, c. 563-483 BCE ~
The Dhammapada, Thomas Cleary, tr., 1994

We would often be sorry if our wishes were gratified.
~ Aesop, fl. c. 550 BCE ~

My belief is that to have no wants is divine.
~ Socrates, 469-399 BCE ~

Desires are only the lack of something: and those who have the greatest desires are in a worse condition than those who have none, or very slight ones.
~ Plato, c. 427-347 BCE ~

He who likes cherries soon learns to climb.
~ German Saying ~

A person who is not disturbed by the incessant flow of desires – that enter like rivers into the ocean, which is ever being filled but is always still – can alone achieve peace, and not the man who strives to satisfy such desires.
~ *Bhagavad Gita*, c. 400 BCE ~
II:70

As a fire is obscured by smoke,
As a mirror is covered by dust,
as a fetus is wrapped in its membrane,
so wisdom is obscured by desire.
~ Ibid., 3:38, Stephen Mitchell, tr., 2000

Desire dwells in the senses,
the mind, and the understanding;
in all these it obscures wisdom
and perplexes the embodied Self.
~ Ibid., 3:40

I count him braver who overcomes his desires than him who conquers his enemies; for the hardest victory is the victory over self.
~ Aristotle, 384-322 BCE ~

Desires are insatiable.They keep growing as we try to satisfy them just as the fire becomes more inflamed when oil is poured into it.
~ *Manu Smriti*, c. 200 BCE ~

Keep a tight rein on desire,
but do not give up desire altogether.
~ Vishnu Sharma, c. 200 BCE ~
Panchatantra, II.58, Chandra Rajan, tr., 1993

Freedom is not procured by a full enjoyment of what is desired, but by controlling the desire.
~ Epictetus, 50-120 ~

All that we desire is sure to perish,
And afterwards we fall to hellish torment.
The constant, minor troubles we endure
Are all for what amounts to very little.
~ Shantideva, 7th C. ~
The Way of the Boddhisattva, Padmakara, tr., 1997

True study of the Way
Does not rely on
Knowledge and genius
Or cleverness and brilliance.
It is an easy thing,
Just cultivate a
Keen and sincere desire
To seek the Way.
~ Eihei Dogen, 1200-1253 ~

People are distracted by objects of desire,
and afterwards repent of the lust they've indulged,
because they have indulged with a phantom
and are left even farther from Reality than before.
Your desire for the illusory is a wing,
by means of which a seeker might ascend to
Reality.
When you have indulged a lust, your wing drops
off;
you become lame and that fantasy flees.
Preserve the wing and don't indulge such lust,
so that the wing of desire may bear you to Paradise.
People fancy they are enjoying themselves,
but they are really tearing out their wings
for the sake of an illusion.
~ Jalaluddin Rumi, 1207-1273 ~
"Wings of Desire," Mathnawi III, 2133-38
The Pocket Rumi Reader, Kabir Helminski, ed., 2001

If you imagine that once you have accomplished your ambitions you will have time to turn to the Way, you will discover that your ambitions never come to an end.
~ Yoshida Kenko, 1283-1350 ~

Before we set our hearts too much upon anything, let us examine how happy those are who already possess it.
~ François de La Rochefoucauld, 1613-1680 ~

Sooner murder an infant in its cradle than nurse unacted desires.
~ William Blake, 1757-1827 ~
"Proverbs of Hell," *The Marriage of Heaven and Hell*, 1793

He who desires, but acts not, breeds pestilence.
~ Ibid.

Beware what you set your heart upon, for it shall surely be yours.
~ Ralph Waldo Emerson, 1803-1882 ~

The want of a thing is more than its worth.
~ Jamaican Saying ~

It seems to me we can never give up longing and wishing while we are thoroughly alive. There are certain things we feel to be beautiful and good, and we must hunger after them.
~ George Eliot, 1819-1880 ~

The delight that consumes the desire,
The desire that outruns the delight.
~ A. C. Swinburne, 1837-1909 ~
Dolores, 1866

Man is the only animal whose desires increase as they are fed; the only animal that is never satisfied.
~ Henry George, 1839-1897 ~

The central fire is desire, and all the powers of our being are given us to see, to fight for, and to win the object of our desire. Quench that fire and man turns to ashes.
~ Basil W. Maturin, 1847-1915 ~
Laws of the Spiritual Life

In this world there are only two tragedies. One is not getting what one wants, and the other is getting it.
~ Oscar Wilde, 1856-1900 ~

There are two tragedies in life. One is to lose your heart's desire. The other is to gain it.
~ George Bernard Shaw, 1856-1950 ~
Man and Superman, 1903

Have the courage of your desire.
~ George Gissing, 1857-1903 ~
The Private Papers of Henry Ryecroft

So long as there is desire or want, it is a sure sign that there is imperfection. A perfect, free being cannot have any desire.
~ Vivekananda, 1863-1902 ~
The Complete Works of Swami Vivekananda, 1984-1987, 2:261, 1926

Plunge into the world, and then, after a time, when you have suffered and enjoyed all that is in it, will renunciation come; then will calmness come. So fulfill your desire for power and everything else, and after you have fulfilled the desire, will come the time when you will know that they are all very little things; but until you have fulfilled this desire, until you have passed through that activity, it is impossible for you to come to the state of calmness, serenity, and self-surrender.
~ Ibid., 1:40

I can tell you at any rate how to get what you want. You've just got to keep a thing in view and go for it and never let your eyes wander to right or left or up or down. And looking back is fatal – the truest thing in Scripture is about Lot's wife.
~ William John Locke, 1863-1930 ~
Septimus, 1909

Long only for what you have.
~ André Gide, 1869-1951 ~
The Fruits of the Earth, Dorothy Bussy, tr., 1949

Desire makes everything blossom; possession makes everything wither and fade.
~ Marcel Proust, 1871-1922 ~
Les Plaisirs et les Jours, 1896

The strongest of all psychic forces in the world is unsatisfied desire.
~ John Cowper Powys, 1872-1963 ~
A Glastonbury Romance, 1932

Plant the seed of desire in your mind and it forms a nucleus with power to attract to itself everything needed for its fulfillment.
~ Robert J. Collier, 1876-1918 ~

Nothing is more human than for man to desire naturally things impossible to his nature. It is, indeed, the property of a nature which is not closed up in matter like the nature of physical things, but which is intellectual or infinitized by the spirit. It is the property of a metaphysical nature. Such desires reach for the infinite, because the intellect thirsts for being and being is infinite.
~ Jacques Maritain, 1882-1973 ~
Approaches to God, 1954

The starting point of all achievement is desire. Keep this constantly in mind. Weak desires bring weak results, just as a small amount of fire makes a small amount of heat.
~ Napoleon Hill, 1883-1970 ~

To drink is a small matter. To be thirsty is everything.
~ Georges Duhamel, 1884-1966 ~
The Heart's Domain, Eleanor Stimson Brooks, tr., 1919

We can only know that from the unknown, profound desires enter in upon us, and that the fulfilling of those desires is the fulfilling of creation. We know that the rose comes to blossom. We know that we are incipient with blossom. It is our business to go as we are impelled, with faith and pure spontaneous morality, knowing that the rose blossoms, and taking that knowledge for sufficient.
~ D. H. Lawrence, 1885-1930 ~
Selected Essays, 1950

For whereas the mind works in possibilities, the intuitions work in actualities, and what you *intuitively* desire, that is possible to you. Whereas what you mentally or "consciously" desire is nine times out of ten impossible: hitch your wagon to a star, and you'll just stay where you are.
~ Ibid.

If men could regard the events of their lives with more open minds, they would frequently discover that they did not really desire the things they failed to obtain.
~ André Maurois, 1885-1967 ~
The Art of Living, 1939

It's rather nice to think of oneself as a sailor bending over the map of one's mind and deciding where to go and how to go. The great thing to remember is we can do whatever we wish to do provided our wish is strong enough. But the tremendous effort needed – one doesn't always want to make it – does one? And all that cutting down the jungle and bush clearing even after one has landed anywhere – it's tiring. Yes I agree. But what else can be done? What's the alternative? What do you want *most* to do? That's what I have to keep asking myself, in face of difficulties.
~ Katherine Mansfield, 1888-1923 ~
in *Katherine Mansfield Memories of LM*

The very urge to get rid of desire is still desire, is it not? ... Recognizing that desire brings conflict, you ask, "How can I be free of desire?" So what you really want is not freedom from desire, but freedom from the worry, the anxiety, the pain which desire causes ... As long as there is the desire to gain, to achieve, to become, at whatever level (including the urge to get rid of desire), there is inevitably anxiety, sorrow, fear.
~ Jiddu Krishnamurti, 1895-1986 ~
Think on These Things, 1970

Your desire is your prayer. Picture the fulfillment of your desire now and *feel* its reality and you will experience the joy of the answered prayer.
~ Joseph Murphy, 1898-1981 ~

It is the thing that is most remote from the world in which we ourselves live that attracts us most. We are under the spell of what is distant from us.

It is not in our nature to desire passionately what is near at hand.
~ Alec Waugh, 1898-1981 ~
On Doing What One Likes

We are told that talent creates its own opportunities. But it sometimes seems that intense desire creates not only its own opportunities, but its own talents.
~ Eric Hoffer, 1902-1983 ~

If we go down into ourselves we find that we possess exactly what we desire.
~ Simone Weil, 1909-1943 ~
Gravity and Grace, 1947

Man's many desires are like the small metal coins he carries about in his pocket. The more he has the more they weight him down.
~ Satya Sai Baba, 1926- ~

Decide that you want it more than you are afraid of it.
~ Bill Cosby, 1937- ~

It is important not to overlook longings or dismiss them for practical reasons, and not to rely exclusively in our decision-making on reason or common sense, thereby excluding the more mysterious turns of eros. An erotic life is not the same as a rational one. Living erotically, we understand that desires are central to the soul's unfolding and should not be dismissed before giving them careful attention.
~ Thomas Moore, 1940- ~
Soul Mates: Honoring the Mysteries of Love and Relationship, 1994

Desire is what leads you through life until the time comes when you desire a higher life. So do not be ashamed that you want so much, yet at the same time do not fool yourself into thinking that what you want today will be enough tomorrow.
~ Deepak Chopra, 1947- ~
The Way Of The Wizard, 1995

All cravings are the mind seeking salvation or fulfillment in external things and in the future as a substitute for the joy of Being. As long as I am my mind, I am those cravings, those needs, those wants, attachments, and aversions, and apart from them there is no "I" except as a mere possibility, an unfulfilled potential, a seed that has not yet sprouted. In that state, even my desire to become free or enlightened is just another craving for fulfillment or completion in the future. So don't seek to become free of desire or "achieve" enlightenment. Become present.
~ Eckhard Tolle, 1948- ~
The Power of Now: A Guide to Spiritual Enlightenment, 1999

To the extent that I want and desire, I am unlike God.
~ Larry Chang, 1949- ~

To become fascinated, to feel allurement, is to step into a wild love affair on any level of life. Then we discover not only that we are interested, but that our interests are entirely our own. We awake to our own unique set of attractions ... Each person discovers a field of allurements, the totality of which bears the unique stamp of that person's personality. Destiny unfolds in the pursuit of individual fascinations and interests ... By pursuing your allurements, you help bind the universe together. The unity of the world rests on the pursuit of passion.
~ Brian Swimme, 1950- ~
The Universe Is A Green Dragon, 1984

Repression of your will and desire are the cornerstones of stress. When you believe, or are led to believe, you are unable to act upon the greatest desires of the soul, the result is mental and spiritual enslavement.
~ Iyanla Vanzant, 1953- ~
Acts of Faith: Daily Meditations for People of Color, 1993

Again and again I have been shown that this is the essence of what we call magic: the paradoxical focus of desire or intent while at the same time letting go of the outcome. It isn't easy to desire and let go of the desire simultaneously, but when we achieve it, it works!
~ Elisabet Sahtouris ~
"Lessons in Learning How to Live in the Flow: A Personal Account"

Very much like people, desires need to be noticed. Under scrutiny, a lot of desires will just fizzle, whether it's things ... or people. When we actually pay attention to them, we begin to notice that so many of our cravings just don't hold water.
~ Angel Kyodo Williams ~
Being Black: Zen and the Art of Living with Fearlessness and Grace, 2000

DETACHMENT

Related States & Conditions: Composure/Peace/Tranquility, Enlightenment/Realization/Transcendence, Equanimity, Love-Agape, Meditation, Release, Restraint, Retreat/Withdrawal, Silence/Stillness, Solitude

Syntonic: Autonomy/Control, Balance, Discipline, Flexibility/Flow/Flux, Moderation, Prudence, Responsibility, Understanding, Wisdom

Dystonic: Anger, Attachment, Avoidance/Denial/Refusal, Criticism/Judgment, Delusion, Dependence, Desire, Differentiation/Division/Separation, Distraction/Diversion, Fault, Fear, Guilt, Habit, Hate, Indulgence/Temptation, Jealousy/Envy, Passion, Regret, Revenge, War/Aggression/Violence, Worry

Do your work, then step back.
The only path to serenity.
~ Laozi, 570-490 BCE ~
Tao Te Ching: A New English Version, Stephen Mitchell, tr., 1988

The Master sees things as they are, without trying to control them.
He lets them go their own way, and resides at the center of the circle.
~ Laozi ~
Daode Jing

Whatever feelings arise – whether pleasant, unpleasant, or neutral – abide contemplating impermanence in those feelings, contemplate fading away, relinquishment, letting go of all those feelings. Contemplating this one does not cling to anything in this world. When not clinging, there is no agitation. When not agitated one personally attains Nibbana.
~ Buddha, c. 563-483 BCE ~

One who has finally learned that it is in the nature of objects to come and go without ceasing, rests in detachment and is no longer subject to suffering.
~ *Ashtavakra Gita* ~

You are only to perform your duty without an eye on their fruits.
~ *Bhagavad-Gita*, c. 400 BCE ~

Non-attachment is self-mastery: it is freedom from desire for what is seen or heard.
~ Patanjali, c. 200-150 BCE ~
How to Know God: The Yoga Aphorisms of Patanjali, 15, Swami Prabhavananda and Christopher Isherwood, trs., 1953, 1981

How to live the good life? The ability is in your soul, as long as it remains unattached to things that are morally neutral to it. And the soul will remain unattached if it carefully scrutinizes each of these neutral things both as a whole, and by separation into the elements that compose them. Remember that none of these things are responsible for creating our conception about them; these things are motionless and so can't even approach us. It is we ourselves who create ideas about things, and, as we might say, drag them inside ourselves. It is in our power not to include them, and even if these conceptions have unconsciously gained admission to our minds, to erase them.
~ Marcus Aurelius, 121-180 ~
The Spiritual Teachings of Marcus Aurelius, Mark Forstater, tr., 2000

The six supernormal faculties of the enlightened are the ability to enter the realm of form without being confused by form, to enter the realm of sound without being confused by sound, to enter the realm of scent without being confused by scent, to enter the realm of flavor without being confused by flavor, to enter the realm of feeling without being confused by feeling, to enter the realm of phenomena without being confused by phenomena.
~ Linji Yixuan, d. 867 ~
in *Zen Essence: The Science of Freedom*, Thomas Cleary, tr. & ed., 1989

Once you realize universal emptiness, all situations are naturally mastered. You have perfect communion with what is beyond the world, while

embracing what is within all realms of being.
~ Fenyang Shanzhao, 947-1024 ~
in *Zen Essence: The Science of Freedom*, Thomas Cleary, tr. & ed., 1989

Just detach from thoughts and cut off sentiments and transcend the ordinary conventions. Use your own inherent power and take up its great capacity and great wisdom right where you are.
~ Yuanwu Kekin, 1063-1135 ~
Zen Letters: Teachings of Yuanwu, J. C. Cleary & Thomas Cleary, trs., 1994

Live in the nowhere that you come from,
Even though you have an address here.
~ Jalaluddin Rumi, 1207-1273 ~

Many times the mountains
Have turned from green to yellow.
So much for the capricious earth!
Dust in your eyes,
The triple world is narrow;
Nothing on the mind,
Your chair is wide enough.
~ Muso Kokushi, 1275-1351 ~

Desire nothing, and you're content with everything
Pursue things, and you're thwarted at every turn.
~ Ryokan, 1758-1831 ~

Detachment is not indifference. It is the prerequisite for effective involvement. Often what we think is best for others is distorted by our attachment to our opinions: we want others to be happy in the way we think they should be happy. It is only when we want nothing for ourselves that we are able to see clearly into others' needs and understand how to serve them.
~ Mahatma Gandhi, 1869-1948 ~

By detachment I mean that you must not worry whether the desired result follows from your action or not, so long as your motive is pure, your means correct.
~ Gandhi ~
in Eknath Easwaran, *Gandhi, The Man*, 1997

To renounce things is not to give them up. It is to acknowledge that all things go away.
~ Shunryu Suzuki, 1905-1971 ~

To desire in the void, to desire without any wishes. To detach our desire from all good things and to wait. Experience proves that this waiting is satisfied. It is then that we touch the absolute good.
~ Simone Weil, 1909-1943 ~
in *The Enlightened Mind: An Anthology of Sacred Prose*, Stephen Mitchell, ed., 1991

My soul does not find itself unless it acts. Therefore it must act. Stagnation and inactivity bring spiritual death. But my soul must not project itself entirely into the outward effects of its activity. I do not need to *see* myself, I merely need to *be* myself. I must think and act like a living being, but I must not plunge my whole self into what I think and do, or seek always to find myself in the work I have done.
~ Thomas Merton, 1915-1968 ~
No Man Is an Island, 1955, 1983

From the moment that a man no longer responds in the slightest to the motives that regulate the material world, that world appears to be at complete repose.
~ Yukio Mishima, 1935-1970 ~
"The Priest of Shiga Temple and His Love," *Death in Midsummer and Other Stories*, 1966

To become free of attachment means to break the link identifying you with your desires. The desires continue: They are part of the dance of nature. But a renunciate no longer thinks that he *is* his desires.
~ Ram Dass, 1931- ~
Be Here Now, 1971

Looking at life's situations from a distance is the first step toward finding a solution and preventing them from happening again. By separating yourself from your experiences, you are able to move on with your life. If you don't, you're stuck in the puddle of the past without a paddle.
~ Famous Amos, 1937- ~
Watermelon Magic, 1996

Much of our inner turbulence reflects the fear of loss: our dependence on people, circumstances, and things not really under our control. On some level we know that death, indifference, rejection, repossession, or high tide may leave us bereft in the morning. Still, we clutch desperately at things we cannot finally hold. Nonattachment is the most realistic of attitudes. It is freedom from wishful thinking, from always wanting things to be otherwise.
~ Marilyn Ferguson, 1938- ~
The Aquarian Conspiracy, 1980

DETERMINATION / PERSISTENCE / RESOLVE

Related States & Conditions: Action/Effort, Choice/Volition, Commitment/Dedication, Confidence, Conviction/Principle, Daring/Challenge, Engagement/Involvement/Integration, Exploration, Focus/Intention, Initiative, Patience, Power, Self-Reliance, Strength

Syntonic: Attention/Awareness, Autonomy/Control, Courage, Desire, Diligence, Discipline, Faith, Flexibility/Flow/Flux, Ingenuity, Inspiration, Optimism/Positivism, Passion, Vision/Visualization, Zeal/Zest

Dystonic: Anger, Avoidance/Denial/Refusal, Complacency, Criticism/Judgment, Defeat, Delusion, Dependence, Distraction/Diversion, Fault, Fear, Habit, Insecurity/Risk, Limitation, Regret, Worry

As a camel beareth labor, and heat, and hunger, and thirst, through deserts of sand, and fainteth not; so the fortitude of a man shall sustain him through all perils.
~ Akhenaton, c. 1385-c. 1355 BCE ~

Perseverance alone does not assure success. No amount of stalking will lead to game in a field that has none.
~ *Yi Jing*, c. 1150 BCE ~

To endure is the disposition of the sage.
~ Ibid.

Endurance is one of the most difficult disciplines, but it is to the one who endures that the final victory comes.
~ Buddha, c. 563-483 BCE ~

In the battle between the river and the rock, the river will always win. Not through strength but by persistence.
~ Kongfuzi, c. 551-c. 479 BCE ~
Analects

Perseverance is more prevailing than violence, and many things which cannot be overcome when they are together, yield themselves up when taken little by little.
~ Plutarch, c. 46-c .120 ~

We will either find a way, or make one.
~ Hannibal, 247-183 BCE ~

Summon forth great energy in your efforts, great courage and determination; wielding the sword of wisdom, go directly ahead, going beyond all, beyond seeing that mountains are mountains, rivers are rivers, the whole body comes thus, the whole body goes thus – there are no complications around at all.
~ Shoitsu, 1202-1280 ~
in *The Original Face: An Anthology of Rinzai Zen*, Thomas Cleary, tr., 1978

To be resolute in the way means from the beginning never to lose sight of it, whether in a place of calm or in a place of strife; to not cling to quiet places nor shun places where there is disturbance.
~ Daikaku, 1213-1279 ~

Obstacles cannot crush me. Every obstacle yields to stern resolve. He who is fixed to a star does not change his mind.
~ Leonardo da Vinci, 1452-1519 ~

Human life suffers steep inclines on the way through the world. If you don't keep "endurance" as your watchword as you go along, how will you tolerate the thorny undergrowth and the pits and ditches?
~ Hong Zicheng, fl. 1596 ~
Caigentan: Vegetable Roots Discourse, I.182, Robert Aitken & Daniel W. Y. Kwok, trs., 2006

An invincible determination can accomplish almost anything and in this lies the great distinction between great men and little men.
~ Thomas Fuller, 1608-1661 ~

If your determination is fixed, I do not counsel you to despair. Few things are impossible to diligence and skill. Great works are performed not by strength, but perseverance.
~ Samuel Johnson, 1709-1784 ~
The History of Rasselas, Prince of Abissinia, 1759

Composition is, for the most part, an effort of slow diligence and steady perseverance, to which the mind is dragged by necessity or resolution, and from which the attention is every moment starting to more delightful amusements.
~ Johnson ~

Climbing from lowliness to the heights, penetrating from the shallows to the depths, gradually applying effort in an orderly manner, not counting the months and years, not losing heart, eventually one will reach fulfillment. It is most important not to waste time vacillating, and not to give up halfway, as this will only leave you with unhappiness … If you start out diligently but end up slacking off, or indulge in idle imagination and hope thereby to keep essence and life whole and accomplish that which is rare in the world, you have no chance whatsoever of success.
~ Liu Yiming, b. c. 1737 ~
Awakening to the Tao, Thomas Cleary, tr., 1988

I love the man that can smile in trouble, that can gather strength from distress, and grow brave by reflection. 'Tis the business of little minds to shrink, but he whose heart is firm, and whose conscience approves his conduct, will pursue his principles unto death.
~ Thomas Paine, 1737-1809 ~

There are two ways of attaining an important end: force and perseverance. Force falls to the lot only of the privileged few, but austere and sustained perseverance can be practiced by the most insignificant. Its silent power grows irresistible with time.
~ Madame Swetchine, 1782-1857 ~

Some minds seem almost to create themselves, springing up under every disadvantage and working their solitary but irresistible way through a thousand obstacles.
~ Washington Irving, 1783-1859 ~

There is no such thing as a great talent without great willpower.
~ Honoré de Balzac, 1799-1850 ~

The secret of success is constancy of purpose.
~ Benjamin Disraeli, 1804-1881 ~

Always bear in mind that your own resolution to succeed is more important than any one thing.
~ Abraham Lincoln, 1809-1865 ~

When you get in a tight place and everything goes against you, 'til it seems as though you could not hold on a minute longer, never give up then, for that is just the place and time that the tide will turn.
~ Harriet Beecher Stowe, 1811-1896 ~

"Where there is a will there is a way" is an old true saying. He who resolves upon doing a thing, by that very resolution often scales the barriers to it, and secures its achievement. To think we are able, is almost to be so – to determine upon attainment is frequently attainment itself.
~ Samuel Smiles, 1812-1904 ~

The difference between perseverance and obstinacy is that one comes from a strong will, and the other from a strong won't.
~ Henry Ward Beecher, 1813-1887 ~

Consider the postage stamp. It secures success through its ability to stick to one thing until it gets there.
~ Josh Billings, 1818-1885 ~

Let me tell you the secret that has led me to my goal. My strength lies solely in my tenacity.
~ Louis Pasteur, 1822-1895 ~

Our greatest weakness lies in giving up. The most certain way to succeed is always to try just one more time.
~ Thomas Edison, 1847-1931 ~

The most essential factor is persistence – the determination never to allow your energy or enthusiasm to be dampened by the discouragement that must inevitably come.
~ James Whitcomb Riley, 1849-1916 ~

There is no chance, no destiny, no fate, that can circumvent or hinder or control the firm resolve of a determined soul.
~ Ella Wheeler Wilcox, 1850-1919 ~

The line between failure and success is so fine that we … are often on the line and don't know it. How many a man has thrown up his hands at a time when a little more effort, a little more patience … a little more persistence … and what seemed hopeless failure may turn to glorious success.
~ Elbert Hubbard, 1856-1915 ~

The great thing, and the hard thing, is to stick to things when you have outlived the first interest, and not yet got the second, which comes with a sort of mastery.
~ Janet Erskine Stuart, 1857-1914 ~

Great work requires great and persistent effort for a long time … Character has to be established through a thousand stumbles.
~ Vivekananda, 1863-1902 ~
The Complete Works of Swami Vivekananda, 1984-1987, 8:383, 1926

Having once decided to achieve a certain task, achieve it at all costs of tedium and distaste. The gain in self-confidence of having accomplished a tiresome labor is immense.
~ Arnold Bennett, 1867-1931 ~

Life is not easy for any of us, but what of that? We must have perseverance and, above all, confidence in ourselves.
~ Marie Curie, 1867-1934 ~

To be able to stand in the midst of darkness and live as though all about you was light is the final test of the human spirit.
~ Edward H Griggs, 1868-1951~

Press on: Nothing in this world can take the place of perseverance. Talent will not; nothing is more common than unsuccessful people with talent. Genius will not; unrewarded genius is almost a proverb. Education will not; the world is full of educated derelicts. Persistence and determination alone are omnipotent. The slogan "press on" has solved and always will solve the problems of the human race.
~ Calvin Coolidge, 1872-1933 ~

I do not think there is any other quality so essential to success of any kind as the quality of perseverance. It overcomes almost everything, even nature.
~ John D. Rockefeller, Jr., 1874-1960 ~

The best way out is always through.
~ Robert Frost, 1874-1963 ~

Never give in! Never give in! Never, never, never. Never – in anything great or small, large or petty – never give in except to convictions of honor and good sense.
~ Winston Churchill, 1874-1965 ~
Address to Harrow School, 1941 October 29

Continuous effort, not strength or intelligence, is the key to unlocking our potential.
~ Churchill ~

I am not more gifted than anybody else. I am just more curious than the average person and will not give up on a problem until I have found the proper solution.
~ Albert Einstein, 1879-1955 ~

I think and think for months and years. Ninety-nine times, the conclusion is false. The hundredth time, I am right.
~ Einstein ~

We can do anything we want to if we stick to it long enough.
~ Helen Keller, 1880-1968 ~

When you come to the end of your rope, tie a knot and hang on.
~ Franklin D. Roosevelt, 1882-1945 ~

Lose not courage, lose not faith, go forward.
~ Marcus Garvey, 1887-1940 ~
Philosophy and Opinions of Marcus Garvey, Vol. I, Amy Jacques Garvey, ed., 1923

Most of the important things in the world have been accomplished by people who have kept on trying when there seemed to be no hope at all.
~ Dale Carnegie, 1888-1955 ~

Big shots are only little shots who keep shooting.
~ Carnegie ~

When the going gets tough, the tough get going.
~ Joseph P. Kennedy, 1888-1969 ~

Success seems to be largely a matter of hanging on after others have let go.
~ William Feather, 1889-1981 ~

Nothing great will ever be achieved without great men, and men are great only if they are determined to be so.
~ Charles de Gaulle, 1890-1970 ~

Vitality shows in not only the ability to persist but the ability to start over.
~ F. Scott Fitzgerald, 1896-1940 ~

I can honestly say that I was never affected by the question of the success of an undertaking. If I felt it was the right thing to do, I was for it regardless of the possible outcome.
~ Golda Meir, 1898-1978 ~

Get a good idea and stay with it. Dog it, and work at it until it's done right.
~ Walt Disney, 1901-1966 ~

No one ever did anything worth doing unless he was prepared to go on with it long after it became something of a bore.
~ Douglas V. Steere, 1901-1995 ~

Character consists of what you do on the third and fourth tries.
~ James A. Michener, 1907-1997 ~

There comes a time in a man's life when, to get where he has to go – if there are no doors or windows, he walks through a wall.
~ Bernard Malamud, 1914-1986 ~

Such is life, falling over seven times and getting up eight.
~ Roland Barthes, 1915-1980 ~
A Lover's Discourse: Fragments, Richard Howard, tr., 1978

Nothing stops the man who desires to achieve. Every obstacle is simply a course to develop his achievement muscle. It's a strengthening of his powers of accomplishment.
~ Eric Butterworth, 1916-2003 ~

Don't give up. Keep going. There is always a chance that you stumble onto something terrific. I have never heard of anyone stumbling over anything while he was sitting down.
~ Ann Landers, 1918-2002 ~

The habit of persistence is the habit of victory.
~ Herbert Kaufman, 1922- ~

It's not over until it's over.
~ Yogi Berra, 1925- ~

Tough times never last, but tough people do!
~ Robert H. Schuller, 1926- ~

The difference between the impossible and the possible lies in a person's determination.
~ Tommy Lasorda, 1927- ~

As long as I can stand it, God, I'll keep on keeping on.
~ Ray Charles, 1930-2004 ~

When I look back, the greatest thing that ever happened to me is that when I first picked up a basketball, I was terrible. If things come naturally, you may not bother to work at improving them and you can fall short of your potential.
~ Bob Pettit, 1932- ~

People who soar are those who refuse to sit back, sigh and wish things would change. They neither complain of their lot nor passively dream of some distant ship coming in. Rather, they visualize in their minds that they are not quitters; they will not allow life's circumstances to push them down and hold them under.
~ Charles Swindoll, 1934- ~

Wherever you are tonight, you can make it. Hold your head high; stick your chest out. You can make it. It gets dark sometimes, but the morning comes. Don't you surrender.
~ Jesse Jackson, 1941- ~

The "driven" believe the impossible is possible, and are determined to prove it.
~ Tom Peters, 1942- ~
The Pursuit of WOW!, 1994

Most people who succeed in the face of seemingly impossible conditions are people who simply don't know how to quit.
~ Marilyn vos Savant, 1946- ~

Bear in mind, if you are going to amount to anything, that your success does not depend upon the brilliancy and the impetuosity with which you take hold, but upon the everlasting and sanctified bull-doggedness with which you hang on after you have taken hold.
~ A. B. Meldrum, Jr., 1951- ~

Even with a dull ax you can blaze a trail.
~ Robert Powers ~

As long as we are persistent in our pursuit of our deepest destiny, we will continue to grow. We cannot choose the day or time when we will fully bloom. It happens in its own time.
~ Denis Waitley ~
The Winner's Edge, 1980

DIFFERENTIATION / DIVISION / SEPARATION

Related States & Conditions: Appearance/Form, Belief/Religion, Choice/Volition, Comparison/Competition, Conflict/Opposition, Criticism/Judgment, Diversity/Multiplicity, Focus/Intention, Identity, Individuality, Initiative, Polarity/Contrast, Relativity, Solitude, Value/Worth

Syntonic: Acceptance, Attention/Awareness, Collaboration/Synergy, Communication, Compassion/Empathy/Kindness, Connection/Interbeing/Interdependence, Equanimity, Exploration, Flexibility/Flow/Flux, Forgiveness, Friendship, Humor/Laughter, Listening, Love-Agape, Oneness/Unity/Wholeness, Openness/Receptivity, Respect, Tact/Discretion, Tolerance

Dystonic: Avoidance/Denial/Refusal, Complacency, Conformity, Delusion, Distraction/Diversion, Fault, Fear, Habit, Jealousy/Envy, Limitation, Oppression, Revenge, War/Aggression/Violence

Gender is in everything; everything has its masculine and feminine principles; gender manifests on all planes.
~ Hermes Trismegistus ~
in *The Kybalion: A Study of the Hermetic Philosophy*, 1908

In the sky there is no distinction of east and west; people create distinctions out of their own minds and then believe them to be true.
~ Buddha, c. 563-483 BCE ~

The narrow-minded man thinks and says: "This man is one of us; this one is not, he is a stranger." To the man of noble soul the whole of mankind is but one family.
~ Vishnu Sharma, c. 200 BCE ~
"Hitopadesa," *Panchatantra*

The Perfect Way is only difficult for those who pick and choose. Do not like, do not dislike; all will then be clear. Make a hairbreadth difference, and Heaven and Earth are set apart.
~ Jianzhi Sengcan, 526-606 ~
"On Believing in Mind"

The perfect Way's like boundless space
Nothing lacking, nothing extra
It is because of choice
That its absolute truth is lost.
Don't pursue externals;
Don't dally in the interior void.
When the spirit remains serene
In the unity of things
Dualism vanishes by itself;
When that unity is not clear
There is loss in both directions.
~ Sengcan ~

If you want to get the plain truth,
Be not concerned with right and wrong.
The conflict between right and wrong
Is the sickness of the mind.
~ Sengcan ~

The truth of Brahman may be understood intellectually. But (even in those who so understand) the desire for personal separateness is deep-rooted and powerful, for it exists from beginningless time. It creates the notion, "I am the actor, I am he who experiences." This notion is the cause of bondage to conditional existence, birth and death. It can be removed only by the earnest effort to live constantly in union with Brahman.
~ Shankara, 686-718 ~
Viveka-Chudamani

If you want to avoid experiencing reversal, just cut off dualism; then measurements cannot govern you. You are neither Buddha nor sentient being; you are not near or far, not high or low, not equal or even, not going or coming. Just do not cling to written letters that obstruct It, and neither side can hold you. You will escape both pain and pleasure, and escape the opposition of light and dark.
~ Baizhang Huaihai, 749-814 ~
in *The Pocket Zen Reader*, Thomas Cleary, ed., 1999

The minute you fixate on the recognition that "This is 'it'," you are immediately bound hand and foot and cannot move around anymore. So as soon as it is given this recognition, nothing is right, whatever it may be. If you don't fixate on recognition, you can still be saved.
~ Fuyan Qingyuan, 1067-1120 ~in *Zen Essence: The Science of Freedom*, Thomas Cleary, tr. & ed., 1989

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When light and dark are merged without division, who distinguishes relative and absolute herein? Thus it is said, "Although the absolute is absolute, it is relative as well, although the relative is elative, it is complete as well." At this precise moment, how do you discern? How clear – twin shining eyes before any impulse! How stately – the eternal body outside forms!
~ Hongzhi Zhengjue, 1091-1157 ~

"I" and "you" focus light
like decorative holes cut
in a lamp shade.
But there is only One Light.

"I" and "you" throw a
thin veil between
heaven and earth.
Lift the veil and all
creeds and theologies disappear.
When "I" and "you" vanish,
how can I tell whether I am
in a mosque, a synagogue,
a church, or an observatory?
~ Sa'd Ud Din Shabistari, 13th C. ~
"The Secret Rose Garden," in *Desert Wisdom: Sacred Middle Eastern Writings from the Goddess through the Sufis*, Neil Douglas-Klotz, tr., 1995

When is a man in mere understanding? I answer, "When a man sees one thing separated from another." And when is a man above mere understanding? That I can tell you: "When a man sees All in all, then a man stands beyond mere understanding."
~ Meister Eckhart, 1260-1327 ~

The small mind contains only illusions of separateness, of division. It imagines myriad objects and defines truth in terms of relative opposites. Big is defined by small, good by evil, pure by defiled, hidden by revealed, full by empty.
~ Hanshan Deqing, 1546-1623 ~
Journey to Dreamland, Jy Din Shakya, tr., 1998

If you rely on the differences in teachers and see the differences in persons, you are misled by blind teachers into reifying Buddha, Dharma, Zen, Tao, mysteries, marvels, functions, and states. One way and another this glues your tongue down, nails your eyes shut, and constricts your heart.
~ Yuansou, 1578-1657 ~
in *Zen Essence: The Science of Freedom*, Thomas Cleary, tr. & ed., 1989

Abominating hell
Longing for heaven
You make yourself suffer
In a joyful world.
You think that good
Means hating what is bad
What's bad is
The hating mind itself.
~ Bankei, 1622-1693 ~
Bankei Zen: Translations from the Record of Bankei, Yoshito Hakeda, ed., Peter Haskel, tr., 1984

Having a mind means having an ego, which means seeing others as others and self as self. When you view yourself as separate from others, you seek advantage for yourself without regard for loss to others. You become crafty and wily, your personal desires multiply at random. Your natural goodness is lost.
~ Liu Yiming, b. c. 1737 ~
Awakening to the Tao, Thomas Cleary, tr., 1988

Where there is beauty, there is ugliness.
When something is right, something else is wrong.
Knowledge and ignorance depend on each other.
It has been like this since the beginning.
How could it be otherwise now?
Wanting to toss out one and hold onto the other
makes for a ridiculous comedy.
You must still deal with everything ever-changing,
even when you say it's wonderful.
~ Ryokan, 1758-1831 ~

There are no differences but differences of degree between different degrees of difference and no difference.
~ William James, 1842-1910 ~
"Subjective Effects of Nitrous Oxide," *Mind*, Vol. 7, 1882

The earth has one surface … Man has set up and established these imaginary lines, giving to each restricted area a name and the limitation of a native land or nationhood. By this division and separation into groups and branches of mankind, prejudice is engendered which becomes a fruitful source of war and strife.
~ 'Abdu'l-Bahá, 1844-1921 ~
The Promulgation of Universal Peace, 1982

As manifested beings we appear to be separate, but our reality is one, and the less we think of ourselves as separate from that One, the better for us. The more we think of ourselves as separate

from the Whole, the more miserable we become.
~ Vivekananda, 1863-1902 ~
The Complete Works of Swami Vivekananda, 1984-1987, 2:334

We, as personalized, differentiated beings, forget our reality, and … not that we shall give up these differentiations, but we must learn to understand what they are. We are in reality that Infinite Being, and our personalities represent so many channels through which this Infinite Reality is manifesting Itself; and the whole mass of changes which we call evolution is brought about by the soul trying to manifest more and more of its infinite energy.
~ Ibid., 2:339

I am thoroughly convinced that no individual or nation can live by holding itself apart from the community of others, and whenever such an attempt has been made under false ideas of greatness, policy, or holiness – the result has always been disastrous to the secluding one.
~ Ibid., 4:365

Honest differences are often a healthy sign of progress.
~ Mahatma Gandhi, 1869-1948 ~

Once the realization is accepted that even between the closest human beings infinite distances continue to exist, a wonderful living side by side can grow up, if they succeed in loving the distance between them which makes it possible for each to see each other whole against the sky.
~ Rainer Maria Rilke, 1875-1926 ~

When we go deep enough or high enough, we meet. It is only on the surface that we differ and sometimes clash. True, we do not always find our way to the depth or the height, or we do not take the trouble to do so.
~ Ameen Rihani, 1876-1940 ~

Man makes himself miserable by separating himself from others. Separation is death. Unity is life.
~ Sivananda, 1887-1963 ~

The way of salvation cannot lie in melting people down into a mass, but on the contrary in their separation and individuation.
~ Theodor Haecker, 1879-1945 ~
Journal in the Night, Alexander Dru, tr., 1950

Objects and names and forms are but the expression of vibrations in different aspects. Even all that we call matter or substance, and all that does not seem to speak or sound – it is all in reality vibration.
~ Hazrat Khan, 1882-1927 ~
The Mysticism of Sound and Music, 1991

You cannot separate the just from the unjust and
the good from the wicked;
For they stand together before the face of the sun
even as the black thread and the white are
woven together.
And when the black thread breaks, the weaver
shall look into the whole cloth, and he shall
examine the loom also.
~ Khalil Gibran, 1883-1931 ~
The Prophet, 1923

I know the dark delight of being strange,
The penalty of difference in the crowd,
The loneliness of wisdom among fools.
~ Claude McKay, 1889-1948 ~
"My House"

Assuredly, all the disciplines of the mind and all the sciences of man are equally precious and their discoveries mutually so, but this solidarity does not mean confusion. What is important is to integrate the results of the diverse applications of the mind without confounding them. The surest method … is still that of studying a phenomenon in its own frame of reference, with freedom afterwards to integrate the results of this procedure in a wider perspective.
~ Mircea Eliade, 1907-1986 ~

Associations formed on this earth are not necessarily for the duration of the lifespan. Separation takes place constantly, and as long as it takes place lovingly, not only is there no spiritual injury, but spiritual progress may actually be helped.
~ Peace Pilgrim, 1908-1981 ~
Peace Pilgrim: Her Life and Work in Her Own Words, 1982

The greatest tragic factor in history is man's apparent need to mark the intensity of his reaction to life by joining a band; for a band, to give itself definition must find a rival or an enemy.
~ Peter Shaffer, 1926- ~
in *Contemporary Dramatists*, 1977

We go on believing we are separate. We are not – not even for a single moment. Drop the idea of separation – and the fear of death disappears. If you become one with the whole you will live forever. You will go beyond birth and death.
~ "Osho" Rajneesh, 1931-1990 ~

Nature is intricately and infinitely connected. The minute I name something and begin to regard it as a separate entity, I break this unbreakable unity. So that which makes it possible for us to seek truths about the universe and about ourselves has within itself the guarantee that we will never be able to find the Truth. Our knowledge must be forever fragmented, because that is the nature of systematic knowledge.
~ Katherine Paterson, 1932- ~

The sharing of joy, whether physical, emotional, psychic, or intellectual, forms a bridge between the sharers which can be the basis for understanding much of what is not shared between them, and lessens the threat of their difference.
~ Audre Lorde, 1934-1992 ~

In community, instead of being ignored, denied, hidden, or changed, human differences are celebrated as gifts.
~ M. Scott Peck, 1936-2005 ~
The Different Drum: Community Making and Peace, 1987

Your intellect feels discontent
With having and not labelling ...
To fix in one quick-drying definition.
You must not try to cram us all
Into your little box;
Your definition must perforce be false
Or we are dead.
~ Mervyn Morris, 1937- ~
"To a West Indian Definer"

The effort to separate ourselves whether by race, creed, color, religion, or status is as costly to the separator as to those who would be separated ... The task that remains is to cope with our interdependence – to see ourselves reflected in every other human being and to respect and honor our differences.
~ Melba Beals, 1943- ~
Warriors Don't Cry, 1994

What is actually experienced is already a seamless Whole. Consciousness divides it. And, of course, the most basic division is "me" and "everything else," self and other. Consciousness not only divides the world spatially, it also divides it temporally. We thus imagine past, present, and future, and the persistence of separate objects.
~ Steve Hagen, 1945- ~
Buddhism Plain & Simple, 1997

The realization that you are "different" from others may force you to disidentify from socially conditioned patterns of thought and behavior. This will automatically raise your level of consciousness above that of the unconscious majority, whose members unquestioningly take on board all inherited patterns ... Being an outsider to some extent, someone who does not "fit in" with others or is rejected by them for whatever reason, makes life difficult, but it also places you at an advantage as far as enlightenment is concerned. It takes you out of unconsciousness almost by force.
~ Eckhard Tolle, 1948- ~
The Power of Now: A Guide to Spiritual Enlightenment, 1999

For most ... the stark visibility of the seen world affects their perception of the unseen world. Discrimination begins when you say that you can touch this and that, and therefore the tangible begins to supercede the reality of the intangible.
~ Malidoma Somé, 1956- ~
The Healing Wisdom of Africa, 1999

We actually live in a sea of energy – a vast, seamless, unbroken landscape, broken up into separate, disconnected objects by our sense-perception. We ourselves (our bodies) are simply "patches" and specific patterns of energy within this vast energy landscape.
~ Ali Ansari, 1969- ~
Sufism and Beyond: Sufi Thought in the Light of Late 20th Century Science, 1999

How do you expect to change the world
If your love extends only to those who belong to you,
If your love creates camps:
We on one side, they on the other,
Friends on one side, enemies on the other.
You have no faith if that's how you divide the world.
~ Ljiljana Matković-Vlašić ~
"A Cry from Croatia," *For a Change*, 12.1

The root of everything is only one. I will tell you where the first separation takes place: in the real and deep sense, there is only "I." "I" knows that "It" is: "I am." That's the first separation. "It" knows that "It" exists. The next separation is "I" and "you," and so it goes on.
~ Tara Vasanti ~
in Derek Biermann, *Samadhi: Personal Journeys to Spiritual Truth*, 2000

DILIGENCE

Related States & Conditions: Accomplishment/Achievement/Excellence, Action/Effort, Commitment/Dedication, Determination/Persistence/Resolve, Direction, Dispatch, Focus/Intention, Goal/Ideal/Purpose, Initiative, Responsibility, Work

Syntonic: Attention/Awareness, Confidence, Conviction/Principle, Discipline, Exploration, Faith, Flexibility/Flow/Flux, Learning, Openness/Receptivity, Presence, Questioning/Doubt, Self-Reliance, Zeal/Zest

Dystonic: Avoidance/Denial/Refusal, Complacency, Conformity, Deferment/Delay, Delusion, Distraction/Diversion, Fault, Fear, Habit, Haste/Impatience, Inaction, Laziness,Limitation

If you are a man who leads, a man who controls the affairs of many, then seek the most perfect way of performing your responsibility so that your conduct will be blameless.
~ Ptahotep, c. 2350 BCE ~
in *The Teachings of Ptahhotep: The Oldest Book in the World*, Asa Hilliard, Larry Williams & Nia Damali, eds., 1987

Do not speak falsely for you are great; do not act lightly for you have weight; be not untrue for you are the balance and do not swerve, for you are the standard.
~ *Book of Khun-Anup (The Eloquent Peasant)* ~
in *Kemet and the African Worldview*, Maulana Karenga & Jacob Carruthers, eds., 1986

Be industrious, let thine eyes be open, lest thou become a beggar, for the man that is idle cometh not to honor.
~ Khemetic Saying ~
Temt Tchaas: Egyptian Proverbs, Muata Ashaya Ashby, ed., 1994

Whatsoever thy hand findeth to do, do it with thy might; for there is no work, nor device, nor knowledge, nor wisdom, in the grave, whither thou goest.
~ Solomon, 10th C. BCE ~
in *The Bible*, Ecclesiastes 9:10

The wise man who just goes on doing what presents itself for him to do, encounters no difficulty in either activity or inactivity.
~ *Ashtavakra Gita* ~
18.20, John Richards, tr., 1994

If you can work sincerely and correctly on what is at hand, and do so with energy and calm, not allowing distractions but keeping your inner spirit pure, as if you had only borrowed it and had to return it intact; if you can act in this way, hoping for nothing, fearing nothing, but satisfied with modulating your actions to the way of nature, and with fearless truth in every word you utter, you will live contentedly.
~ Marcus Aurelius, 121-180 ~
The Spiritual Teachings of Marcus Aurelius, Mark Forstater, tr., 2000

Do every act of your life as if it were your last.
~ Marcus Aurelius ~
Meditations, 170-180

People, in their rashness and ignorance, like to condemn things that are difficult and obscure, rather than … learn their meaning by diligent painstaking.
~ Origen, c. 185-255 ~
De Principiis, Book 3

Arouse yourself, gird your loins, put aside idleness, grasp the nettle, and do some hard work.
~ Bernard de Clairvaux, 1091-1153 ~
Letters

Until the juice ferments a while in the cask, it isn't wine. If you wish your heart to be bright, you must do a little work.
~ Jalaluddin Rumi, 1207-1273 ~
"Be Lost in the Call"

To know how to live is my trade and my art.
~ Michel de Montaigne, 1533-1592 ~
Essais, 1580

Diligence is the mother of good fortune.
~ Miguel de Cervantes, 1547-1616 ~

Resolve to perform what you ought. Perform without fail what you resolve.
~ Benjamin Franklin, 1706-1790 ~

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Determine never to be idle … It is wonderful how much may be done if we are always doing.
~ Thomas Jefferson, 1743-1826 ~

Don't waste your life in doubts and fears; spend yourself on the work before you, well assured that the right performance of this hour's duties will be the best preparation for the hours or ages that follow it.
~ Ralph Waldo Emerson, 1803-1882 ~

Whatever you do, do it with all your might. Work at it, early and late, in season and out of season, not leaving a stone unturned, and never deferring for a single hour that which can be done just as well now.
~ P. T. Barnum, 1810-1891 ~

Life consists not in holding good cards; but in playing those you hold well.
~ Josh Billings, 1818-1885 ~

Always do right. This will gratify some people and astonish the rest.
~ Mark Twain, 1835-1910 ~
Speech, Brooklyn, NY, 1901

The artistic sense of perfection in work is another much-to-be-desired quality to be cultivated. No matter how trifling the matter on hand, do it with a feeling that it demands the best that is in you, and when done look it over with a critical eye, not sparing a strict judgment of yourself.
~ William Osler, 1849-1919 ~
Aphorisms from His Bedside Teachings and Writings

Do your work with your whole heart and you will succeed; there's so little competition.
~ Elbert Hubbard, 1856-1915 ~

Know what you want to do, hold the thought firmly, and do every day what should be done, and every sunset will see you that much nearer the goal.
~ Hubbard ~

He who grumbles at the little thing that has fallen to his lot to do will grumble at everything. Always grumbling, he will lead a miserable life, and everything will be a failure. But that man who does his duty as he goes, putting his shoulder to the wheel, will see the light, and higher and higher duties will fall to his share.
~ Vivekananda, 1863-1902 ~
The Complete Works of Swami Vivekananda, 1984-1987, 5:242

When we do the best that we can, we never know what miracle is wrought in our life, or in the life of another.
~ Helen Keller, 1880-1968 ~

As for accomplishments, I just did what I had to do as things came along.
~ Eleanor Roosevelt, 1884-1962 ~

I always remember an epitaph which is in the cemetery at Tombstone, Arizona. It says: "Here lies Jack Williams. He has done his damnedest." I think that is the greatest epitaph a man can have – when he gives everything that is in him to do the job he has before him. That is all you can ask of him and that is what I have tried to do … I studied the lives of great men and famous women; and I found that the men and women who got to the top were those who did the jobs they had in hand, with everything they had of energy, enthusiasm and hard work.
~ Harry S. Truman, 1884-1972 ~

Put your heart, mind, intellect and soul even to your smallest acts. This is the secret of success.
~ Sivananda, 1887-1963 ~

Nothing succeeds in this world without taking the trouble.
~ Lin Yutang, 1895-1976 ~
The Pleasures of Nonconformist, 1962

The only place success comes before work is in the dictionary.
~ Satchel Paige, 1900-1982 ~

If you want to be the best, Baby, you've got to work harder than anybody else.
~ Sammy Davis, Jr., 1925-1990 ~

Look at a day when you are supremely satisfied at the end. It's not a day when you lounge around doing nothing; it's when you've had everything to do, and you've done it.
~ Margaret Thatcher, 1925- ~

When a job is once begun, never stop until it's done.
Be the job large or small, do it right or not at all.
~ Carol Moseley-Braun, 1947- ~

My philosophy is that not only are you responsible for your life, but doing the best at this moment puts you in the best place for the next moment.
~ Oprah Winfrey, 1954- ~

DIRECTION

Related States & Conditions: Action/Effort, Beginning, Cause, Commitment/Dedication, Determination/Persistence/Resolve, Expectation/Hope, Exploration, Focus/Intention, Goal/Ideal/Purpose, Initiative, Journey/Path, Passion, Possibility/Potential, Retreat/Withdrawal, Value/Worth

Syntonic: Attention/Awareness, Confidence, Conviction/Principle, Courage, Daring/Challenge, Decision/Decisiveness, Diligence, Discipline, Dispatch, Faith, Flexibility/Flow/Flux, Learning, Openness/Receptivity, Questioning/Doubt, Self-Reliance, Zeal/Zest

Dystonic: Avoidance/Denial/Refusal, Complacency, Conformity, Deferment/Delay, Delusion, Distraction/Diversion, Fault, Fear, Habit, Haste/Impatience, Inaction, Laziness, Limitation

Radiance is still there, as before,
but we don't face the right direction.
~ *Prophecies of Nefer-Rohu* ~
Khemetic Text, 2000 BCE
in *Desert Wisdom: Sacred Middle Eastern Writings from the Goddess Through the Sufis*, Neil Douglas-Klotz, tr., 1995

Even when walking with others, do not hesitate to change direction if necessary to follow your inner truth.
~ *Yi Jing*, c. 1150 BCE ~
"Fu: Returning" in *The Photographic I Ching*, Dhiresha McCarver, tr., 1997

If you do not change direction, you may end up where you are heading.
~ Laozi, 570-490 BCE ~

The wisest men follow their own direction.
~ Euripides, c. 485-406 BCE ~

In order to seek one's own direction, one must simplify the mechanics of ordinary, everyday life.
~ Plato, c. 427-347 BCE ~

I follow nature as the surest guide, and resign myself, with implicit obedience, to her sacred ordinances.
~ Cicero, 106-43 BCE ~

If one does not know to which port he is sailing, no wind is favorable.
~ Seneca, c. 4 BCE-65 CE ~

The mind flows along the course of wisdom or of ignorance, in whatever direction you make it flow.
~ *Yoga Vasistha* ~

And thine ears shall hear a word behind thee, saying, this is the way; walk ye in it, when ye turn to the right hand, and when ye turn to the left.
~ *The Bible*, c. 367 CE ~
Isaiah 30:21

A wise man guides his own course of action;
The fool follows another's direction,
When an old dog barks, the others run,
And this for no reason at all.
~ Saskya Pandita, 1182-1251 ~

The direction of the mind is more important than its progress.
~ Joseph Joubert, 1754-1824 ~
Pensées, 1842

Each man has his own vocation. The talent is the call. There is one direction in which all space is open to him. He has faculties silently inviting him thither to endless exertion. He is like a ship in a river; he runs against obstructions on every side but one; on that side all obstruction is taken away, and he sweeps serenely over a deepening channel into an infinite sea.
~ Ralph Waldo Emerson, 1803-1882 ~
Spiritual Laws

The greatest thing in this world is not so much where we are, but in what direction we are moving.
~ Oliver Wendell Holmes, 1809-1894 ~

Happiness and misery depend not on how high up or low down you are but on the direction in which you are tending.
~ Samuel Butler, 1835-1902 ~

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It is the direction and not the magnitude which is to be taken into consideration.
~ Thomas Troward, 1847-1916 ~

Thought needs direction to be effective, and … will is the directing power. Thought is the force. Will gives direction. Thought scattered gives the weak, the uncertain, the vacillating, the aspiring, but the never-doing, the I-would-like-to, but the get-nowhere, the attain-to-nothing man or woman. Thought steadily directed by the will gives the strong, the firm, the never-yielding, the never-know-defeat man or woman … who uses the very difficulties and hindrances that would dishearten the ordinary person as stones with which he paves a way over which he triumphantly walks.
~ Ralph Waldo Trine, 1866-1958 ~
What All the World's A-Seeking, 1896

He who chooses the beginning of a road chooses the place it leads to. It is the means that determine the end.
~ Henry Emerson Fosdick, 1878-1969 ~

Let everyone follow his inclinations – provided he go upward.
~ Jean Cocteau, 1889-1963 ~
Letters to André Gide, 1971

The desire to change the direction of your life is one of the surest signs of grace … For a while you may not know the direction in which to go. But you will know without doubt that the direction you have been going in is wrong.
~ Eknath Easwaran, 1911-1999 ~

We must travel in the direction of our fear.
~ John Berryman, 1914-1972 ~

It isn't where you came from; it's where you're going that counts.
~ Ella Fitzgerald, 1917-1996 ~
in Stuart Nicholson, *Ella Fitzgerald*, 1994

A sailor without a destination cannot hope for a favorable wind.
~ Leon Tec, 1919- ~

A mountain can never be climbed looking down. The direction should always be onward and upward, and with faith, focus, discipline, dedication and hard work, our dreams will be realized.
~ Leontyne Price, 1927- ~

No man can know where he is going unless he knows exactly where he has been and exactly how he arrived at his present place … Each of us has the right and the responsibility to assess the roads which lie ahead, and those over which we have travelled, and if the future road looms ominous or unpromising, and the roads back uninviting, then we need to gather our resolve and, carrying only the necessary baggage, step off that road into another direction.
~ Maya Angelou, 1928- ~

The line of progress is never straight. For a period of movement may follow a straight line and then it encounters obstacles and the path bends.
~ Martin Luther King, Jr., 1929-1968 ~

We find our individual freedom by choosing not a destination but a direction. You do not choose the transformative journey because you know where it will take you but because it is the only journey that makes sense.
~ Marilyn Ferguson, 1938- ~
The Aquarian Conspiracy, 1980

Look inside to find out where you're going, and it's better to do it before you get out of high school.
~ Prince, 1958- ~

The smallest step in a positive direction is considerably better than sliding helplessly backwards. And you can take that step forward right now.
~ Ralph Marston, 1961- ~

If there ever comes a time when you feel like you have to go someplace to find a better you and you're going any farther than the mirror, don't take another step. As long as you are looking toward anything but yourself, you'll always be headed in the wrong direction.
~ Angel Kyodo Williams ~
Being Black: Zen and the Art of Living with Fearlessness and Grace, 2000

We have been used to thinking linearly, but … it's not in one line any more but many lines, in different directions, and those directions each have many more directions. It has nothing to do with space. If you hold your fist tightly, that little space contains all the dimensions.
~ Tara Vasanti ~
in Derek Biermann, *Samadhi: Personal Journeys to Spiritual Truth*, 2000

DISCIPLINE

Related States & Conditions: Action/Effort, Autonomy/Control, Belief/Religion, Commitment/Dedication, Conviction/Principle, Determination/Persistence/Resolve, Focus/Intention, Goal/Ideal/Purpose, Learning, Moderation, Partnership/Marriage, Practice, Responsibility, Restraint, Struggle, Surrender

Syntonic: Confidence, Courage, Daring/Challenge, Decision/Decisiveness, Detachment, Diligence, Dispatch, Expectation/Hope, Faith, Flexibility/Flow/Flux, Openness/Receptivity, Patience, Self-Reliance, Tolerance

Dystonic: Attachment, Avoidance/Denial/Refusal, Complacency, Conformity, Defeat, Deferment/Delay, Delusion, Dependence, Distraction/Diversion, Fault, Fear, Habit, Haste/Impatience, Hate, Inaction, Indulgence/Temptation, Jealousy/Envy, Laziness, Limitation, Regret

The Self cannot be known by anyone who desists not from unrighteous ways, controls not his senses, stills not his mind, and practices not meditation.
~ *Upanishads*, c. 1400-c. 800 BCE ~

He who has conquered the feelings of pleasure, wrath, avarice, attachment, vanity and aversion, this one is peace itself, and free from all pride.
~ Mahatma Dattatreya, c. 1100 BCE ~
Avadhut Gita, VII.4, Hari Prasad Shastri, tr., 1934

For the very true beginning of wisdom is the desire of discipline.
~ Solomon, 10th C. BCE ~
in *Apocrypha*

Men may block your path, but never let them obstruct you from right action; never let them destroy the feeling of charity you have toward them. You must be firm in both: steadfast in judgment and action; kind to those who do you harm. To lose your temper with them is no less a sign of weakness than one cowed into abandoning his proper course of action. In both cases, the post of duty has been deserted.
~ Marcus Aurelius, 121-180 ~
Meditations, Book 11:9 in *Two Suns Rising*, Jonathan Star, ed., 1991

Those who wish to keep a rule of life
Must guard their minds in perfect self-possession.
Without this guard upon the mind,
No discipline can ever be maintained.
~ Shantideva, 7th C. ~
The Way of the Boddhisattva, Padmakara, tr., 1997

The mouth is the portal of the mind. If not carefully guarded, it leaks true intents and motives. Feelings are the feet of the mind. If not carefully watched, they will take you onto all kinds of wayward paths.
~ Hong Zicheng, fl. 1596 ~
Caigentan: Vegetable Roots Discourse, I.220, Robert Aitken & Daniel W. Y. Kwok, trs., 2006

The nature of the monkey is wild and uncertain, but if you leash it, it will follow human direction, unable to do whatever it wants. The nature of the horse is stubborn and intractable, but with a bridle and headstall on, it will follow human direction, unable to gallop off … If learners can actually control their stubborn mind and return it to rectitude, transform their errant intent and restore it to sincerity, then half the Tao of essence and life can be comprehended.
~ Liu Yiming, b. c. 1737 ~
Awakening to the Tao, Thomas Cleary, tr., 1988

The highest possible stage in moral culture is when we recognize we ought to control our thoughts.
~ Charles Darwin, 1809-1882 ~

I never could have done what I have done without the habits of punctuality, order, and diligence, without the determination to concentrate myself on one subject at a time.
~ Charles Dickens, 1812-1870 ~

There is no man that lives who does not need to be drilled, disciplined, and developed into something higher and nobler than he is by nature.
~ Henry Ward Beecher, 1813-1887 ~

Thank God every morning when you get up that you have something to do which must be done, whether you like it or not. Being forced to work,

and forced to do your best, will breed in you temperance, self-control, diligence, strength of will, content and a hundred other virtues which the idle never know.
~ Charles Kingsley, 1819-1875 ~

We cannot kindle when we will
The fire which in the heart resides,
The spirit bloweth and is still,
In mystery our soul abides:
But tasks in hours of insight will'd
Can be through hours of gloom fulfill'd.
~ Matthew Arnold, 1822-1888 ~

Perhaps the most valuable result of all education is the ability to make yourself to do the thing you have to do when it ought to be done whether you like it or not. It is the first lesson that ought to be learned and however early a person's training begins, it is probably the last lesson a person learns thoroughly.
~ Thomas Huxley, 1825-1895 ~
Collected Essays, Vol. 3, 1896

Discipline must come through liberty ... We do not consider an individual disciplined when he has been rendered as artificially silent as a mute and as immovable as a paralytic. He is an individual annihilated, not disciplined.
~ Maria Montessori, 1870-1952 ~

Nothing of importance is ever achieved without discipline ... But the discipline you have in your life should be one determined by your own desires and your own needs, not put upon you by society or authority.
~ Bertrand Russell, 1872-1970 ~

No steam or gas drives anything until it is confined. No life ever grows great until it is focused, dedicated, disciplined.
~ Henry Emerson Fosdick, 1878-1969 ~

Common-sense is the fundamental factor in all spiritual disciplines. No rule is an eternal rule. Rules change from place to place, time to time and from one condition to another condition.
~ Sivananda, 1887-1963 ~

You cannot make yourself feel something you do not feel, but you can make yourself do right in spite of your feelings.
~ Pearl S. Buck, 1892-1973 ~
"My Neighbor's Son," *To My Daughters With Love*, 1967

We must practice separating ourselves from our negative moods and thoughts in the midst of all the troubles and disasters of daily life. No one can be different from what he is now unless he begins to separate himself from his present reactions and to identify himself with his aim. Detachment from negative states and assumption of the wish fulfilled must be practiced in the midst of all the blessings and cursings of life. The way of true metaphysics lies in the midst of all that is going on in life. We must constantly practice self-observation, thinking from our aim, and detachment from negative moods and thoughts if we would be doers of truth instead of mere hearers.
~ Neville, 1905-1972~
"Fundamentals," *New Thought*, Summer 1953

Without discipline, there is no life at all.
~ Katharine Hepburn, 1909-2003 ~

Though discipline and freedom seem antithetical, each without the other destroys itself.
~ Donald Barr, 1921- ~
Who Pushed Humpty Dumpty?, 1971

The successful person has the habit of doing the things failures don't like to do. They don't like doing them either necessarily. But their disliking is subordinated to the strength of their purpose ... mission, a clear sense of direction and value, a burning "yes!" inside that makes it possible to say "no" to other things. It also requires independent will, the power to do something when you don't want to do it, to be a function of your values rather than a function of the impulse or desire of any given moment.
~ Stephen Covey, 1932- ~
The 7 Habits of Highly Effective People, 1989

Without discipline we can solve nothing. With only some discipline we can solve only some problems. With total discipline we can solve all problems.
~ M. Scott Peck, 1936-2005 ~
The Road Less Travelled, 1978

I become something different when I don't attend to the little things ... I feel that especially when it's chores I don't want to do, like taking out the garbage or doing my laundry. It's in the act of having to do things that you don't want to that you learn something about moving past the self. Past the ego.
~ bell hooks, 1952- ~
Interview by John Perry Barlow, *Shambhala Sun*

DISCLOSURE / VERACITY

Related States & Conditions: Communication, Engagement/Integration/Involvement, Expression, Idea/Opinion, Meaning, Release, Sincerity/Authenticity, Truth

Syntonic: Appreciation, Attention/Awareness, Balance, Compassion/Empathy/Kindness, Confidence, Courage, Decision/Decisiveness, Detachment, Diligence, Eloquence/Poetry, Expedience, Exploration, Faith, Flexibility/Flow/Flux, Integrity, Listening, Openness/Receptivity, Patience, Respect, Tact/Discretion, Teaching, Tolerance, Trust

Dystonic: Anger, Attachment, Avoidance/Denial/Refusal, Complacency, Conformity, Criticism/Judgment, Deferment/Delay, Delusion, Distraction/Diversion, Fault, Fear, Hate, Jealousy/Envy, Laziness, Limitation, Loquacity, Regret

Words cannot give wisdom if they stray from the truth.
~ Khemetic Saying ~
Temt Tchaas: Egyptian Proverbs, Muata Ashaya Ashby, ed., 1994

Say not unto thyself, Behold, truth breedeth hatred, and I will avoid it; dissimulation raiseth friends, and I will follow it. Are not the enemies made by truth, better than the friends obtained by flattery?
~ Akhenaton, c. 1385-c. 1355 BCE ~

For he who speaks untruth withers like a tree to the roots.
~ *Upanishads*, c. 1400-c. 800 BCE ~

If one sneaks around like a rat, rather than exposing oneself to the light of truth, there will be cause for regret.
~ *Yi Jing*, c. 1150 BCE ~
"Chin: Advance" in *The Photographic I Ching*, Dhiresha McCarver, tr., 1997

Do not bear witness with false words,
So as to brush aside a man by your tongue.
~ Amenemope, c. 11th C. BCE~
The Instruction of Amenemope, Ch. 1, Miriam Lichtheim, tr.

For there is nothing covered, that shall not be revealed; neither hid, that shall not be known.
~ Jesus of Nazareth, c. 5-c. 38 CE ~
in *The Bible*, Luke 12:2

The face is the mirror of the mind, and eyes without speaking confess the secrets of the heart.
~ Jerome, 345-420 ~

One who loves you does not spare you the truth.
~ Kigezi (Southwest Uganda) Saying
in *Black Woman's Gumbo Ya-Ya*, Terri L. Jewell, ed., 1993

Often your utterances and expressions of your face leak out the secrets of your hidden thoughts.
~ Hazrat Ali, 599-661 ~
in *Peak of Eloquence - Nahjul Balagha: Sermons and Letters of Imam Ali Ibn Abi Talib*, Sayed Ali Reza, tr., 1984

The man who speaks the truth is always at ease.
~ Persian Saying ~

The well-informed, but dishonest in their hostility and malice, often succeeed in passing off lies as truth and in clothing deception in the guise of wisdom.
~ Abu 'Uthman Amr Ibn Bahr Al-Jahiz, c. 788-869 ~
The Exploits of the Turks and the Army of the Khalifate in General

A man must not always tell all, for that were folly: but what a man says should be what he thinks.
~ Michel de Montaigne, 1533-1592 ~

I speak the truth, not so much as I would, but as much as I dare; and I dare a little the more, as I grow older.
~ Montaigne ~

The weight of this sad time we must obey;
Speak what we feel, not what we ought to say.
~ William Shakespeare, 1564-1616 ~
King Lear, 1606

Tell the truth, and so confound your adversaries.
~ Henry Wotton, 1568-1639 ~

Better a refusal than deception.
~ Malinke (Mali/Senegal) Saying ~

Dare to be true; nothing can need a lie.
~ George Herbert, 1593-1633 ~

It is a very trying task for deceitful people, always to have to cover up their lack of sincerity and to repair the breaking of their word.
~ Madame de Sable, 1599-1678 ~
The Maxims of Madame de Sable, Arthur Chandler, tr.

It requires as much caution to tell the truth as to conceal it.
~ Baltasar Gracián y Morales, 1601-1685 ~

Truth keeps the hands cleaner than soap.
~ West African Proverb ~

When thou art obliged to speak, be sure to speak the truth, for equivocation is halfway to lying, and lying is the whole way to hell.
~ William Penn, 1644-1718 ~

A man should never be ashamed to own he has been in the wrong, which is but saying, in other words, that he is wiser today than he was yesterday.
~ Alexander Pope, 1688-1744 ~
Miscellanies, 1727

Prudent people are very happy; 'tis an exceeding fine thing, that's certain, but I was born without it, and shall retain to my day of Death the Humour of saying what I think.
~ Mary Wortley Montagu, 1689-1762 ~
The Complete Letters of Lady Mary Wortley Montagu

The secret of being tiresome is to tell everything.
~ François-Marie Voltaire, 1694-1778 ~
"Cinquième discours: sur la nature de plaisir," *Sept discours en vers sur l'homme*, 1737

It is not our wrong actions which it requires courage to confess, so much as those which are ridiculous and foolish.
~ Jean-Jacques Rousseau, 1712-1778 ~

Real subtlety consists in telling the truth, sometimes forcefully but always gracefully.
~ Étienne-François de Choiseul, 1719-1785 ~

For my part, whatever anguish of spirit it may cost, I am willing to know the whole truth – to know the worst and provide for it.
~ Patrick Henry, 1736-1799 ~

The man who fears no truth has nothing to fear from lies.
~ Thomas Jefferson, 1743-1826 ~

Bitter truth is better than sweet falsehood.
~ Swahili (East Africa) Saying

Always be ready to speak your mind, and a base man will avoid you.
~ William Blake, 1757-1827 ~
"Proverbs of Hell," *The Marriage of Heaven and Hell*, 1793

Seldom, very seldom does complete truth belong to any human disclosure; seldom can it happen that something is not a little disguised, or a little mistaken.
~ Jane Austen, 1775-1817 ~

To be wiser than other men is to be honester than they; and strength of mind is only courage to see and speak the truth.
~ William Hazlitt, 1778-1830 ~

Life is short, but truth works far and lives long; let us speak the truth.
~ Arthur Schopenhauer, 1788-1860 ~
The World as Will and Idea

Say what you have to say, not what you ought. Any truth is better than make-believe.
~ Henry David Thoreau, 1817-1862 ~

Beautify your tongues, O people, with truthfulness, and adorn your souls with the ornament of honesty. Beware, O people, that ye deal not treacherously with anyone.
~ Baha'u'llah, 1817-1892 ~
Gleanings from the Writings of Baha'u'llah, No. 136, 1976

A man who lies to himself, and believes his own lies, becomes unable to recognize truth, either in himself or in anyone else, and he ends up losing respect for himself and for others. When he has no respect for anyone, he can no longer love, and in him, he yields to his impulses, indulges in the lowest form of pleasure, and behaves in the end like an animal in satisfying his vices. And it all comes from lying to others and to yourself.
~ Fyodor Dostoevsky, 1821-1881 ~

There is no alleviation for the sufferings of mankind except veracity of thought and of action, and the resolute facing of the world as it is when the garment of make-believe by which pious hands have hidden its uglier features is stripped off.
~ Thomas Huxley, 1825-1895 ~
Collected Essays, Vol. 1, 1896

A man who speaks out honestly and fearlessly that which he knows, and that which he believes, will always enlist the good-will and the respect, however much he may fail in winning the assent, of his fellow men.
~ Ibid.

If people would dare to speak to one another unreservedly, there would be a great deal less sorrow in the world a hundred years hence.
~ Samuel Butler, 1835-1902 ~

When in doubt, tell the truth ... If you tell the truth you don't have to remember anything.
~ Mark Twain, 1835-1910 ~

While I do not believe that whatever is is right, I do believe that whatever is ought to be known.
~ John Wesley Edward Bowen, 1855-1933 ~

Man is least himself when he talks in his own person. Give him a mask, and he will tell you the truth.
~ Oscar Wilde, 1856-1900, ~

If one tells the truth, one is sure, sooner or later, to be found out.
~ Wilde ~
The Chameleon, 1894

Tell the truth and shame the devil.
~ African-American Saying ~

Be yourself and speak your mind today, though it contradict all you have said before.
~ Elbert Hubbard, 1856-1915 ~

Tell the truth boldly, whether it hurts or not. Never pander to weakness. If truth is too much for intelligent people and sweeps them away, let them go; the sooner, the better.
~ Vivekananda, 1863-1902 ~
The Complete Works of Swami Vivekananda, 1984-1987, 7:79, 1926

To say what you think will certainly damage you in society; but a free tongue is worth more than a thousand invitations.
~ Logan Pearsall Smith, 1865-1946 ~

The art of life is to show your hand. There is no diplomacy like candor. You may lose by it now and then, but it will be a loss well gained if you do. Nothing is so boring as having to keep up a deception.
~ E. V. Lucas, 1868-1938 ~
365 Days and One More

Candor is always a double-edged sword; it may heal or it may separate.
~ Wilhelm Stekel, 1868-1940 ~

Truth is not always the best basis for happiness. There are people who perish when their eyes are opened.
~ Stekel ~

A "No" uttered from deepest conviction is better and greater than a "Yes" merely uttered to please, or what is worse, to avoid trouble.
~ Mahatma Gandhi, 1869-1948 ~

Truthful dealing even in the little things of life is the only secret to a pure life.
~ Gandhi ~
Speech to Students, *Young India*, 1925 December 10

The truth is often a terrible weapon of aggression. It is possible to lie, and even to murder, with the truth.
~ Alfred F. Adler, 1870-1937 ~

If you do not tell the truth about yourself, you cannot tell it about other people.
~ Virginia Woolf, 1882-1941 ~
The Moment and Other Essays, 1947

And there are those who talk, and without knowledge or forethought reveal a truth which they themselves do not understand.
~ Khalil Gibran, 1883-1931 ~
The Prophet, 1923

The truth can be spoken only by someone who already lives inside it; not by someone who still lives in untruth and only sometimes reaches out from untruth toward it.
~ Ludwig Wittgenstein, 1889-1951 ~
Philosophical Investigations, G. E. M. Anscombe, tr., 1968

Truth is always exciting. Speak it, then. Life is dull without it.
~ Pearl S. Buck, 1892-1973 ~
To My Daughters, With Love, 1967

When anyone announces that he is going to speak his mind freely, every one is frightened. This shows that there is no such thing as freedom of speech. No one can afford to let his neighbors know what he is thinking about them. Society can exist only

on the basis that there is some amount of polished lying and that no one says exactly what he thinks.
~ Lin Yutang, 1895-1976 ~
The Little Critic: Essays, Satires and Sketches on China (Second Series: 1933-1935), 1935

Many people today don't want honest answers insofar as honest means unpleasant or disturbing. They want a soft answer that turneth away anxiety.
~ Louis Kronenberger, 1904-1980 ~

Fear is perhaps the greatest enemy of candor. How many men fear to follow their consciences because they would rather conform to the opinion of other men than to the truth they know in their souls? How can I be sincere if I am constantly changing my mind to conform with the shadow of what I think others expect of me? Others have no right to demand that I be anything other than what I ought to be.
~ Thomas Merton, 1915-1968 ~
No Man Is an Island, 1955, 1983

The person who is frightened of speaking the truth, for example, might say, "All right – I know that my whole castle will break down if I say this. But I will say it anyway. Whatever happens, I'll say it – it's better if my house falls down than if it were built on something unsteady. Then I can build a better house on a solid foundation."
~ Vilayat Khan, 1916-2004 ~
Awakening: A Sufi Experience, 1999

To state the facts frankly is not to despair for the future nor indict the past.
~ John F. Kennedy, 1917-1963 ~

Whenever truth is spoken there is somewhere an increase of understanding and faith.
~ Pearl Bailey, 1918-1990 ~

What we hunger for, perhaps more than anything else, is to be known in our full humanness and yet that is often just what we also fear more than anything else ... It is important to tell, at least from time to time, the secret of who we truly and fully are because otherwise we run the risk of losing track, and little by little come to accept instead the highly edited version which we put forth in hope that the world will find it more acceptable than the real thing.
~ Frederick Buechner, 1926- ~

Confrontation takes considerable courage, and many people would prefer to take the course of least resistance, belittling and criticizing, betraying confidences, or participating in gossip about others behind their backs. But in the long run, people will trust and respect you if you are honest and open and kind with them. You care enough to confront.
~ Stephen Covey, 1932- ~
The 7 Habits of Highly Effective People, 1989

One must be frank to be relevant.
~ Corazon Aquino, 1933- ~

Once you speak against the popular version of the truth, then you must be willing to pay the price for doing so.
~ Louis Farrakhan, 1934- ~
Speech at The Kennedy Center, 1985 July 22

Courageous people must continually push themselves to be completely honest, yet must also possess the capacity to withhold the whole truth when appropriate.
~ M. Scott Peck, 1936-2005 ~
The Road Less Travelled, 1978

People who have suffered from the wanton cruelty of others prefer the truth at all times, no matter what it might cost them.
~ Bessie Head, 1937-1986 ~
A Question of Power, 1973

Speak truth to power.
~ Marion Wright Edelman, 1939- ~
The Measure of Our Success, 1992

When nobody speaks your name, or even knows it, you, knowing it, must be the first to speak it.
~ Marlon Riggs, 1957-1994 ~

Only one thing is more frightening than speaking your truth, and that is not speaking.
~ Naomi Wolf, 1962- ~
"A Woman's Place," Address to Scripps College, 1992 May 17

It is better to be hurt by the truth, than to be made a fool of by a lie.
~ Karen Cedrone ~

Be not ashamed to confess that you have been in the wrong. It is but owning what you need not be ashamed of – that you now have more sense than you had before, to see your error; more humility to acknowledge it, more grace to correct it.
~ Jeremiah Seed ~

DISPATCH

Related States & Conditions: Accomplishment/Achievement/Excellence, Action/Effort, Decision/Decisiveness, Diligence, Expedience, Initiative, Preparation/Readiness, Presence, Release, Today

Syntonic: Attention/Awareness, Balance, Collaboration/Synergy, Confidence, Courage, Detachment, Determination/Persistence/Resolve, Engagement/Integration/Involvement, Flexibility/Flow/Flux, Openness/Receptivity, Possibility/Potential, Responsibility, Tact/Discretion

Dystonic: Anger, Attachment, Complacency, Deferment/Delay, Distraction/Diversion, Fault, Fear, Habit, Haste/Impatience, Inaction, Laziness, Limitation, Regret, Worry

Time sucks the marrow out of any enterprise planned but not done with promptitude, especially one about to bear fruit.
~ Vishnu Sharma, c. 200 BCE ~
Panchatantra, III.206, Chandra Rajan, tr., 1993

Before you begin, get good counsel;
Then, having decided, act promptly.
~ Sallust, 86-c. 34 BCE ~

First say to yourself what you would be; and then do what you have to do.
~ Epictetus, 50-120 ~

Time is passing every moment;
How can you be complacent and waste it,
Seeing death is but a breath away?
~ Guishan Lingyou, 771-854 ~

The worthies of old all had
means of emancipating people.
What I teach people just requires
you not to take on the confusion of others.
If you need to act, then act,
without any further hesitation or doubt.
~ Linji Yixuan, d. 867 ~

Know the true value of time; snatch, seize, and enjoy every moment of it. No idleness; no laziness; no procrastination; never put off till tomorrow what you can do today.
~ Lord Chesterfield, 1694-1773 ~

Take time to deliberate, but when the time for action has arrived, stop thinking and go in.
~ Napoléon Bonaparte, 1769-1821 ~

To do anything in this world worth doing, we must not stand back shivering and thinking of the cold and danger, but jump in and scramble through as well as we can.
~ Sydney Smith, 1771-1845 ~

When once a decision is reached and execution is the order of the day, dismiss absolutely all responsibility and care about the outcome.
~ William James, 1842-1910 ~

To know what has to be done, then do it, comprises the whole philosophy of practical life.
~ William Osler, 1849-1919 ~

He travels fastest who travels alone.
~ Rudyard Kipling, 1865-1936 ~
The Winners

We cannot do everything at once, but we can do something at once.
~ Calvin Coolidge, 1872-1933 ~

You will never stub your toe standing still. The faster you go, the more chance there is of stubbing your toe, but the more chance you have of getting somewhere.
~ Charles Kettering, 1876-1958 ~

It is no good hearing an inner voice or getting an inner prompting if you do not immediately act on that inner prompting.
~ David Spangler, 1945- ~

Begin doing what you want to do *now*. We are not living in eternity. We have only this moment, sparkling like a star in our hand – and melting like a snowflake.
~ Marie Beyon Ray ~

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DISTRACTION / DIVERSION

Related States & Conditions: Appearance/Form, Attachment, Deferment/Delay, Delusion, Desire, Exploration, Flexibility/Flow/Flux, Indulgence/Temptation, Lila/Leisure, Love-Eros

Syntonic: Attention/Awareness, Balance, Centering, Commitment/Dedication, Composure/Peace/Tranquility, Decision/Decisiveness, Diligence, Detachment, Determination/Persistence/Resolve, Equanimity, Focus/Intention, Meditation, Presence, Release, Responsibility, Restraint, Retreat/Withdrawal, Solitude, Tact/Discretion

Dystonic: Anger, Avoidance/Denial/Refusal, Complacency, Depression/Despair/Distress, Fault, Fear, Habit, Laziness, Limitation, Regret, Worry

The effect of living within a society oftentimes confuses and complicates our stream of thought. It makes people forget who they really are by causing them to be obsessed with what they are not.
~ Laozi, 570-490 BCE ~

Looking at small advantages prevents great affairs from being accomplished.
~ Kongfuzi, c. 551-c. 479 BCE ~

If you direct your whole thought to work itself, none of the things which invade eyes or ears will reach the mind.
~ Quintillian, c. 35-c. 100 CE ~

Are you distracted by the things of the world? Give yourself some quiet time to discover something new, and learn how to stop this restlessness. And beware you don't fall into another kind of error: the folly of those who wear out their lives in ceaseless business, but have no aim on which their every action or thought is focused.
~ Marcus Aurelius, 121-180 ~
The Spiritual Teachings of Marcus Aurelius, Mark Forstater, tr., 2000

Words and speech, fine concepts
If pursued, will lead us astray.
Let us leave these behind
And nothing is closed to us.
The moment we are illumined within
We bypass all barriers.
~ Jianzhi Sengcan, 526-606 ~

If your mind races, return to the place you were before the thought. Return to the site of oneness.
~ *Kabbalah* ~

Don't search for truth with your intellect. Don't search at all. The nature of the mind is intrinsically pure ... If you don't run after sounds and sights, or let appearances give rise to conceptual thinking, you will become men unattached to all things.
~ Huihai Dazhu, 8th C. ~
The Zen Teaching of Hui Hai, John Blofeld, tr., 1962

If the mind tends to run off, then unify it by means of the breath; if the breath tends to become rough, then use the mind to make it fine. If you do this, how can the mind fail to stabilize?
~ Lu Dong Bin, c. 798 ~
The Secret of the Golden Flower: The Classic Chinese Book of Life, IV.15, Thomas Cleary, tr., 1991

The Way is present before our eyes, yet what is before our eyes is hard to understand. People like the unusual and enjoy the new; they miss what is right in front of their eyes and do not know where the Way is.
~ Ibid.

All this talk and turmoil and noise and movement and desire is outside the veil; inside the veil is silence and calm and peace.
~ Abu Yazid Al-Bistami, d. c. 874 ~
Early Islamic Mysticism: Sufi, Qur'an, Mi'raj, Poetic and Theological Writings, Michael A. Sells, tr. & ed., 1996

Don't think.
Don't get lost in your thoughts.
Your thoughts are a veil on the face of the Moon.
That Moon is your heart,
and those thoughts cover your heart.
So let them go,
just let them fall into the water.
~ Jalaluddin Rumi, 1207-1273 ~
in *Two Suns Rising*, Shahram Shiva & Jonathan Star, trs., 1991

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Often I am not where I am, but where my thoughts lead me.
~ Thomas à Kempis, c. 1380-1471 ~
De Imitatione Christi, c. 1418

It is a thorny undertaking … to follow a movement so wandering as that of our mind, to penetrate the opaque depths of its innumerable folds, to pick out and immobilize the innumerable flutterings that agitate it.
~ Michel de Montaigne, 1533-1592 ~
Essais, 1580

The fly that touches honey cannot use its wings; so the soul that clings to spiritual sweetness ruins its freedom and hinders contemplation.
~ John of the Cross, 1542-1591 ~

Let any man examine his thoughts, and he will find them ever occupied with the past or the future. We scarcely think at all of the present; or if we do, it is only to borrow the light which it gives for regulating the future. The present is never our object; the past and the present we use as means; the future only is our end. Thus, we never live, we only hope to live.
~ Blaise Pascal, 1623-1662 ~

I know not what I may appear to the world, but to myself I seem to have been only like a boy playing on the seashore, and diverting myself in now and then finding a smoother pebble or a prettier shell than ordinary, whilst the great ocean of truth lay all undiscovered before me.
~ Isaac Newton, 1642-1727 ~
in David Brewster, *Memoirs of Newton*

What need of so much news from abroad, when all that concerns life or death is at work within us?
~ William Law, 1686-1761 ~
in Aldous Huxley, *The Perennial Philosophy*, 1944

No mind is much employed upon the present; recollection and anticipation fill up all our moments.
~ Samuel Johnson, 1709-1784 ~

Keep your heart clear and transparent
and you will never be bound.
A single disturbed thought, though,
creates ten thousand distractions.
Let myriad things captivate you
and you will go further and further astray.
How painful to see people
all wrapped up in themselves.
~ Ryokan, 1758-1831 ~

Sit in reverie and watch the changing colors
Of the waves that break upon the idle seashore of the mind.
~ Henry Wadsworth Longfellow, 1807-1882 ~

The great danger facing all of us is … that some day we may wake up and find that always we have been busy with the husks and trappings of life – and have really missed life itself.
~ Phillips Brooks, 1835-1893 ~

To busy oneself with what is futile when one can do something useful, to attend to what is simple when one has the mettle to attempt what is difficult, is to strip talent of its dignity. It is a sin not to do what one is capable of doing.
~ José Martí, 1853-1895 ~
Martí Pensamientos, Carlos Ripoll, ed.

The trouble with organizing a thing is that pretty soon folks get to paying more attention to the organization than to what they're organized for.
~ Laura Ingalls Wilder, 1867-1957 ~

The mind is like a strolling street dog. You are eating out of garbage cans. You who are heir to immortal glory, divine blessedness – why are you picking up these little droppings and trying to fill yourself?
~ Sivananda, 1887-1963 ~

Our minds are like crows. They pick up everything that glitters, no matter how uncomfortable our nests get with all that metal in them.
~ Thomas Merton, 1915-1968 ~

Breath is the bridge which connects life to consciousness, which unites your body to your thoughts. Whenever your mind becomes scattered, use your breath as a means to take hold of your mind again.
~ Thich Nhat Hanh, 1926- ~

I never learned to stop at the skin. If I looked at a man or a woman, I wanted to see inside. Being distracted by shading or coloring is stupid. It gets in the way. It's something I just can't see.
~ Ray Charles, 1930-2004 ~

Science has beauty, power, and majesty that can provide spiritual as well as practical fulfilment. But superstition and pseudoscience keep getting in the

way, providing easy answers, casually pressing our awe buttons, and cheapening the experience.
~ Carl Sagan, 1934-1996 ~

Love and compassion predominate in the world. And this is why unpleasant events are "news"; compassion activities are so much a part of daily life that they are taken for granted and, therefore, largely ignored.
~ Dalai Lama, 1935- ~

These stories we make up about ourselves distance us from the rawness of our immediate experience ... There's nothing wrong with our thoughts and emotions except that we identify with them and make them seem solid. But if you don't identify with them, you begin to see life as a sort of movie in which you are the main character. It still has plot and conflict – there's no other way it could be – but you don't have this tight grip on it all. We need to let the story line go and have an immediate experience of what's actually happening, without blaming ourselves or anyone else.
~ Pema Chödrön, 1936- ~
"Turning Toward Pain," Interview by James Kullander

Spending is an opiate to many people, a balm to disappointments, frustrations, emptiness. If the individual transforms that inner distress, there is less need for drugs and distractions. Inner listening makes clearer to us what we really want, as distinct from what we have been talked into, and it may not have a price tag.
~ Marilyn Ferguson, 1938- ~
The Aquarian Conspiracy, 1980

Passion and compassion are related. A passionate response to injustice is what gives you energy to do something about it. If you can keep that energy down, then those who are running things are safe. In our culture, television and consumerism are the opium of the people. They keep people from getting in touch with their deep passions. People keep getting fed more and more TV and more and more things to shop for so that they don't ask the deeper questions.
~ Matthew Fox, 1940- ~
"Counting Our Original Blessings," Interview with David Jay Brown & Rebecca McClen Novick, *Voices from the Edge*, 1994

If we're not careful, we make our lives busy, complicated, and unnecessary. We fill ourselves with a sense of vacancy and meaninglessness. Our minds become complicated by petty details and wants, and we become ever more confused. But in our quiet moments, we sense that no freedom lies in maximizing petty choices. It's the wrong game plan ... and we know it.
~ Steve Hagen, 1945- ~
Buddhism Plain & Simple, 1997

Only by making time to step back can we spot the clutter in our lives. In the process we may come to realize how welcome a distraction that clutter can be. And how addictive it is to be rushed and busy. Thinking about such matters doesn't just take time; it takes courage. Bigger things in life are more frightening to deal with than smaller things. There's more at stake; more to lose. Yet another reason to keep our calendars filled with little tasks is that it's easier to get a grip on little tasks. Busyness can keep us from having to reflect, risk intimacy, or face the void. We haven't got the time ... We're never forced to ask ourselves what really matters.
~ Ralph Keyes, 1945- ~
Timelock, 1991

Not to be able to stop thinking is a dreadful affliction, but we don't realize this because almost everybody is suffering from it, so it is considered normal. This incessant mental noise prevents you from finding that realm of inner stillness that is inseparable from Being.
~ Eckhard Tolle, 1948- ~
Practicing the Power of Now, 1999

We all have innate awareness. It's always there. Where else would it go? Unfortunately this awareness is rarely operating at full efficiency. It's buried, covered over, obscured by temporary distractions, veiled by our illusions and confusions, submerged under layers of habit and learned behavior.
~ Lama Surya Das, 1950- ~
Awakening to the Sacred: Creating a Spiritual Life from Scratch

Fill your mind with the meaningless stimuli of a world preoccupied with meaningless things, and it will not be easy to feel peace in your heart.
~ Marianne Williamson, 1952- ~

The mind that is not always caught up in detail is your only treasure. Stop chasing details and become still to feel it. The mind that sees details clearly but is not caught by them is like a vast borderless mirror. That mind does not oppose itself.
~ G. BlueStone ~
Journeys on Mind Mountain, 1990

DIVERSITY / MULTIPLICITY

Related States & Conditions: Appearance/Form, Art, Change, Choice/Volition, Connection/Interbeing/Interdependence, Dreams/Dreaming, Exploration, Expression, Flexibility/Flow/Flux, Individuality, Indulgence/Temptation, Legacy, Love-Eros, Music, Possibility/Potential, Skill/Talent/Resources, Wealth/Prosperity, Wonder/Mystery

Syntonic: Acceptance, Appreciation, Attention/Awareness, Balance, Decision/Decisiveness, Detachment, Differentiation/Division/Separation, Equanimity, Focus/Intention, Openness/Receptivity, Release, Restraint, Tolerance

Dystonic: Attachment, Avoidance/Denial/Refusal, Conformity, Delusion, Fear, Habit, Laziness, Limitation, Regret

The tongues are diverse in speech,
Their forms likewise and their skins are distinguished.
~ Akhenaton, c. 1385-c. 1355 BCE ~
in James H. Breasted, *Development of Religion and Thought in Ancient Egypt*

Sour, sweet, bitter, pungent, all must be tasted.
~ Chinese Saying ~

Men who love wisdom should acquaint themselves with a great many particulars.
~ Heraclitus, c. 540-c. 480 BCE ~

There are as many opinions as there are people: each has his own point of view.
~ Terence, c. 190-159 BCE ~

No pleasure lasts long unless there is variety in it.
~ Publilius Syrus, c. 42 BCE ~
Moral Sayings

Our minds are like our stomachs; they are whetted by the change of their food, and variety supplies both with fresh appetite.
~ Quintillian, c. 35-c. 100 CE ~

In consequence of possessing diverse attributes, the Supreme Existence appears manifold, but when the attributes are annihilated, unity is restored. In consequence of those diverse attributes, a variety of names and conditions are supposed proper to the spirit, just as a variety of tastes and colors are attributed to water.
~ Shankara, 686-718 ~

Heaven is man and man is heaven, and all men together are one heaven, and heaven is nothing but one man. You must know this to understand why one place is this way and the other that way, this is new and that is old, and why there are everywhere so many diverse things.
~ Paracelsus, 1493-1541 ~
Selected Writings, Jacobi, ed., 1951

Don't maintain yourself as excessively pure. You need a little disgrace and contamination as part of your mix. Don't be too scrupulous about your association with others. You need to keep a little tolerance for the good and bad, the intelligent and dull.
~ Hong Zicheng, fl. 1596 ~
Caigentan: Vegetable Roots Discourse, I.188, Robert Aitken & Daniel W. Y. Kwok, trs., 2006

Variety is the spice of life,
That gives all its flavor.
~ William Cowper, 1731-1800 ~
The Task, 1785

Our days are a kaleidoscope. Every instant a change takes place in the contents. New harmonies, new contrasts, new combinations of every sort. Nothing ever happens twice alike. The most familiar people stand each moment in some new relation to each other, to their work, to surrounding objects. The most tranquil house, with the most serene inhabitants, living upon the utmost regularity of system, is yet exemplifying infinite diversities.
~ Henry Ward Beecher, 1813-1887 ~
Eyes and Ears

Sunshine is delicious, rain is refreshing, wind braces up, snow is exhilarating; there is no such thing as bad weather, just different kinds of good weather.
~ John Ruskin, 1819-1900 ~

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If so many men, so many minds, certainly so many hearts, so many kinds of love.
~ Leo Tolstoy, 1828-1910 ~

It were not best that we should all think alike; it is difference of opinion that makes horse races.
~ Mark Twain, 1835-1910 ~
Pudd'nhead Wilson, 1894

We live in a rainbow of chaos.
~ Paul Cézanne, 1839-1906 ~

If all the flowers in a garden were of the same color, the effect would be monotonous and wearying to the eye ... Let all associate, therefore, in this great human garden even as flowers grow and blend together side by side without discord or disagreement between them.
~ 'Abdu'l-Bahá, 1844-1921 ~
The Promulgation of Universal Peace, 1982

Diversity of hues, form and shape enricheth and adorneth the garden, and heighteneth the effect thereof. In like manner, when divers shades of thought, temperament and character, are brought together under the power and influence of one central agency, the beauty and glory of human perfection will be revealed and made manifest.
~ 'Abdu'l-Bahá ~
in Shoghi Effendi, *The World Order of Baha'u'llah: Selected Letters*, 1974

Let there be many windows to your soul,
... Not the narrow pane
Of one poor creed can catch the radiant rays
That shine from countless sources.
~ Ella Wheeler Wilcox, 1850-1919 ~

Different strokes for different folks.
~ African-American Saying ~

Variety is the very soul of life. When it dies out entirely, creation will die. When this variation in thought is kept up, we must exist; and we need not quarrel because of that variety. Your way is very good for you, but not for me. My way is good for me but not for you.
~ Vivekananda, 1863-1902 ~
The Complete Works of Swami Vivekananda, 1984-1987, 3:131, 1926

We are all traveling the same way, toward the same goal, but by different paths made by the necessities of the case to suit diverse minds. We must become many-sided, indeed we must become protean in character.
~Ibid., 6:138

The longer one lives, the more one realizes that nothing is a dish for every day.
~ Norman Douglas, 1868-1952 ~
An Almanac

You must learn day by day, year by year, to broaden your horizon. The more things you love, the more you are interested in, the more you enjoy, the more you are indignant about – the more you have left when anything happens.
~ Ethel Barrymore, 1879-1959 ~

If one studies human nature one finds that even a piano of a thousand octaves cannot produce the variety that human nature represents: how people agree with one another, how they disagree; some become friends after a contact of one moment, and some in a thousand years cannot become friends. If one could only see to what pitch the different souls are tuned, in what octave different people speak, what standard different people have!
~ Hazrat Khan, 1882-1927 ~
The Mysticism of Sound and Music, 1991

But reality happens to be, like a landscape, possessed of an infinite number of perspectives, all equally veracious and authentic. The sole false perspective is that which claims to be the only one there is.
~ José Ortega y Gasset, 1883-1955 ~

Each and every master, regardless of the era or place, heard the call and attained harmony with heaven and earth. There are many paths leading to the top of Mount Fuji, but there is only one summit – love.
~ Morihei Ueshiba, 1883-1969 ~
The Art of Peace, John Stevens, tr., 1992

In our daily living we encounter infinite variety in all things. But behind the expression there is a pattern or form which is the foundation. There is a unity, but not a uniformity, that exists between all similar expressions, a unity that resides in the ultimate creative nature of the Universe, a unity that allows freedom of individual expression ... behind every person, every race, there is the basic pattern, a pattern that is individually expressed. If there were not the possibility of variation of expression, life could never have developed its infinite variety. And if there had not been a basic pattern behind the development of humankind,

there never would have been any way for it to develop.
~ Ernest Holmes, 1887-1960 ~
"Change Is Necessary"

No one asks you to throw Mozart out of the window. Keep Mozart. Cherish him. Keep Moses too, and Buddha and Lao-tse and Christ. Keep them in your heart. But make room for the others, the coming ones, the ones who are already scratching on the window-panes.
~ Henry Miller, 1891-1980 ~
The Air-Conditioned Nightmare, 1945

All that is gold does not glitter; not all those that wander are lost.
~ J. R. R. Tolkien, 1892-1973 ~

How can people say one skin is colored when each has its own coloration? What should it matter that one bowl is dark and the other pale, if each is of good design and serves its purpose well? We who are clay blended by the Master Potter come from the kiln of Creation in many hues.
~ Polingaysi Qoyawayma, 1892- ~

Letting a hundred flowers blossom and a hundred schools of thought contend is the policy for promoting the progress of the arts and sciences.
~ Mao Zedong, 1893-1976 ~
Speech, 1956 May 2

If we are to achieve a richer culture – one rich in contrasting values – we must recognize the whole gamut of human potentialities, and so weave a less arbitrary social fabric, one in which each diverse human gift will find a fitting place.
~ Margaret Mead, 1901-1978 ~

If nature puts a burden on man by making him different, it also gives him a power.
~ John "Fire" Lame Deer, 1903-1976 ~
Lame Deer: Seeker of Visions, 1972

Diversity of opinion is the essence of freedom.
~ Lord Devlin, 1905-1992 ~

Assuredly, all the disciplines of the mind and all the sciences of man are equally precious and their discoveries mutually so, but this solidarity does not mean confusion. What is important is to integrate the results of the diverse applications of the mind without confounding them. The surest method … is still that of studying a phenomenon in its own frame of reference, with freedom afterwards to integrate the results of this procedure in a wider perspective.
~ Mircea Eliade, 1907-1986 ~

Life may be seen through many windows, none of them necessarily clear or opaque, less or more distorting than any of the others.
~ Isaiah Berlin, 1909-1997 ~
Personal Impressions, 1980

Creative culture is infinitely porous – it absorbs influences from all over the world.
~ Northrop Frye, 1912-1991 ~
Maclean's, 1991

Cultural pluralism: it's the air we breathe; it's the ground we stand on.
~ Ralph Ellison, 1914-1994 ~

The plague of mankind is the fear and rejection of diversity: monotheism, monarchy, monogamy – and, in our age, monomedicine. The belief that there is only one right way to live – only one right way to regulate religious, political, sexual, medical affairs – is the root cause of the greatest threat to man: members of his own species, bent on ensuring his salvation, security, and sanity.
~ Thomas Szasz, 1920- ~
"Politics," *The Untamed Tongue: A Dissenting Dictionary*, 1990

Color makes a difference. Gender makes a difference. Ethnicity makes a difference. Acting as if they don't will create more problems than it will solve.
~ James R. Jones, 1921-1977 ~

Diversity is not an abnormality but the very reality of our planet. The human world manifests the same reality and will not seek our permission to celebrate itself in the magnificence of its endless varieties. Civility is a sensible attribute in this kind of world we have; narrowness of heart and mind is not.
~ Chinua Achebe, 1930- ~
Bates College Commencement Address, 1996 May 27

I have Dutch, nigger and English in me,
and either I'm nobody, or I'm a nation.
~ Derek Walcott, 1930- ~
"The Schooner *Flight*"

My work is about difference, my work is about how we learn to lie down with the different parts of ourselves, so that we can in fact learn to respect and honor the different parts of each other, so that

we in fact can learn to use them moving toward something that needs being done, that has never been done before.
~ Audre Lorde, 1934-1992 ~
Radio Interview, 1988

The key to community is the acceptance – in fact, the celebration – of our individual and cultural differences. It is also the key to world peace.
~ M. Scott Peck, 1936-2005 ~
The Different Drum: Community Making and Peace, 1987

Incorporating the dark and the light, the sacred and the profane, the sorrow and the joy, the glory and the mud, the conclusions of a community are more well rounded than those of an individual, couple, or ordinary group.
~ Ibid.

People take different roads seeking fulfillment and happiness. Just because they're not on your road doesn't mean they've gotten lost.
~ H. Jackson Brown, Jr., 1940- ~

The variations of gender are infinite, and so it is absurd to reduce gender to two categories and insist that everyone fit into one or the other.
~ Thomas Moore, 1940- ~
Original Self, 2000

Some people march to a different drummer, ignoring the rest of the world. A few dance to the piccolo.
~ Paul Chance, 1941- ~

Because the future depends on the breaking down of paradigms, it depends on the straddling of two or more cultures.
~ Gloria Anzaldúa, 1942-2004 ~
"La conciencia de la mestiza: Towards a New Consciousness," *Borderlands/La Frontera: The New Mestiza*, 1987

Nobody's ordinary. Each one of us is special and it's the coming together of alla that that makes the world so fine.
~ Ntozake Shange, 1948- ~
Betsey Brown, 1985

We now have a much wider choice; it does not have to be black or white. There is an indeterminate number of gradations of gray in between, not to mention colors in all their tints and shades.
~ Larry Chang, 1949- ~
"Either/Or – Both/And: The Widening of Choices," Talk, Temple of Light, 1996 May 19

Culture isn't something that comes with one's race or sex. It comes only through experience; there isn't any other way to acquire it. And in the end everyone's culture is different, because everyone's experience is different.
~ Louis Menand, 1952- ~

We have much wisdom to gain by learning to understand other people's cultures and permitting ourselves to accept that there is more than one version of reality.
~ Malidoma Somé, 1956- ~

In terms of my growth as a human being … I want to present a whole and complete picture – the yin, the yang; the black, the white; the boy, the girl; the sane, the insane. Because we are all Everyman – a rainbow of different roles and different people. Exploring the colors in myself and in others is my life's passion. There is no such thing as normality – each and every one of us, if we dare to be whole, is a gorgeous peacock. Whether you believe you have one life to live or hundreds, there is no reason not to spread your wings and fly!
~ RuPaul, 1960- ~
Lettin It All Hang Out, 1995

There are many realities. We should remember this when we get too caught in being concerned about the way the rest of the world lives or how we think they live.
~ Natalie Goldberg ~
Writing Down the Bones, 1986

It is in the unique qualities of this and that, their particular individuality and properties – in their eachness and suchness, if you will – that all poetry and art, science and life, wonder, grace, and richness reside … So there can be no one practice, no one way to learn, no one way to love, no one way to grow or to heal, no one way to live, no one way to feel, no one way to know or be known. The particulars count.
~ Jon Kabat-Zinn ~
Wherever You Go, There You Are: Mindfulness Meditation in Everyday Life, 1994

We have the power to choose not to let our beautiful diversity be a source of division amongst us. We have to see ourselves as having enormous strength because of the wealth of our resources. That wealth lies in our differences.
~ Angel Kyodo Williams ~
Being Black: Zen and the Art of Living with Fearlessness and Grace, 2000

DREAMS / DREAMING

Related States & Conditions: Actualization/Fulfillment, Appearance/Form, Art, Being/Essence/Soul, Delusion, Desire, Distraction/Diversion, Expression, Goal/Ideal/Purpose, Imagination, Insight/Instinct/Intuition, Journey/Path, Meaning, Passion, Possibility/Potential, Shadow, Unconscious/Subconscious, Vision/Visualization, Wonder/Mystery

Syntonic: Appreciation, Attention/Awareness, Daring/Challenge, Determination/Persistence/Resolve, Expectation/Hope, Exploration, Openness/Receptivity, Preparation/Readiness, Release

Dystonic: Attachment, Avoidance/Denial/Refusal, Conformity, Defeat, Depression/Despair/Distress, Fear, Habit, Laziness, Limitation, Regret, Worry

In dreams the mind beholds its own immensity. What has been seen is seen again, and what has been heard is heard again. What has been felt in different places or faraway regions returns to mind again. Seen and unseen, heard and unheard, felt and not felt, the mind sees all, since the mind is all.
~ *Upanishads*, c. 1400-c. 800 BCE ~

When men dream, each has his own world. When they are awake, they have a common world.
~ Heraclitus, c. 540-c. 480 BCE ~

I do not know whether I was then a man dreaming I was a butterfly, or whether I am now a butterfly dreaming I am a man.
~ Zhuangzi, c. 369-c. 286 BCE ~

A dream uninterpreted is like a letter left unopened.
~ *Talmud*, 2nd-5th C. CE ~

Dreams are not without meaning wherever thay may come from – from fantasy, from the elements, or from other inspiration.
~ Paracelsus, 1493-1541 ~

Those who have compared our life to a dream were, by chance, more right than they thought … We are awake while sleeping, and sleeping while awake.
~ Michel de Montaigne, 1533-1592 ~
Essais, II.12, 1580

Dreams are the true interpreters of our inclinations; but there is an art required to sort and understand them.
~ Ibid.~

Those who lose dreaming are lost.
~ Australian Aboriginal Saying ~

We are such stuff
As dreams are made on; and our little life
Is rounded with a sleep.
~ William Shakespeare, 1564-1616 ~
The Tempest, IV.i, 1611

When I consider this carefully, I find not a single property which with certainty separates the waking state from the dream. How can you be certain that your whole life is not a dream?
~ René Descartes, 1596-1650 ~

If you have dreams, yet while in the midst of the dreams you know they are dreams, this means the power of practice has advanced … If you can actually reach the consummation of the power of practice, so that you have no dreams at all, then Creation is in your hands. Even though you sleep, it is like being awake. Even though dead, you are still alive.
~ Liu Yiming, b. c. 1737 ~
Awakening to the Tao, Thomas Cleary, tr., 1988

I like the dreams of the future better than the history of the past.
~ Thomas Jefferson, 1743-1826 ~

Dream no small dreams for they have no power to move the hearts of men.
~ Johann von Goethe, 1749-1832 ~

There have been times when I have fallen asleep in tears; but in my dreams the most charming forms have come to cheer me, and I have risen fresh and joyful.
~ Goethe ~

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My dreams were all my own; I accounted for them to nobody; they were my refuge when annoyed – my dearest pleasure when free.
~ Mary Wollstonecraft Shelley, 1759-1797 ~

Dare to be wrong and to dream.
~ Friedrich von Schiller, 1759-1805 ~

There is nothing like a dream to create the future.
~ Victor Hugo, 1802-1885 ~

Dream manfully and nobly, and thy dreams shall be prophets.
~ Edward Bulwer-Lytton, 1803-1873 ~

All that we see or seem
Is but a dream within a dream.
~ Edgar Allen Poe, 1809-1849 ~
"A Dream Within a Dream," 1849

They who dream by day are cognizant of many things which escape those who dream only by night. In their grey visions they obtain glimpses of eternity.
~ Poe ~
"Eleanora"

I have learned this at least by my experiment: that if one advances confidently in the direction of his dreams, and endeavors to live the life which he has imagined, he will meet with a success unexpected in common hours.
~ Henry David Thoreau, 1817-1862 ~

In dreams we see ourselves naked and acting out our real characters, even more clearly than we see others awake.
~ Thoreau ~

Each has its lesson; for our dreams in sooth,
Come they in shape of demons, gods, or elves,
Are allegories with deep hearts of truth
That tell us solemn secrets of ourselves.
~ Henry Timrod, 1828-1867 ~

To accomplish great things, we must dream as well as act.
~ Anatole France, 1844-1924 ~

If you don't have a dream, how're you going to make a dream come true?
~ Oscar Hammerstein II, 1846-1919 ~
South Pacific

The dream is the royal road to the unconscious.
~ Sigmund Freud, 1856-1939 ~

Some men see things as they are and say why? I dream things that never were and say "Why not?"
~ George Bernard Shaw, 1856-1950 ~

Dreams are real while they last. Can we say more of life?
~ Havelock Ellis, 1859-1939 ~

We grow great by dreams. All big men are dreamers. They see things in the soft haze of a spring day or in the red fire of a long winter's evening. Some of us let these great dreams die, but others nourish and protect them, nurse them through bad days till they bring them to the sunshine and light which comes always to those who sincerely hope that their dreams will come true.
~ Woodrow Wilson, 1856-1924 ~

Dreams do come true, if we only wish hard enough. You can have anything in life if you will sacrifice everything else for it.
~ J. M. Barrie, 1860-1937 ~

The key to happiness is having dreams; the key to success is making them come true.
~ James Allen, 1864-1912 ~

Dreams are the seedlings of realities.
~ Allen ~

Sometimes dreams are wiser than waking.
~ Black Elk, 1864-1950 ~

In dreams begins responsibility.
~ William Butler Yeats, 1865-1939 ~

When we can't dream any longer, we die.
~ Emma Goldman, 1869-1940 ~

If a little dreaming is dangerous, the cure for it is not to dream less but to dream more, to dream all the time.
~ Marcel Proust, 1871-1922 ~

A dream is a theater in which the dreamer is himself the scene, the player, the prompter, the producer, the author, the public, and the critic … Such an interpretation conceives all the figures in the dream as personified features of the dreamer's own personality.
~ Carl Jung, 1875-1961 ~

A dream is the small hidden door in the deepest and most intimate sanctum of the soul, which opens into that primeval cosmic night that was soul long before there was a conscious ego and will be soul far beyond what a conscious ego could ever reach.
~ Jung ~
"The Meaning of Psychology for Modern Man," *Psychological Reflections: A Jung Anthology*, 1953

One does not dream, one is dreamed. We undergo the dream, we are the objects.
~ Jung ~

The general function of dreams is to try to restore our psychological balance by producing dream material that re-establishes, in a subtle way, the total psychic equilibrium. This is what I call the complementary (or compensatory) role of dreams in our psychic makeup. It explains why people who have unrealistic ideas or too high an opinion of themselves, or who make grandiose plans out of proportion to their real capacities, have dreams of flying or falling. The dream compensates for the deficiencies in their personalities, and at the same time it warns them of dangers in the present course.
~ Jung ~

Within each one of us there is another whom we do not know. He speaks to us in dreams and tells us how differently *he* sees us from how *we* see ourselves. When we find ourselves in an insolubly difficult situation, this stranger in us can sometimes show us a light which is more suited than anything else to change our attitude fundamentally, namely just that attitude which has led us into the difficult situation.
~ Jung ~
Psychological Reflections, Jolande Jacobi & R. F. Hull, eds., 1953

The alternative to recalling and interpreting dreams is not always pleasant. Individuals cannot expect to drift forever. If they do not puzzle out their identity, and the direction of their lives by the aid of their dreams, then they may be brought, by the relentless action of their own pent-up souls, into some crisis which requires that they come to terms with themselves.
~ Edgar Cayce, 1877-1945 ~

At least once a day, allow yourself the freedom to think and dream for yourself.
~ Albert Einstein, 1879-1955 ~

Reason may fail you. If you are going to do anything with your life, you have sometimes to move away from it, beyond all measurements. You must follow sometimes visions and dreams.
~ Bede Jarrett, 1881-1934 ~

I prefer to be a dreamer among the humblest, with visions to be realized, than to be lord among those without dreams and desires.
~ Khalil Gibran, 1883-1931 ~

The poor man is not he who is without a cent, but he who is without a dream.
~ Harry Kemp, 1883-1960 ~

The future belongs to those who believe in the beauty of their dreams.
~ Eleanor Roosevelt, 1884-1962 ~

I can never decide whether my dreams are the result of my thoughts, or my thoughts the result of my dreams. It is very queer, but my dreams make conclusions for me. They decide things finally. I dream a decision. Sleep seems to hammer out for me the logical conclusion of my vague days and offer me them as dreams.
~ D. H. Lawrence, 1885-1930 ~

For we have in the dream forsaken our allegiance to the organizing, controlling forces of the world, the Universal Conscience. We have sworn fealty to the wild, incalculable, creative forces, the Imagination of the Universe.
~ Isak Dinesen, 1885-1962 ~
Shadows on the Grass

All men dream, but not equally. Those who dream by night in the dusty recesses of their minds, wake in the day to find that all was vanity; but the dreamers of the day are dangerous men, for they may act on their dream with open eyes, and make it possible.
~ T. E. Lawrence, 1888-1935 ~
The Seven Pillars of Wisdom, 1926

A dream is the bearer of a new possibility, the enlarged horizon, the great hope.
~ Howard Thurman, 1889-1981 ~
Disciplines of the Spirit, 1963

The dream is the truth.
~ Zora Neale Hurston, 1891-1960 ~

Stories were full of hearts being broken by love, but what really broke a heart was taking away its

dream – whatever that dream might be.
~ Pearl S. Buck, 1892-1973 ~

The dream alone is of interest; what's life without a dream?
~ Jean Rostand, 1894-1977 ~
La Princesse Lointaine

Man is what his dreams are.
~ Benjamin Mays, 1895-1984 ~
Born to Rebel, 1971

It isn't a calamity to die with dreams unfulfilled, but it is certainly a calamity not to dream.
~ Mays ~

I must confess a secret partiality for the one who dreams. Generally, he is the sadder one, but no matter, he is also capable of greater joys and thrills and heights of ecstasy.
~ Lin Yutang, 1895-1976 ~
The Importance of Living, 1937

It is important that man dreams, but it is equally important that he can laugh at his own dreams.
~ Ibid.

If the dream is a translation of waking life, waking life is also a translation of the dream.
~ René Magritte, 1898-1967 ~
Letter, 1967

We have these two ideas: the belief that dreams are part of waking, and the other, the splendid one, the belief of the poets: that all of waking is a dream. There is no difference between the two.
~ Jorge Luis Borges, 1899-1986 ~

Each man is given, in dreams, a little personal eternity which allows him to see the recent past and the near future.
~ Borges ~
"Nightmares," *Seven Nights*, 1980

Dreams are like a microscope through which we look at the hidden occurrences in our soul.
~ Erich Fromm, 1900-1980 ~

There is no "as if" in the dream. The dream is present, real experience, so much so indeed, that it suggests two questions: What is reality? How do we know that what we dream is unreal and what we experience in our waking life is real?
~ Fromm ~
The Forgotten Language: An Introduction to the Understanding of Dreams, Fairy Tales and Myths, 1951

If you can dream it, you can do it … All our dreams can come true … if we have the courage to pursue them.
~ Walt Disney, 1901-1966 ~

Hold on to your dreams for if dreams die
Life is a broken winged bird that cannot fly.
Hold fast to dreams for when dreams go
Life is a barren field frozen with snow.
~ Langston Hughes, 1902-1967 ~

Our life is composed greatly from dreams, from the unconscious, and they must be brought into connection with action. They must be woven together.
~ Anaïs Nin, 1903-1977 ~
The Diary of Anaïs Nin, Vol. IV, Gunther Stuhlmann, ed., 1971

Dreams pass into the reality of action. From the action stems the dream again; and this interdependence produces the highest form of living.
~ Ibid.

What the psychoanalysts stress, the relation between dreams and our conscious acts, is what poets already know. The poets walk this bridge with ease, from conscious to unconscious, physical reality to psychological reality.
~ Nin ~

Myths are public dreams, dreams are private myths.
~ Joseph Campbell, 1904-1987 ~
in *Time*, 1972

A daydream is a meal at which images are eaten. Some of us are gourmets, some gourmands, and a good many take their images precooked out of a can and swallow them down whole, absent-mindedly and with little relish.
~ W. H. Auden, 1907-1973 ~

"Realistic people" who pursue "practical aims" are rarely as realistic and practical, in the long run of life, as the dreamers who pursue their dreams.
~ Hans Selye, 1907-1982 ~
The Stress of Life, 1956

The permanent temptation of life is to confuse dreams with reality. The permanent defeat of life comes when dreams are surrendered to reality.
~ James Michener, 1907-1997 ~

Dreams are expressions not only of conflicts and repressed desires, but also of previous knowledge that one has learned, possibly many years before, and thinks he has forgotten. Even the unskilled person, if he takes the attitude that what his dreams tell him is simply not to be rejected as silly, may get occasional useful guidance from his dreams. And the person who has become skillful in the understanding of what he is saying to himself in his dreams can get from them, from time to time, marvelously valuable hints and insights into solutions to his problems.
~ Rollo May, 1909-1994 ~
Man's Search for Himself, 1953

All through the ages ... people have regarded their dreams as sources of wisdom, guidance and insight. But most of us today think of our dreams as odd episodes, as foreign as some strange ceremonial dance in Tibet. This results in the cutting off of an exceedingly great and significant portion of the self. We are then no longer able to use much of the wisdom and power of the unconscious.
~ Ibid.

And what else is one to believe, if not what dreams tell one; they are expressions of one's innermost thoughts. To say that when you dream you are not conscious is to speak loosely; one is only conscious, only lucid in dream.
~ Eugène Ionesco, 1912-1994 ~
Fragments of a Journal

I have had dreams, and I've had nightmares. I overcame the nightmares because of my dreams.
~ Jonas Salk, 1914-1995 ~

It's not what the dream is, it's what the dream does.
~ John Harold Johnson, 1918-2005 ~

All human beings are also dream beings. Dreaming ties all mankind together.
~ Jack Kerouac, 1922-1969 ~

You can often measure a person by the size of his dream.
~ Robert H. Schuller, 1926- ~

The atoms and molecules within you dream they are people.
~ Jane Roberts, 1929-1984 ~

Dreams are like people: they respond to attention and retreat when neglected.
~ Sam Keen, 1931- ~
in Sam Keen & Anne Valley-Fox, *Your Mythic Journey*

When you have a dream you've got to grab it and never let go.
~ Carol Burnett, 1933- ~

I was not looking for my dreams to interpret my life, but rather for my life to interpret my dreams.
~ Susan Sontag, 1933-2004 ~

For better or worse, our future will be determined in large part by our dreams and by the struggle to make them real.
~ Mihaly Csikszentmihalyi, 1934- ~

One of the simplest ways to use the mind is daydreaming: playing out some sequence of events as mental images ... daydreaming not only helps create emotional order by compensating in imagination for unpleasant reality ... but it allows children (and adults) to rehearse imaginary situations so that the best strategy for confronting them may be adopted, alternative options considered, unanticipated consequences discovered.
~ Csikszentmihalyi ~
Flow: The Psychology of Optimal Experience, 1990

Without leaps of imagination, or dreaming, we lose the excitement of possibilities. Dreaming, after all, is a form of planning.
~ Gloria Steinem, 1934- ~

In forming a bridge between body and mind, dreams may be used as a springboard from which man can leap to new realms of experience lying outside his normal state of consciousness.
~ Ann Faraday, 1935- ~

The messages our unconscious gives us through dreams always seem to be designed to nurture our spiritual growth – as warnings of personal pitfalls; as guides to the solution of problems; as encouragement that we are right when we think we are probably wrong; and as direction finders when we feel lost.
~ M. Scott Peck, 1936-2005 ~
The Road Less Travelled, 1978

Since you dream every night, there is never a dearth of material for spiritual growth.
~ Louis Savary, 1936- ~

Dreams say what they mean, but they don't say it in daytime language.
~ Gail Godwin, 1937- ~

A dream doesn't become reality through magic; it takes sweat, determination and hard work.
~ Colin Powell, 1937- ~

The dream is real, my friends. The failure to make it work is the unreality.
~ Toni Cade Bambara, 1939-1995 ~

When you dream, you dialogue with aspects of yourself that normally are not with you in the daytime and you discover that you know a great deal more than you thought you did.
~ Bambara ~

Dreams are as valid conscious realities as the reality experienced in the outer awake state ... Dream realities are far closer to our natural states of Beingness than even the most highly intensified outer reality.
~ W. Brugh Joy, 1939- ~

Dreams are an art form created by the soul for our own edification. We must read them poetically, as we would any kind of art.
~ Thomas Moore, 1940- ~
Soul Mates: Honoring the Mysteries of Love and Relationship, 1994

Exercise the right to dream. You must face reality – that which is. But then dream of the reality that ought to be, that must be.
~ Jesse Jackson, 1941- ~

We must teach our children to dream with their eyes open.
~ Harry Edwards, Jr., 1942- ~

Only dreamers can teach us to soar.
~ Anne Marie Pierce, 1943- ~

Dreams are ... illustrations from the book your soul is writing about you.
~ Marsha Norman, 1947- ~

If you don't dream, you might as well be dead.
~ George Foreman, 1949- ~

You block your dream when you allow your fear to grow bigger than your faith.
~ Mary Manin Morrissey, 1951- ~

Dream the biggest dream for yourself. Hold the highest vision of life for yourself.
~ Oprah Winfrey, 1954- ~

Not many people listen to the echoes of their dreams in the morning. Most dreams in this world do not receive attention, they are slowly abandoned to the warpaths of this life. The poet has to come to grips, do battle with these dreams, reminding the dreamers they have a right to their own dreams. Their dreams deserve a spot on the map of the world.
~ Chenjerai Hove, 1956- ~
Prologue, *Shebeen Tales: Messages from Harare*, 1997

Not every one of our desires can be immediately gratified. We've got to learn to wait patiently for our dreams to come true, especially on the path we've chosen. But while we wait, we need to prepare symbolically a place for our hopes and dreams.
~ Sarah Ban Breathnach ~
Simple Abundance: A Daybook of Comfort and Joy, 1995

Each of us has an inner dream that we can unfold if we will just have the courage to admit what it is. And the faith to trust our own admission. The admitting is often very difficult.
~ Julia Cameron ~

There are some people who live in a dream world, and there are some who face reality; and then there are those who turn one into the other.
~ Douglas Everett ~

When you remember your dreams, you remember your Self, your hidden wounds, fears, desires and joys. When you explore your dreams, you begin to make yourself whole: you take back the powerful feelings of grief, rage and love that you've denied or avoided. When you share your dreams, you are sharing deeply personal feelings that create bonds of intimacy and help you receive the love and support needed to heal and grow at times of change.
~ Alan B. Siegel ~

All successful people, men and women, are big dreamers. They imagine what their future could be, ideal in every respect, and then they work every day toward their distant vision, that goal or purpose.
~ Brian Tracy ~

ELOQUENCE / POETRY

Related States & Conditions: Accomplishment/Achievement/Excellence, Art, Celebration, Communication, Expression, Imagination, Influence/Effect, Inspiration, Logos, Meaning, Music, Passion, Power, Presence, Skill/Talent/Resources, Wonder/Mystery

Syntonic: Affirmation/Approval, Appreciation, Attention/Awareness, Balance, Confidence, Congruence/Resonance, Conviction/Principle, Feeling/Emotion, Humor/Laughter, Moderation, Openness/Receptivity, Sincerity/Authenticity

Dystonic: Attachment, Avoidance/Denial/Refusal, Complacency, Conformity, Habit, Haste/Impatience, Laziness, Limitation

Be a craftsman in speech that thou mayest be strong, for the strength of one is the tongue, and speech is mightier than all fighting.
~ Ptahotep, c. 2350 BCE ~
Maxims of Ptahhotep

An eloquent man treats humble subjects with delicacy, lofty things impressively, and moderate things temperately.
~ Cicero, 106-43 BCE ~

It is with eloquence as with a flame; it requires fuel to feed it, motion to excite it, and it brightens as it burns.
~ Tacitus, c. 55-120 ~

His words … like so many nimble and airy servitors trip about him at his command.
~ John Milton, 1608-1674 ~

True eloquence consists in saying all that is necessary and nothing but what is necessary.
~ François de La Rochefoucauld, 1613-1680 ~

Eloquence is saying the proper thing and stopping.
~ Rochefoucauld ~

Whate'er well conceived is clearly said,
And the words to say it flow with ease.
~ Nicolas Boileau-Despréaux, 1636-1711 ~

You will not find poetry anywhere unless you bring some of it with you.
~ Joseph Joubert, 1754-1824 ~

Your poetry issues of its own accord when you and the object have become one – when you have plunged deep enough into the object to see something like a hidden glimmering there.
~ Matsuo Basho, 1644-1694 ~

Poetry teaches the enormous force of a few words.
~ Ralph Waldo Emerson, 1803-1882 ~

In perfect eloquence, the hearer would lose the sense of dualism, of hearing from another; would cease to distinguish between the orator and himself.
~ Emerson ~
Journals of Ralph Waldo Emerson, 1863

I take as metaphysical poetry that in which what is ordinarily apprehensible only by thought is brought within the grasp of feeling, or that in which what is ordinarily only felt is transformed into thought without ceasing to be feeling.
~ T. S. Eliot, 1885-1965 ~

Because verse enables the mind to preserve experiences in condensed and transformed form, it is ideal for giving shape to consciousness. Reading from a book of poems each night is to the mind as working out on a Nautilus is to the body – a way for staying in shape … Sometimes even one word is enough to open a window on a new view of the world, to start the mind on an inner journey.
~ Mihaly Csikszentmihalyi, 1934- ~
Flow: The Psychology of Optimal Experience, 1990

We don't realize that language originates in poetry and in poetics, and ends up there. That's why we need to pay so much attention to the ways in which we speak, and to the beauty of our words and our ways of putting words together – so that we speak to each other not as disembodied minds but as embodied, feeling-ful, animal-beings.
~ David Abram, 1957- ~
Radio interview, "Insight & Outlook," by Scott London, 1999

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ENGAGEMENT / INTEGRATION / INVOLVEMENT

Related States & Conditions: Actualization/Fulfillment, Celebration, Collaboration/Synergy, Compassion/Empathy/Kindness, Connection/Interbeing/Interdependence, Experience, Friendship, Growth/Expansion, Indulgence/Temptation, Influence/Effect, Learning, Life/Living, Love-Agape, Opportunity, Partnership/Marriage, Presence, Reciprocity/Reflection, Relationship, Relativity, Responsibility, Sensibility/Sensuality, Synthesis

Syntonic: Acceptance, Affirmation/Approval, Appreciation, Attention/Awareness, Balance, Communication, Congruence/Resonance, Flexibility/Flow/Flux, Forgiveness, Initiative, Openness/Receptivity, Passion, Possibility/Potential, Tolerance, Trust, Wonder/Mystery, Zeal/Zest

Dystonic: Anger, Attachment, Avoidance/Denial/Refusal, Complacency, Conflict/Opposition, Conformity, Criticism/Judgment, Delusion, Dependence, Fear, Habit, Laziness, Limitation, War/Aggression/Violence

None of us liveth to himself, and no man dieth to himself.
~ Paul of Tarsus, 10-67 CE ~
in *The Bible*, Roman 14:7

Since you cannot do good to all, you are to pay special attention to those who, by the accidents of time, or place, or circumstances, are brought into closer connection with you.
~ Augustine of Hippo, 354-430 ~

If you wish to move in the One Way do not dislike even the world of senses and ideas. Indeed, to accept them fully is identical with true Enlightenment.
~ Jianzhi Sengcan, 526-606 ~

First establish a firm foothold in daily activities within society. Only then can you cultivate reality and understand essence.
~ Lu Dong Bin, c. 798 ~
The Secret of the Golden Flower: The Classic Chinese Book of Life, I.7, Thomas Cleary, tr., 1991

Do not permit the events of your daily lives to bind you, but never withdraw from them. Only by acting thus can you earn the title of "A Liberated One."
~ Huangbo Xiyun, 800-850 ~
The Zen Teachings of Huang Po, John Blofeld, tr., 1958

You do not have to abandon worldly activities in order to attain effortless unconcern. You should know that worldly activities and effortless unconcern are not two different things – but if you keep thinking about rejection and grasping, you make them into two.
~ Yuanwu Kekin, 1063-1135 ~
in *Zen Essence: The Science of Freedom*, Thomas Cleary, tr. & ed., 1989

Why put on the robe of the monk, and live aloof from the world in lonely pride?
Behold! My heart dances in the delight of a hundred arts; and the Creator is well pleased.
~ Kabir, 1440-1518 ~
One Hundred Poems of Kabir

Tell me, and I'll forget. Show me, and I may not remember. Involve me, and I'll understand.
~ Native American Saying ~

God has no hands or feet or voice except ours and through these he works.
~ Teresa of Avila, 1515-1582 ~

The way of transcending the world is in facing it; there is no need to escape by cutting off human contacts. The way to ease the mind is to exercise it fully; there is no need to shun all desires to extinguish thoughts.
~ Hong Zicheng, fl. 1596 ~
Caigentan: Vegetable Roots Discourse, II.41, Robert Aitken & Daniel W. Y. Kwok, trs., 2006

What is the purpose of quietistic escapism? One of the ancient adepts used commerce to complete the great Way, another nurtured the spiritual tree while serving as an official. To be in the world yet beyond the world is the road transcending the ordinary; detached from society while in society, one enters the lair of immortals. So many realized

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people since ancient times have refined themselves in cities and towns.
~ Liu Yiming, b. c. 1737 ~
Awakening to the Tao, Thomas Cleary, tr., 1988

It is by teaching that we teach ourselves, by relating that we observe, by affirming that we examine, by showing that we look, by writing that we think, by pumping that we draw water into the well.
~ Henri-Frédéric Amiel 1821-1881 ~

As life is action and passion, it is required of a man that he should share the passion and action of his time at peril of being judged not to have lived.
~ Oliver Wendell Holmes, Jr., 1841-1935 ~
Memorial Day Address, 1844
The Mind and Faith of Justice Holmes, Max Lerner, ed., 1943

The mintage of wisdom is to know that rest is rust, and that real life is love, laughter and work.
~ Elbert Hubbard, 1856-1915 ~

We must … learn to dip ourselves in the universe at our gates, and know it, not from without by comprehension, but from within by self-mergence.
~ Evelyn Underhill, 1875-1941 ~
Practical Mysticism

Life is a symphony, and the action of every person in this life is the playing of his particular part in the music.
~ Hazrat Khan, 1882-1927 ~
The Mysticism of Sound and Music, 1991

To be wholly and integrally conscious of oneself and of one's being is what is implied by the perfect emergence of the individual consciousness, and it is that towards which evolution tends. All being is one, and to be fully conscious means to be integrated with the consciousness of all, with the universal self and force and action.
~ Sri Aurobindo, 1892-1950 ~
The Future Evolution of the Divine Life on Earth, 1963

When the Nazis came for the Communists, I said nothing –
I was not a Communist.
When they came for the Social Democrats, I said nothing –
I was not a Social Democrat.
When they came for the Jews, I said nothing –
I was not a Jew.
When they came for me –
there was no one left who would protest.
~ Martin Niemöller, 1892-1984 ~

One must either take an interest in the human situation or else parade before the void.
~ Jean Rostand, 1894-1977 ~

Much more power is generated by the ability to practice awareness in the midst of the world than by sitting alone and shunning activity. Thus one's daily work becomes one's meditation room, the task at hand one's practice.
~ Philip Kapleau, 1909-2004 ~
Awakening to Zen: The Teachings of Roshi Philip Kapleau, Polly Young-Eisendrath & Rafe Martin, eds., 1997

A world is to be fought for,
sung, and built:
Love must imagine the world.
~ Muriel Rukeyser, 1913-1980 ~

The world is before you and you need not take it or leave it as it was when you came in.
~ James Baldwin, 1924-1987 ~
Nobody Knows My Name, 1961

It is impossible to pretend that you are not heir to, and therefore, however inadequately or unwillingly, responsible to, and for, the time and place that give you life.
~ Baldwin ~

If the building of the bridge does not enrich the awareness of those who work on it, then the bridge ought not to be built.
~ Frantz Fanon, 1925-1961 ~

Our daily lives, the way we drink, what we eat, has to do with the world's political situation. Meditation is to see deeply into things, to see how we can change, how we can transform our situation.
~ Thich Nhat Hanh, 1926- ~
Being Peace

Stay still, and you stagnate; get concerned and active, and the prospect of change is your friend and constant guardian. And don't be sentimental about a damn thing, but at the same time never let go of compassion.
~ Andrew Salkey, 1928-1995 ~

How wonderful it is that nobody need wait a single moment before starting to improve the world.
~ Anne Frank, 1929-1945 ~

Our lives begin to end the day we become silent about things that matter.
~ Martin Luther King, Jr., 1929-1968 ~

Any time we think the problem is "out there" that thought is the problem.
~ Stephen Covey, 1932- ~
First Things First, 1994

You are never given a dream without also being given the power to make it true. You may have to work for it, however.
~ Richard Bach, 1936- ~

The farther one travels on the journey of life, the more births one will experience, and therefore the more deaths – the more joy and the more pain. But for all that is given up even more is gained.
~ M. Scott Peck, 1936-2005 ~
The Road Less Travelled, 1978

Weave real connections, create real nodes, build real houses. Live a life you can endure, make love that is loving. Keep tangling and interweaving and taking more in, a thicket and bramble wilderness to the outside but to us interconnected with the rabbit runs and burrows and lairs.
~ Marge Piercy, 1936- ~
"The Seven Pentacles" in *Circles of Water*, 1982

The world does not need tourists who ride by in a bus clucking their tongues. The world as it is needs those who will love it enough to change it, with what they have, where they are.
~ Robert Fulghum, 1937- ~

The profound and the transcendental are to be found in the factory. It may not fill you with bliss to look at it, it may not sound as good as the spiritual experiences that we have read about, but somehow reality is to be found there, in the way in which we relate with everyday problems.
~ Chögyam Trungpa, 1939-1987 ~

The universe is no longer seen as a machine … but appears as a harmonious indivisible whole; a network of dynamic relationships that include the human observer and his or her consciousness in an essential way.
~ Fritjof Capra, 1939- ~
The Turning Point

My conscious decision about how to observe, say, an electron, will determine the electron's properties to some extent … The electron does not have objective properties independent of my mind … We can never speak about nature without, at the same time, speaking about ourselves.
~ Ibid.

If you don't like the way the world is, you change it. You have an obligation to change it. You just do it one step at a time.
~ Marion Wright Edelman, 1939- ~

It's important to clear the decks and to be free of everyday worldly concerns in order to explore fully the realm of the spirit. The world can easily distract from this higher endeavour. But the soul has an equal task and commitment, to find the treasures and explore the ins and outs of life by being attached. Just as there is spiritual practice in search of the highest and most refined reaches of human potential, so there is soul practice in pursuit of the juices and nutriments of life's entanglements.
~ Thomas Moore, 1940- ~
Soul Mates: Honoring the Mysteries of Love and Relationship, 1994

Integrate what you believe in every single area of your life. Take your heart to work and ask the most and best of everybody else, too.
~ Meryl Streep, 1949- ~

The shift we need to make is both a shift in consciousness and a major restructuring of all the institutions of society. We need to engage in active, non-violent resistance to the destruction being mounted all around us. At the same time, we need to develop and make real our alternative visions; start the businesses; live in the households, grow the gardens that embody our ideals. In so doing, we can experiment with our ideals on a small scale and find out if they actually work in practice.
~ Starhawk, 1951- ~

In every community there is work to be done. In every nation, there are wounds to heal. In every heart there is the power to do it .
~ Marianne Williamson, 1952- ~

ENJOYMENT / PLEASURE

Related States & Conditions: Actualization/Fulfillment, Art, Celebration, Dance/Movement, Experience, Humor/Laughter, Indulgence/Temptation, Lila/Leisure, Life/Living, Love-Eros, Music, Passion, Presence, Sensibility/Sensuality, Sex/Sexuality, Spontaneity, Wonder/Mystery, Zeal/Zest

Syntonic: Appreciation, Attention/Awareness, Balance, Congruence/Resonance, Engagement/Integration/Involvement, Flexibility/Flow/Flux, Friendship, Openness/Receptivity, Possibility/Potential

Dystonic: Anger, Attachment, Avoidance/Denial/Refusal, Complacency, Conflict/Opposition, Conformity, Criticism/Judgment, Depression/Despair/Distress, Fear, Grief/Sorrow, Habit, Limitation, Suffering, War/Aggression/Violence

There is the path of earthly joy, and there is the path of earthly pleasure. Both attract the soul. Who follows the first comes to good; who follows pleasures reaches not the End.
~ *Upanishads*, c. 1400-c. 800 BCE ~

The good fortune attached to the pleasure of inward harmony arises from there being nothing in one's conduct to induce doubt. The pleasure that arises from inward sincerity is due to the confidence that one has in one's own inner truth ... One who indulges in excessive, indiscriminate pursuits of physical pleasure will find himself in a spiritual wasteland. One cannot truly be at rest while deliberating about which path of pleasure to pursue. Choose the higher, and then get on with it.
~ *Yi Jing*, c. 1150 BCE ~
"Tui: Joy," in *The Photographic I Ching*, Dhiresha McCarver, tr., 1997

But when a man finds delight within himself and feels inner joy and contentment in himself, there is nothing more to be done.
~ *Bhagavad Gita*, c. 400 BCE ~

Do not give yourself over to sorrow, and do not afflict yourself deliberately.
Gladness of heart is the life of man, and the rejoicing of a man is length of days.
Delight your soul and comfort your heart, and remove sorrow far from you, for sorrow has destroyed many, and there is no profit in it.
Jealousy and anger shorten life, and anxiety brings on old age too soon.
A man of cheerful and good heart will give heed to the food he eats.
~ Joshua ben Sira, 2nd C. BCE ~
in *Apocrypha*, Sirach (Ecclesiasticus) 30:21-25, RSV 1957

There is no such thing as pure pleasure; some anxiety always goes with it.
~ Ovid, c. 43 BCE–17 CE ~

Within your own house dwells the treasury of joy; so why do you go begging from door to door?
~ Sufi Saying ~

A person will be called to account on judgment day for every permissible thing that he might have enjoyed but did not.
~ *Jerusalem Talmud*, 2nd-5th C. CE ~
Tractate Kiddushin 4:12 ~

When you eat and drink, you experience enjoyment and pleasure from the food and drink. Arouse yourself every moment to ask in wonder, "What is this enjoyment and pleasure? What is it that I am tasting?" Answer yourself, "This is nothing but the holy sparks from the sublime, holy worlds that are within the food and drink."
~ *Kabbalah* ~
The Essential Kabbalah, Daniel Chanan Matt, ed., 1996

Nothing forbids our pleasure except a savage and sad superstition. For why is it more proper to relieve our hunger and thirst than to rid ourselves of melancholy? ... the greater the joy with which we are affected, the greater the perfection to which we pass, that is the more we must participate in the divine nature. To use things, therefore, and take pleasure in them as far as possible – not, of course, to the point where we are disgusted with them, for there is no pleasure in that – this is the part of a wise man.
~ Baruch de Spinoza, 1632-1677 ~
A Spinoza Reader: The Ethics and Other Works, The Ethics, IV, P45, Edwin Curley, ed. & tr., 1994

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Go enjoy, not fearing Fate,
the brief course that your graceful youth obeys,
for death that comes tomorrow never can
take from you what you have enjoyed today.
~ Juana Inés de la Cruz, 1651-1695 ~
"Escoge antes el morir que exponerse a los ultrajes de la vejez," Alix Ingber, tr. 1995

True happiness ... arises, in the first place, from the enjoyment of one's self, and in the next from the friendship and conversation of a few select companions.
~ Joseph Addison, 1672-1719 ~

The important question is not, what will yield to man a few scattered pleasures, but what will render his life happy on the whole amount.
~ Addison ~

Whenever you are sincerely pleased, you are nourished.
~ Ralph Waldo Emerson, 1803-1882 ~
"Considerations by the Way," *Conduct of Life*

Most men pursue pleasure with such breathless haste that they hurry past it.
~ Søren Kierkegaard, 1813-1855 ~
Either/Or, Vol. I, 1959

Nothing remains with man unless it is insinuated with some delight.
~ Coventry Patmore, 1823-1896 ~
The Rod, the Root, and the Flower

A sense of wrongdoing is an enhancement of pleasure.
~ Oliver Wendell Holmes, Jr., 1841-1935 ~
Holmes-Laski Letters, Mark de Wolfe Howe, ed., 1953

There are two things to aim at in life: first, to get what you want; and, after that, to enjoy it. Only the wisest of mankind achieve the second.
~ Logan Pearsall Smith, 1865-1946 ~
Afterthoughts

The business of life is to enjoy oneself; everything else is a mockery.
~ Norman Douglas, 1868-1952 ~
An Almanac

The goal of all civilization, all religious thought, and all that sort of thing is simply to have a Good Time. But man gets so solemn over the process that he forgets the end.
~ Don Marquis, 1878-1937 ~
The Almost Perfect State

If you always do what interests you, then at least one person is pleased.
~ Katharine Hepburn (mère), 1878-1951 ~

Oftentimes in denying yourself pleasure you do but store the desire in the recesses of your being.
Who knows but that which seems omitted today, waits for tomorrow?
Even your body knows its heritage and its rightful need and will not be deceived.
~ Khalil Gibran, 1883-1931 ~
The Prophet, 1923

There is something self-defeating in the too conscious pursuit of pleasure.
~ Max Eastman, 1883-1969 ~
Enjoyment of Living

The man who thoroughly enjoys what he reads or does, or even what he says, or simply what he dreams or imagines, profits to the full. The man who *seeks* to profit, through one form of discipline or another, deceives himself.
~ Henry Miller, 1891-1980 ~
The Books in My Life, 1952

To be fully is to have the full delight of being. Being without delight of being, without an entire delight of itself and all things is something neutral or diminished; it is existence, but it is not fullness of being. This delight too must be intrinsic, self-existent, automatic; it cannot be dependent on things outside itself: what it delights in, it makes part of itself, has the joy of it as part of its universality.
~ Sri Aurobindo, 1892-1950 ~
Words of Sri Aurobindo, First Series

There is always plenty of life to enjoy for a man who is determined to enjoy it. If men fail to enjoy this earthly existence we have, it is because they do not love life sufficiently and allow it to be turned into a humdrum routine existence.
~ Lin Yutang, 1895-1976 ~
The Importance of Living, 1937

True enough, we all have obligations and duties toward our fellow men. But it does seem curious enough that in modern, neurotic society, men's energies are consumed in making a living, and rarely in living itself. It takes a lot of courage for a man to declare, with clarity and simplicity, that the purpose of life is to enjoy it.
~ Lin ~
The Pleasures of a Nonconformist, 1962

It is all a frame of mind, this enjoyment of living. Wine may be the means of drowning sorrow, or a matter of habitual craving, or the proper occasion for feeling just a little elated, a little better than usual. Things don't give us anything except what we bring to the enjoyment of them.
~ Lin ~
On the Wisdom of America, 1950

Pleasure-anxiety is the foundation of the fear of a free, independent way of living.
~ Wilhelm Reich, 1897-1957 ~

It is in the compelling zest of high adventure and of victory, and in creative action, that man finds his supreme joys.
~ Antoine de Saint-Exupéry, 1900-1944 ~

When people are bored it is primarily with their own selves that they are bored.
~ Eric Hoffer, 1902-1983 ~

Without the feeling of pleasure, happiness is only an illusion.
~ Alexander Lowen, 1910- ~

It's fun to get together and have something good to eat at least once a day. That's what human life is all about – enjoying things.
~ Julia Child, 1912-2004 ~

The capacity of pleasure is an art; and relatively few people are good at it over a wide range.
~ Elizabeth Howard, 1923- ~
in *The Listener*, 1978

It's all right to have a good time. That's one of the most important messages of enlightenment.
~ Thaddeus Golas, 1924-1997 ~
The Lazy Man's Guide to Enlightenment, 1972, 2002

Eating with fullest pleasure – pleasure, that is, that does not depend on ignorance – is perhaps the profoundest enactment of our connection with the world. In this pleasure we experience and celebrate our dependence and our gratitude for we are living from mystery, from creatures we did not make and powers we cannot comprehend.
~ Wendell Berry, 1934- ~
"The Pleasures of Eating," *What Are People For?*, 1990

Everything the body can do is potentially enjoyable. Yet many people ignore this capacity, and use their physical equipment as little as possible, leaving its ability to provide flow unexploited ... If the functions of the body are left to atrophy, the quality of life becomes merely adequate, and for some even dismal. But if one takes control of what the body can do, and learns to impose order on physical sensations, entropy yields to a sense of enjoyable harmony in consciousness.
~ Mihaly Csikszentmihalyi, 1934- ~
Flow: The Psychology of Optimal Experience, 1990

I finally figured out the only reason to be alive is to enjoy it.
~ Rita Mae Brown, 1944- ~

In the unenlightened, mind-identified condition, what is sometimes wrongly called joy is the usually short-lived pleasure side of the continuously alternating pain/pleasure cycle. Pleasure is always derived from something outside you, whereas joy arises from within. The very thing that gives you pleasure today will give you pain tomorrow, or it will leave you, so its absence will give you pain.
~ Eckhard Tolle, 1948- ~
The Power of Now: A Guide to Spiritual Enlightenment, 1999

When your joy is dependent on people and conditions, it is restricted. Joy must spring forth from you before it can surround you.
~ Iyanla Vanzant, 1953- ~
Acts of Faith: Daily Meditations for People of Color, 1993

Pleasure is a discipline – even a spiritual discipline – because it generates a tremendous amount of energy. This energy can be transmuted into spiritual enlightenment and deep, deep intimacy of the heart.
~ Margo Anand ~
The Art of Sexual Ecstasy

Enjoy life. There's plenty of time to be dead.
~ Unknown ~

We already know how to enjoy ourselves. When we are enjoying ourselves, we are productive and creative. It's just a matter of bringing that enjoyment into everything we do.
~ Tarthang Tulku ~

Work like you don't need money,
Love like you've never been hurt,
Dance like nobody's around!!
In short, enjoy life!
~ Unknown ~

ENLIGHTENMENT / REALIZATION / TRANSCENDENCE

Related States & Conditions: Acceptance, Actualization/Fulfillment, Attention/Awareness, Being/Essence/Soul, Breakthrough/Epiphany/Turning Point, Centering, Experience, Insight/Instinct/Intuition, Introspection/Self-Knowledge, Journey/Path, Meditation, Mind, Oneness/Unity/Wholeness, Presence, Reality, Seeking, Self, Surrender, Truth, Understanding, Wonder/Mystery

Syntonic: Appreciation, Balance, Compassion/Empathy/Kindness, Congruence/Resonance, Detachment, Equanimity, Flexibility/Flow/Flux, Inspiration, Love-Agape, Openness/Receptivity, Practice, Questioning/Doubt, Release, Retreat/Withdrawal, Silence/Stillness, Solitude, Spirituality, Spontaneity, Today

Dystonic: Anger, Attachment, Avoidance/Denial/Refusal, Complacency, Conflict/Opposition, Conformity, Criticism/Judgment, Delusion, Dependence, Depression/Despair/Distress, Distraction/Diversion, Fear, Greed, Grief/Sorrow, Habit, Hate, Jealousy/Envy, Limitation, Struggle, Suffering, War/Aggression/Violence, Worry

When all desires that dwell within the human heart are cast away,
Then a mortal becomes immortal and here he attaineth to Brahman.
~ *Katha Upanishad*, c. 1400-c. 800 BCE ~

Those whose minds are well fixed upon the elements of enlightenment, who, without hankering after anything, glory in renunciation, whose biases are extinguished, who are full of light, they indeed have attained the bliss of Nirvana in this very world.
~ Buddha, c. 563-483 BCE ~
The Dhammapada, Juan Marasco, tr.

The eternal is not attained by rites and rituals, by pilgrimages or by wealth. It is attained only by conquest of one's mind.
~ *Yoga Vasistha* ~

With realization, there is awareness, and Great Function amid causal origination, penetrating perfectly without obstruction; this is called "Great Cultivation of the Path." There is no duality between self and other. All practices are carried out at once; there is no before or after, and no in between.
~ Gunabhadra Tripitaka, fl. 424-454 ~
in *Zen Dawn – Early Texts from Tun Huang*, J. C. Cleary, tr., 1986

Those who understand the mind reach enlightenment with minimal effort. Those who don't understand the mind practice in vain. Everything good and bad comes from your own mind. To find something beyond the mind is impossible.
~ Bodhidharma, 440-533 ~

Confused by thoughts,
We experience duality in life.
Unencumbered by ideas,
The enlightened see the one Reality.
~ Dajian Huineng, 638-713 ~

The realm of the enlightened is not an external realm with manifest characteristics; (it) is the realm of the sacred knowledge found in oneself. You do not need paraphernalia, practices, or realizations to attain it. What you need is to clean out the influences of the psychological afflictions connected with the external world that have been accumulating in your psyche since beginningless time.
~ Dahui, 677-744 ~
in *Zen Essence: The Science of Freedom*, Thomas Cleary, tr. & ed., 1989

When a great soul has found perfect tranquility by freeing his mind from all distracting thoughts and completely realizing Brahman, then he no longer needs sacred places, moral disciplines, set hours, postures, directions, or objects for his meditation. His knowledge of the Atman depends upon no special circumstances or conditions.
~ Shankara, 686-718 ~
Shankara's Crest-Jewel of Discrimination, Swami Prabhavananda & Christopher Isherwood, trs., 1947, 1978

Those who seek the truth by means of intellect and learning only get further and further away from it.

Not till your thoughts cease all their branching here and there, not till you abandon all thoughts of seeking for something, not till your mind is motionless as wood or stone, will you be on the right road to the Gate.
~ Huangbo Xiyun, 800-850 ~
The Zen Teachings of Huang Po, John Blofeld, tr., 1958

A person of the Way fundamentally
Does not dwell anywhere.
The consistent action of
People of the Way is
Like the flowing clouds
With no grasping mind;
Like the full moon reflecting universally,
Not confined anywhere.
Thus have we heard:
The mind that
Embraces the ten directions
Does not stop anywhere.
~ Hongzhi Zhengjue, 1091-1157 ~

Spacious and content,
Without confusion from
Inner thoughts of grasping,
Effectively overcome habitual behavior
And realize the self
That is not possessed by emotions.
Be broad-minded,
Whole, without relying on others.
~ Hongzhi ~

There are no precepts to follow,
No practices to engage in.
From the outset
There are no passions;
From the beginning we are
Enlightened.
We eat when we are hungry,
Rest when we are tired.
~ Nonin, d. 1196 ~

Gaining enlightenment is like the moon reflected on the water. The moon doesn't get wet; the water isn't broken. Although its light is broad and great, the moon is reflected even in a puddle an inch wide. The whole moon and the whole sky are reflected in one dew-drop on the grass.
~ Eihei Dogen, 1200-1253 ~
"Genjokoan" (The Manifestation of Truth,)
in *The Enlightened Mind: An Anthology of Sacred Prose*, Stephen Mitchell, ed., 1991

As long as I am this or that, or have this or that, I am not all things and I have not all things. Become pure till you neither are nor have either this or that; then you are omnipresent and, being neither this nor that, are all things.
~ Meister Eckhart, 1260-1327 ~

The one who depends on emotional perceptions in seeking realization finds delusion instead. That is hardly the lamp that burns eternally.
~ Hong Zicheng, fl. 1596 ~
Caigentan: Vegetable Roots Discourse, I.167, Robert Aitken & Daniel W. Y. Kwok, trs., 2006

Do but suppose a man to know himself that he comes into this world on no other errand but to rise out of the vanity of time into the riches of eternity; do but suppose him to govern his inward thoughts and outward actions by this view of himself, and then to him every day has lost its evil … Life and death are equally welcome, because equally parts of his way to eternity … Heaven is as near to our souls as this world is to our bodies.
~ William Law, 1686-1761 ~
Selected Mystical Writings of William Law, S. Hobhouse, ed., 1948

One can only grasp it by experiencing, as one feels for oneself cold and hot by drinking water. It is to melt all space in a wink and to look through all time, from past to future, in one thought.
~ Hakuin Ekaku, 1686-1769 ~

To see a world in a grain of sand
And a heaven in a wild flower,
Hold infinity in the palm of your hand
And eternity in an hour.
~ William Blake, 1757-1827 ~
"Auguries of Innocence"

Nirvana is not the blowing out of the candle. It is the extinguishing of the flame because day is come.
~ Rabindranath Tagore, 1861-1941 ~

I attain to the clearest and fullest consciousness of myself – I know that I am the infinite spirit, the master of nature, not its slave. Beyond all differentiation and combination, beyond space, time, and causation, I am that I am.
~ Vivekananda, 1863-1902 ~
The Complete Works of Swami Vivekananda, 1984-1987, 8:249, 1926

One does not become enlightened by imagining figures of light, but by making the darkness conscious.
~ Carl Jung, 1875-1961 ~

We loosely talk of Self-Realization, for lack of a better term. But how can one real-ize or make real that which alone is real? All we need to do is to give up our habit of regarding as real that which is unreal. All religious practices are meant solely to help us do this. When we stop regarding the unreal as real, then reality alone will remain, and we will be that.
~ Ramana Maharshi, 1879-1950 ~
in *The Enlightened Mind: An Anthology of Sacred Prose*, Stephen Mitchell, ed., 1991

Fold your wings, my soul,
those wings you had spread wide
to soar to the terrestrial peaks
where the light is most ardent:
it is for you simply to wait
the descent of the Fire – supposing it to be willing
to take possession of you.
~ Pierre Teilhard de Chardin, 1881-1955 ~
Hymn to the Universe, 1969

Unite yourself to the cosmos, and the thought of transcendence will disappear. Transcendence belongs to the profane world. When all trace of transcendence vanishes, the true person – the Divine Being – is manifest. Empty yourself and let the Divine function.
~ Morihei Ueshiba, 1883-1969 ~
The Art of Peace, John Stevens, tr., 1992

You cannot see or touch the Divine with your gross senses. The Divine is within you, not somewhere else. Unite yourself to the Divine, and you will be able to perceive gods wherever you are, but do not try to grasp or cling to them.
~ Ibid.

To be universally in the fullness and freedom of one's universality, one must be also transcendentally. The spiritual fullness of the being is eternity; if one has not the consciousness of timeless eternal being, if one is dependent on body or embodied mind or embodied life, or dependent on this world or that world or on this condition of being or that condition of being, that is not the reality of self, not the fullness of our spiritual existence.
~ Sri Aurobindo, 1892-1950 ~
Words of Sri Aurobindo, First Series

We are saved, we are liberated and enlightened, by perceiving the hitherto unperceived good that is already within us, by returning to our eternal Ground and remaining where, without knowing it, we have always been.
~ Aldous Huxley, 1894-1963 ~
The Perennial Philosophy, 1945

Enlightenment is an accident, but some activities make you accident-prone.
~ Jiddu Krishnamurti, 1895-1986 ~

The ascent to the bright peaks of true being is always preceded by a direct descent into the dark depths. Only if we venture repeatedly through zones of annihilation can our contact with Divine Being, which is beyond annihilation, become form and stable.
~ Karlfried Durckheim, 1896-1988 ~
Daily Life as Spiritual Exercise

Awakening, or enlightenment, or liberation is nothing, absolutely nothing other than perceiving profoundly, deeply, intuitively that what we are – that-which-is-here-now – is the absolute absence of whatever is imaginable or recognizable.
~ Nisargadatta, 1897-1981 ~

Enlightenment, or true happiness, is not a transcendental state. It is a condition of broad wisdom, boundless energy, and good fortune, wherein we shape our own destiny, find fulfilment in daily activities, and come to understand our ultimate purpose in life.
~ Josei Toda, 1900-1958 ~
in *Open Your Mind, Open Your Life: A Book of Eastern Wisdom*, Taro Gold, ed., 2002

The "authentic person" ... not only transcends himself in various ways; he also transcends his culture. He resists enculturation. He becomes more detached from his culture and from his society. He becomes more a member of his species ... this is clearly a basis for universalism.
~ Abraham Maslow, 1908-1970 ~

Enlightenment is but a recognition, not a change at all.
~ Helen Schucman, 1910-1981 ~
A Course in Miracles, 1975

Exactly what spiritual awakening is – shifting from one perspective to another, until we finally glimpse meaningfulness where our mind could not perceive it before. The higher and broader the perspective, the more inclusive it is ... Indeed awakening triggers off illumination; it is always connected to light. But it isn't an intellectual process; it has to

do with the radiance of luminous thoughts – a kind of clarity that overcomes ambiguity because light highlights things and makes everything clear.
~ Vilayat Khan, 1916-2004 ~
Awakening: A Sufi Experience, 1999

As human beings we are made to surpass ourselves and are truly ourselves only when transcending ourselves.
~ Huston Smith, 1919- ~

Enlightenment is any experience of expanding our consciousness beyond its present limits. We could also say that perfect enlightenment is realizing that we have no limits at all, and that the entire universe is alive.
~ Thaddeus Golas, 1924-1997 ~
The Lazy Man's Guide to Enlightenment, 1972, 2002

To be enlightened is to be in a state of flexible awareness, an open mind. Enlightenment is the very process of expanding, not of arriving at a different set of limits.
~ Ibid.

Nirvana means extinction, the extinction of all notions and concepts, including the concepts of birth, death, being, non-being, coming and going. Nirvana is the ultimate dimension of life, a state of coolness, peace, and joy. It is not a state to be attained after you die. You can touch nirvana right now by breathing, walking, and drinking your tea in mindfulness. You have been "nirvanized" since the very non-beginning. Everything and everyone is dwelling in nirvana.
~ Thich Nhat Hanh, 1926- ~
Touching Peace: Practicing the Art of Mindful Living, 1992

Identification with an organization or a cause is no substitute for self-realization.
~ Swami Rudrananda, 1928-1973 ~

The best way to live in this world is to live above it.
~ Sonia Sanchez, 1934 ~

Nirvana or lasting enlightenment or true spiritual growth can be achieved only through persistent exercise of real love.
~ M. Scott Peck, 1936-2005 ~

By conforming to spiritual ideals imposed from the outside through the force of tradition, people often channel themselves into models of behavior that violate their inner essence. We are all guaranteed realization when we strip away our pre-conceived notions about spiritual perfection, give up striving for some idealized end-point called "enlightenment," and discover the magnificence of what we already are and live that fully.
~ W. Brugh Joy, 1939- ~

As long as we separate this "oneness" into two, we won't achieve realization.
~ Bruce Lee, 1940-1973 ~

A momentary euphoria may lead us to expect instant, total, and permanent results … The magical wish to live happily ever after lurks in the back of our minds, ready to entice us into the false belief that we have achieved more than is possible. But the only way to achieve valuable results in the work of self-realization is by being realistic about our human limitations.
~ Piero Ferrucci, 1946- ~
What We May Be: The Vision and Techniques of Psychosynthesis

The word enlightenment conjures up the idea of some superhuman accomplishment, and the ego likes to keep it that way, but it is simply your natural state of felt oneness with Being. It is a state of connectedness with something immeasurable and indestructible, something that, almost paradoxically, is essentially you and yet is much greater than you. It is finding your true nature beyond name and form. The inability to feel this connectedness gives rise to the illusion of separation, from yourself and from the surrounding world. You then perceive yourself, consciously or unconsciously, as an isolated fragment. Fear arises, and conflict within and without becomes the norm.
~ Eckhard Tolle, 1948- ~
The Power of Now: A Guide to Spiritual Enlightenment, 1999

To transcend mind in Spirit is not to lose mind or destroy mind but merely to include mind in the higher-order wholeness of the super-conscient.
~ Ken Wilber, 1949- ~

Awakening brings us closer to life, more in contact with life, more sensitive to everything that everyone else feels, not less sensitive, not cut off, divorced or detached. The difference is that with awakening it becomes not only acceptable, but joyful to experience both the joys and the sufferings of the world.
~ Robert Ennis ~

EQUANIMITY

Related States & Conditions: Acceptance, Balance, Centering, Complacency, Connection/Interbeing/Interdependence, Detachment, Flexibility/Flow/Flux, Love-Agape, Meditation, Oneness/Unity/Wholeness, Openness/Receptivity, Paradox, Reciprocity/Reflection, Submission/Surrender

Syntonic: Appreciation, Attention/Awareness, Compassion/Empathy/Kindness, Congruence/Resonance, Innocence, Insight/Instinct/Intuition, Introspection/Self-Knowledge, Practice, Presence, Questioning/Doubt, Release, Retreat/Withdrawal, Silence/Stillness, Solitude, Spirituality, Truth, Understanding

Dystonic: Anger, Attachment, Avoidance/Denial/Refusal, Conflict/Opposition, Conformity, Criticism/Judgment, Delusion, Dependence, Depression/Despair/Distress, Differentiation/Division/Separation, Distraction/Diversion, Fear, Greed, Grief/Sorrow, Habit, Hate, Indulgence/Temptation, Jealousy/Envy, Limitation, Passion, Struggle, Suffering, War/Aggression/Violence, Worry

Evil as well as good, both operate to advance the Great Plan.
~ Khemetic Saying ~
Temt Tchaas: Egyptian Proverbs, Muata Ashaya Ashby, ed., 1994

See that prosperity elate not thine heart above measure; neither adversity depress thine mind unto the depths because fortune beareth hard against you. Their smiles are not stable, therefore build not thy confidence upon them; their frowns endure not forever, therefore let hope teach you patience.
~ Ibid.

Oh my mind, why dost thou range in delusion like a ghost? Know Atman to be above duality and be happy. Thou art the essence of knowledge, indomitable, eternal, ever free from modifications. Neither is there in thee attachment nor indifference. Let not thyself suffer from desires.
~ Mahatma Dattatreya, c. 1100 BCE ~
Avadhut Gita, I.18-19, Hari Prasad Shastri, tr., 1934

The master observes the world
But trusts his inner vision.
He allows things to come and go.
His heart is open as the sky.
~ Laozi, 570-490 BCE ~

People naturally fear misfortune and long for good fortune, but if the distinction is carefully studied, misfortune often turns out to be good fortune and good fortune to be misfortune. The wise man learns to meet the changing circumstances of life with an equitable spirit, being neither elated by success nor depressed by failure.
~ Buddha, c. 563-483 BCE ~

For the wakeful one whose mind is unimpassioned, whose thoughts are undisturbed, who has given up both virtue and sin, there is no fear.
~ Buddha ~
Dhammapada, Thomas Cleary, tr., 1994

As a solid boulder does not shake in the wind, the wise are not moved by censure or praise ... Whether they encounter comfort or pain, the wise show neither elation or depression.
~ Ibid.

While there are no stirrings of pleasure, anger, sorrow, or joy, the mind may be said to be in the state of Equilibrium. When those feelings have been stirred, and they act in their due degree, there ensues what may be called the state of Harmony. This Equilibrium is the great root from which grow all the human actings in the world, and this Harmony is the universal path which they all should pursue. Let the states of equilibrium and harmony exist in perfection, and a happy order will prevail throughout heaven and earth, and all things will be nourished and flourish.
~ Kongfuzi, c. 551-c. 479 BCE ~
The Doctrine of the Mean

A gentleman can see a question from all sides without bias. The small man is biased and can see a question only from one side.
~ Kongfuzi ~
The Analects of Confucius, II.14, Arthur Waley, tr., 1989

Remember, no human condition is ever permanent. Then you will not be overjoyed in good

fortune, nor too sorrowful in misfortune.
~ Socrates, 469-399 BCE ~

He whose mind is untroubled
by any misfortune, whose craving
for pleasures has disappeared,
who is free from greed, fear, anger,
who is unattached to all things,
who neither grieves nor rejoices
if good or bad things happen –
that man is a man of firm wisdom.
~ *Bhagavad Gita*, c. 400 BCE
2:56, Stephen Mitchell, tr., 2000

If you wish to see the truth then hold no opinion
for or against anything.
To set up what you like against what you dislike is
the disease of the mind.
When the deep meaning of things is not
understood the mind's essential peace is
disturbed to no avail.
The Way is perfect like vast space where nothing is
lacking and nothing is in excess.
Indeed, it is due to our choosing to accept or reject
that we do not see the true nature of things.
Live neither in the entanglements of outer things
nor in the inner feeling of emptiness.
Be serene in the oneness of things and such
erroneous views will disappear by themselves.
~ Ibid.

Suffering becomes beautiful when anyone bears
great calamities with cheerfulness, not through
insensibility but through greatness of mind.
~ Aristotle, 384-322 BCE ~

By a man without passions I mean one who does
not permit good or evil to disturb his inward
economy, but rather falls in with what happens
and does not add to the sum of his mortality.
~ Zhuangzi, c. 369-c. 286 BCE ~

One man is abstemious and averse to the senses,
another is greedy and attached to them, but he
who is free from both taking and rejecting is
neither abstemious nor greedy.
~ *Ashtavakra Gita* ~
16.6, John Richards, tr., 1994

When you truly understand human nature and
destiny, kindness and justice are naturally
included; ups and downs cannot disturb your
mind.
~ *Book of the Huainan Masters*, 2nd C. BCE ~

In adversity remember to keep an even mind.
~ Horace, 65-8 BCE ~

Happy the man who can endure the highest and
the lowest fortune. He, who has endured such
vicissitudes with equanimity, has deprived
misfortune of its power.
~ Seneca, c. 4 BCE-65 CE ~

I have learned, in whatever state I am, therewith
to be content.
~ Paul of Tarsus, 10-67 CE ~

Learn to be pleased with everything; with wealth,
so far as it makes us beneficial to others; with
poverty, for not having much to care for, and with
obscurity, for being unenvied.
~ Plutarch, c. 46-c. 120 ~

Demand not that events should happen as you
wish, but wish for them to happen as they do, and
you will go on well.
~ Epictetus, 50-120 ~

The first rule is to keep an untroubled spirit. The
second is to look things in the face and know them
for what they are.
~ Marcus Aurelius, 121-180 ~

Before mind is pacified, even good things are not
good. When mind becomes peaceful and still,
neither good nor evil has any basis.
~ Gunabhadra Tripitaka, fl. 424-454 ~
in *Zen Dawn – Early Texts from Tun Huang*, J. C. Cleary, tr.,
1986

When real and nonreal both
Are absent from before the mind,
Nothing else remains for mind to do
But rest in perfect peace, from concepts free.
~ Shantideva, 7th C. ~
The Way of the Boddhisattva, Padmakara, tr., 1997

When the mind's as is,
Circumstances also are as is.
There's no real
And also no unreal.
Giving no heed to existence
And holding not
To nonexistence,
You're neither saint nor sage,
Just an ordinary person
Who has settled their affairs.
Easy, so easy.
~ Layman P'ang,, 740-808 ~

First is emptiness; you see all things as empty. Next is the conditional; though you know things are empty, you do not destroy the totality of things but take a constructive attitude toward all events in the midst of emptiness. Once you neither destroy things nor cling to things, this is the contemplation of the center.
~ Lu Dong Bin, c. 798 ~
The Secret of the Golden Flower: The Classic Chinese Book of Life, Thomas Cleary, tr., 1991

The excellence of good temper is that you offend no one and you endure other people's annoyance without rancor or seeking retaliation.
~ Sari al-Saqati, fl.c. 850 ~

Be in a realm where neither good nor evil exists. Both of them belong to the world of created beings; in the presence of Unity there is neither command nor prohibition.
~ Abu Yazid Al-Bistami, d. c. 874 ~
in *The Enlightened Mind: An Anthology of Sacred Prose*, Stephen Mitchell, ed., 1991

Once the ground of mind is clarified, there is no obstruction at all – you shed views and interpretations that are based on concepts such as victory and defeat, self and others, right and wrong. Thus you pass through all that and reach a realm of great rest and tranquility.
~ Yuanwu Kekin, 1063-1135 ~
in *Zen Essence: The Science of Freedom*, Thomas Cleary, tr. & ed., 1989

When you can actively respond to changes in the midst of the hurly-burly of life while being inwardly empty and serene, and can also avoid infatuation with quietude when in a quiet environment, then wherever you are is where you live.
~ Ibid.

Without the frown of clouds and lightning,
the vines would be burned by the smiling sun.
Both good and bad luck
become guests in your heart:
like planets travelling from sign to sign.
~ Jalaluddin Rumi, 1207-1273 ~
"The Guest House," Mathnawi V, 3684-85
The Pocket Rumi Reader, Kabir Helminski, ed., 2001

If you want to understand readily, just be unminding at all times and all places, and you will naturally harmonize with the path. Once you are in harmony with the path, then inside, outside, and in between are ultimately ungraspable; immediately empty yet solid, you are far beyond dependency.
~ Ying-An ~
in *The Pocket Zen Reader*, Thomas Cleary, ed., 1999

A truly wise person will not be carried away by any of the eight winds; prosperity, decline, disgrace, honor, praise, censure, suffering, pleasure.
~ Nichiren, 1222-1282 ~
in *Open Your Mind, Open Your Life: A Book of Eastern Wisdom*, Taro Gold, ed., 2002

Great tranquility of heart is his who cares for neither praise nor blame.
~ Thomas à Kempis, c. 1380-1471 ~

The world has always been the same; and there has always been as much good fortune as bad in it.
~ Niccolò dei Machiavelli, 1469-1527 ~
Discorsi

Even if the whole world were thrown into confusion and all things with it, disquietude on that account is vanity, for it harms us more than it relieves us. To endure all things with an equable and peaceful mind not only brings many blessings to the soul; but it also enables us, amid difficulties, to have a clear judgment and remedy them in the most fitting way.
~ John of the Cross, 1542-1591 ~
The Dark Night, Edgar Allison Peers, tr., 1953

There is nothing either good or bad, but thinking makes it so.
~ William Shakespeare, 1564-1616 ~

Thy praise or dispraise is to me alike;
One doth not stroke me, nor the other strike.
~ Ben Jonson, 1572-1637 ~

People think it is hard to perceive the essential human nature, but in reality it is neither difficult nor easy. Nothing at all can adhere to this essential nature. It is a matter of responding to right and wrong while remaining detached from right and wrong, living in the midst of passions yet being detached from passions, seeing without seeing, hearing without hearing, acting without acting, seeking without seeking.
~ Bunan, 1603-1676 ~
in *Zen Essence: The Science of Freedom*, Thomas Cleary, tr. & ed., 1989

Nor love thy life, nor hate; but what thou livest, live well; how long or short permit to heaven.
~ John Milton, 1608-1674 ~

Little minds are too much hurt by little events. Great minds understand all of them, and remain undisturbed.
~ François de La Rochefoucauld, 1613-1680 ~

Keep your mind as it was
When you came into the world
And instantly this very self
Is a living "thus-come" one

Ideas of
What's good, what's bad
All due to
This self of yours

In winter, a bonfire
Spells delight
But when summertime arrives
What a nuisance it becomes!

And the breezes
You loved in summer
Even before the autumn's gone
Already have become a bother
~ Bankei, 1622-1693 ~
Bankei Zen: Translations from the Record of Bankei, Yoshito Hakeda, ed., Peter Haskel, tr., 1984

He that can heroically endure adversity will bear prosperity with equal greatness of soul; for the mind that cannot be dejected by the former is not likely to be transported with the later.
~ Henry Fielding, 1707-1754 ~

He that resigns his peace to little casualties, and suffers the course of his life to be interrupted by fortuitous inadvertencies or offences, delivers up himself to the direction of the wind, and loses all that constancy and equanimity which constitute the chief praise of a wise man.
~ Samuel Johnson, 1709-1784 ~
Rambler, No. 112, 1751 April 13

Nothing is more conducive to peace of mind than not having any opinions at all.
~ Georg Lichtenberg, 1742-1799 ~

The good things of life are not to be had singly but come to us with a mixture.
~ Charles Lamb, 1775-1834 ~

We should be too big to take offense and too noble to give it.
~ Abraham Lincoln, 1809-1865 ~

All truths wait in all things,
They neither hasten their own delivery nor resist it.
They do not need the obstetric forceps of the surgeon,
The insignificant is as big to me as any,
(What is less or more than a touch?)
~ Walt Whitman, 1819-1892 ~
"Song of Myself," *Leaves of Grass*, 1855

As experience widens, one begins to see how much upon a level all human things are.
~ Joseph Farrell, 1841-1885 ~
Lectures of a Certain Professor

Nature has no principles … Nature, in her indifference, makes no distinction between good and evil.
~ Anatole France, 1844-1924 ~

Quiet minds can't be perplexed or frightened, but go on in fortune or misfortune at their own private pace, like a clock during a thunderstorm.
~ Robert Louis Stevenson, 1850-1894 ~

It is easy enough to be pleasant when life blows by like a song.
But the man worthwhile is the one who will smile
When everything goes dead wrong.
~ Ella Wheeler Wilcox, 1850-1919 ~

What a superb thing it would be if we were big enough in mind to see no slights, accept no insults, cherish no jealousies and admit into our hearts no hatred.
~ Elbert Hubbard, 1856-1915 ~

When we put our misfortunes in one scale of the balance, each of us lays, in the other, all that he deems to be happiness. The savage flings feathers and powder, and alcohol into the scale; civilized men some gold, a few days of delirium; but the sage will deposit therein countless things our eyes cannot see – all his soul, it may be, and even the misfortune that he will have purified.
~ Maurice Maeterlinck, 1862-1949 ~

Neither seek nor avoid; take what comes. It is liberty to be affected by nothing; do not merely endure, be unattached.
~ Vivekananda, 1863-1902 ~
The Complete Works of Swami Vivekananda, 1984-1987, 7:14, 1926

A liberal is a man too broad-minded to take his own side in a quarrel.
~ Robert Frost, 1874-1963 ~

Even a happy life cannot be without a measure of darkness, and the word happy would lose its meaning if it were not balanced by sadness. It is far better to take things as they come along with patience and equanimity.
~ Carl Jung, 1875-1961 ~

The world belongs to the enthusiast who keeps cool.
~ William McFee, 1881-1966 ~

We only seem to learn from Life that Life doesn't matter so much as it seemed to do – it's not so burningly important, after all, what happens.
~ D. H. Lawrence, 1885-1930 ~

When we can begin to take our failures non-seriously, it means we are ceasing to be afraid of them. It is of immense importance to learn to laugh at ourselves.
~ Katherine Mansfield, 1888-1923 ~
The Journal of Katherine Mansfield, J. Middleton Murry, ed., 1927

The awareness of the ambiguity of one's highest achievements, as well as one's deepest failures, is a definite symptom of maturity.
~ Paul Tillich, 1888-1965 ~
in *Time*, 1963

In time of difficulties, we must not lose sight of our achievements.
~ Mao Zedong, 1893-1976 ~

The test of a first-rate intelligence is the ability to hold two opposed ideas in mind at the same time and still retain the ability to function.
~ F. Scott Fitzgerald, 1896-1940 ~
"The Crack-Up," *Esquire*, 1936 February

Never regret. If it's good, it's wonderful. If it's bad, it's experience.
~ Victoria Holt, 1906-1993 ~

You can't let praise or criticism get to you. It's a weakness to get caught up in either one.
~ John Wooden, 1910- ~

In times like these, it is helpful to remember that there have always been times like these.
~ Paul Harvey, 1918- ~

When you have gained true wisdom, you will find that good fortune should not be gloated over, nor bad fortune grieved over.
~ Satya Sai Baba, 1926- ~

It is not possible to judge any event as simply fortunate or unfortunate, good or bad ... Every success contains some difficulties, and every failure contributes to increased wisdom or future success. Every event is both fortunate and unfortunate. Fortunate and unfortunate, good and bad, exist only in our perceptions.
~ Thich Nhat Hanh, 1926- ~
Fragrant Palm Leaves: Journals 1962-1966, 1998

A philosopher is a person who doesn't care which side his bread is buttered on; he knows he eats both sides anyway.
~ Joyce Brothers, 1927- ~

I have learned that neither kindness nor cruelty by themselves, or independent of each other, create any effect beyond themselves.
~ Edward Albee, 1928- ~
Zoo Story

There often seems to be a playfulness to wise people, as if either their equanimity has as its source this playfulness or the playfulness flows from the equanimity; and they can persuade other people who are in a state of agitation to calm down and manage a smile.
~ Edward Hoagland, 1932- ~

Cultivating a mind that does not grasp at right and wrong, you will find a fresh state of being. The ultimate cessation of suffering comes from that.
~ Pema Chödrön, 1936- ~
When Things Fall Apart: Heart Advice for Difficult Times, 1997

I don't get upset over things I can control, because if I can control them there's no sense in getting upset. And I don't get upset over things I can't control, because if I can't control them there's no sense in getting upset.
~ Mickey Rivers, 1948- ~

Real life isn't always going to be perfect or go our way, but the recurring acknowledgement of what *is working* in our lives can help us not only to survive but surmount our difficulties.
~ Sarah Ban Breathnach ~
Simple Abundance: A Daybook of Comfort and Joy, 1995

ETHICS / MORALITY

Related States & Conditions: Belief/Religion, Connection/Interbeing/Interdependence, Conformity, Criticism/Judgment, Detachment, Differentiation/Division/Separation, Fault, Goodness/Virtue, Love-Agape, Oneness/Unity/Wholeness, Reciprocity/Reflection, Responsibility, Restraint, Submission/Surrender

Syntonic: Balance, Compassion/Empathy/Kindness, Forgiveness, Introspection/Self-Knowledge, Spirituality, Truth, Understanding, Wisdom

Dystonic: Anger, Attachment, Avoidance/Denial/Refusal, Conflict/Opposition, Delusion, Dependence, Distraction/Diversion, Fear, Greed, Habit, Hate, Indulgence/Temptation, Oppression, War/Aggression/Violence

Prefer loss to the wealth of dishonest gain; the former vexes you for a time; the latter will bring you lasting remorse.
~ Chilo of Sparta, fl. 560 BCE ~

A gentleman takes as much trouble to discover what is right as lesser men take to discover what will pay.
~ Kongfuzi, c. 551-c. 479 BCE ~
The Analects of Confucius, IV.16, Arthur Waley, tr., 1989

The generality of men are naturally apt to be swayed by fear rather than reverence, and to refrain from evil rather because of the punishment that it brings than because of its own foulness.
~ Aristotle, 384-322 BCE ~

Suppose you scrub your ethical skin until it shines, but inside there is no music, then what?
~ Kabir, 1440-1518 ~
in Julia Cameron, *Transitions: Prayers and Declarations for a Changing Life*, 1999

The moralist draws from his own when he paints the mind of others.
~ John Petit-Senn, 1792-1870 ~
Conceits and Caprices, 1869

Do not be too moral. You might cheat yourself out of much life. Aim high above morality. Be not simply good; be good for something.
~ Henry David Thoreau, 1817-1862 ~

Absolute morality is the regulation of conduct in such a way that pain shall not be inflicted.
~ Herbert Spencer, 1820-1903 ~

Morality is the herd-instinct in the individual.
~ Friedrich Nietzsche, 1844-1900 ~
The Joyful Wisdom, 1887

There are no moral phenomena, only a moral interpretation of phenomena.
~ Nietzsche ~
Beyond Good and Evil, 1886

If your morals make you dreary, depend upon it, they are wrong. I do not say give them up, for they may be all you have, but conceal them like a vice lest they should spoil the lives of better and simpler people.
~ Robert Louis Stevenson, 1850-1894 ~
"Lay Morals," *Across the Plains*, 1892

Some good must come by clinging to the right. Conscience is man's compass, and though the needle sometimes deviates, though one perceives irregularities in directing one's course by it, still one must try to follow its direction.
~ Vincent van Gogh, 1853-1890 ~
Dear Theo: An Autobiography of Vincent van Gogh, 1937

What is morality in any given time or place? It is what the majority then and there happen to like, and immorality is what they dislike.
~ Alfred North Whitehead, 1861-1947 ~
Dialogues of Alfred North Whitehead, 1953

Some of the finest moral intuitions come to quite humble people. The visiting of lofty ideas doesn't depend on formal schooling. Think of those Galilean peasants.
~ Whitehead ~

The work of ethics has been, and will be in the future, not the destruction of variation and the establishment of sameness in the external world – which is impossible for it would bring death and annihilation – but to recognize the unity in spite of everything that frightens us, to recognize that

infinite strength as the property of everyone in spite of all apparent weakness, and to recognize the eternal, infinite, essential purity of the soul in spite of everything to the contrary that appears on the surface.
~ Vivekananda, 1863-1902 ~
The Complete Works of Swami Vivekananda, 1984-1987, 1:436, 1926

We have, in fact, two kinds of morality side by side: one which we preach but do not practice, and another which we practice but seldom preach.
~ Bertrand Russell, 1872-1970 ~

Not until mankind shall transcend dualism and phenomenal appearances, and realize the natural at-one-ment of all living creatures, will they be able to formulate a sound standard of morality. Such a standard will be based entirely, not partially, as are prevailing standards of morality, upon worldwide *Boddhisattvic* altruism.
~ Carl Jung, 1875-1961 ~
Introduction, *The Tibetan Book of The Great Liberation*, W. Y. Evans-Wentz, ed., 1954

Traditional morality owes a great deal to savage superstition, but that merely proves that a great deal of traditional morality is superstitious, not that savage superstition is moral.
~ Robert Briffault, 1876-1948 ~
Sin and Sex

I do not believe in the immortality of the individual, and I consider ethics to be an exclusively human concern without any superhuman authority behind it.
~ Albert Einstein, 1879-1955 ~

A man's ethical behavior should be based effectually on sympathy, education, and social ties; no religious basis is necessary. Man would indeed be in a poor way if he had to be restrained by fear of punishment and hope of reward after death.
~ Einstein ~
"Religion and Science," *New York Times Magazine*, 1930 November 9

Moral certainty is always a sign of cultural inferiority. The more uncivilized the man, the surer he is that he knows precisely what is right and what is wrong. All human progress, even in morals, has been the work of men who have doubted the current moral values, not of men who have whooped them up and tried to enforce them. The truly civilized man is always skeptical and tolerant, in this field as in all others. His culture is based on "I am not too sure."
~ H. L. Mencken, 1880-1956 ~
Minority Report: H. L. Mencken's Notebooks, 1956

Morality which is based on ideas, or on an ideal, is an unmitigated evil.
~ D. H. Lawrence, 1885-1930 ~

He who wears his morality but as his best garment
were better naked.
The wind and the sun will tear no holes in his skin.
And he who defines his conduct by ethics
imprisons his song-bird in a cage.
The freest song comes not through bars and wires.
~ Khalil Gibran, 1883-1931 ~
The Prophet, 1923

Morality is not put together by thought; it is not the outcome of environmental pressure; it is not of yesterday, of tradition. Morality is the child of love and love is not desire or pleasure.
~ Jiddu Krishnamurti, 1895-1986 ~
Krishnamurti's Journal, 1982

Of all tyrannies, the tyranny exercised for the good of its victims may be the most oppressive. It may be better to live under robber barons than under omnipotent moral busybodies. The robber baron's cruelty may sometimes sleep, his cupidity may at some point be satiated; but those who torment us for our own good will torment us without end for they do so with the approval of their own conscience.
~ C. S. Lewis, 1898-1963 ~

I know only that what is moral is what you feel good after and what is immoral is what you feel bad after.
~ Ernest Hemingway, 1899-1961 ~

Moral indignation ... permits envy or hate to be acted out under the guise of virtue.
~ Erich Fromm, 1900-1980 ~

Moral indignation is in most cases two percent moral, forty-eight percent indignation, and fifty percent envy.
~ Vittorio de Sica, 1901-1974 ~
in *The Observer*

Ethical insights are born in attacks upon conformity to existing mores.
~ Rollo May, 1909-1994 ~

No morality can be founded on authority, even if the authority were divine.
~ A. J. Ayer, 1910-1989 ~
Essay on Humanism

Morality is very largely founded on sympathy and affection. For that one does not require religious sanctions. Even logical positivists are capable of love.
~ Ayer ~

The three hardest tasks in the world are neither physical feats nor intellectual achievements, but moral acts: to return love for hate, to include the excluded, and to say, "I was wrong."
~ Sydney J. Harris, 1917-1986 ~

To *impose* good, whether through force or through some technique like aversion therapy, is evil. To act evilly is better than to have good imposed.
~ Anthony Burgess, 1917-1993 ~
in *Playboy*, 1974

People think it impossible to establish a system of ethics without referring to good or evil. But clouds float, flowers bloom, and wind blows. What need have they for a distinction between good and evil? There are people who live like clouds, flowers, and wind, who don't think about morals, yet many point to their actions and words as religious and ethical models, and they praise them as saints. These saints simply smile. If they revealed that they do not know what is good and what is evil, people would think they were crazy.
~ Thich Nhat Hanh, 1926- ~
Fragrant Palm Leaves: Journals 1962-1966, 1998

There comes a time when a moral man can't obey a law which his conscience tells him is unjust … There were those individuals in every age and generation who were willing to say, "I will be obedient to a higher law." It is important to see that there are times when a man-made law is out of harmony with the moral law of the universe.
~ Martin Luther King, Jr., 1929-1968 ~
The Words of Martin Luther King, Jr., Coretta Scott King, ed., 1983

It may be true that one has to choose between ethics and aesthetics, but it is no less true that whichever one chooses, one will always find the other at the end of the road.
~ Jean-Luc Godard, 1930- ~
in Susan Sontag, *Styles of Radical Will*

A good person may not be clever, but it is hard to think of one that does not possess moral discernment, moral intelligence, a largeness of spirit that is also a quality of mind; on the other hand, an evil person is fundamentally limited, narrow, stupid.
~ Tuan Yi-Fu, 1930- ~
Who Am I? An Autobiography of Emotion, Mind, and Spirit, 1999

It is easy to do right out of fear, but it is better to do right because right is right.
~ Louis Farrakhan, 1934- ~

Be fair with others, but then keep after them until they're fair with you.
~ Alan Alda, 1936- ~

Maturity brings with it a morality that derives from the innermost self, not from mere obedience to the culture's mores.
~ Marilyn Ferguson, 1938- ~
The Aquarian Conspiracy, 1980

Defensive morality is not the genuine article – it's self-protective and narcissistic, shallow and stagnant. We need a deep-seated, imaginative, constantly deepening moral sensitivity; defensive moralism not only thwarts the soul's thirst for pleasure, it also precludes a truly guiding morality founded in wisdom.
~ Thomas Moore, 1940- ~
Soul Mates: Honoring the Mysteries of Love and Relationship, 1994

We tend to think of good as something opposed to evil. But this is just our idea of good. It's "good" crystallized. It breeds arrogance and hostility. To act in a way that is truly good is radically different from our ordinary way. It is to act with a mind that is neither programmed, hindered, nor perturbed. It is to act in a way that speaks of the Whole.
~ Steve Hagen, 1945- ~
Buddhism Plain & Simple, 1997

When it comes to practicing good ethics, saying no to a vice is not good enough. A quality life is never achieved by focusing on the elimination of what is wrong. True success requires you to focus your mental, emotional, and spiritual energies on pursuing that which is right and good. Trying to become virtuous merely by excluding vice is as unrealistic as trying to cultivate roses simply by eliminating weeds.
~ Gary Ryan Blair ~
Mind Munchies: A Delicious Assortment of Brain Snacks

EVIL

Related States & Conditions: Belief/Religion, Conflict/Opposition, Criticism/Judgment, Differentiation/Division/Separation, Ethics/Morality, Fault, Fear, Hate, Limitation, Polarity/Contrast, Relativity, Responsibility, Revenge, Shadow, Vice, War/Aggression/Violence

Syntonic: Autonomy/Control, Balance, Compassion/Empathy/Kindness, Connection/Interbeing/Interdependence, Detachment, Equanimity, Forgiveness, Goodness/Virtue, Introspection/Self-Knowledge, Love-Agape, Reciprocity/Reflection, Oneness/Unity/Wholeness, Restraint, Spirituality, Truth, Understanding, Wisdom

Dystonic: Anger, Attachment, Avoidance/Denial/Refusal, Complacency, Delusion, Distraction/Diversion, Greed, Habit, Indulgence/Temptation, Insecurity/Risk, Oppression, Worry

The man who does evil to another does evil to himself, and the evil counsel is most evil for him who counsels it.
~ Hesiod, fl. c. 700 BCE ~
Works and Days

If you know that a thing is unrighteous, then use all dispatch in putting an end to it – why wait till next year?
~ Mengzi, 372-289 BCE ~

Shall I tell you what the real evil is? To cringe to the things that are called evils, to surrender to them our freedom, in defiance of which we ought to face any suffering.
~ Seneca, c. 4 BCE-65 CE ~
Letters to Lucilius

People who do wrong wrong themselves. People who act unjustly act unjustly to themselves, injuring their nature and making themselves evil.
~ Marcus Aurelius, 121-180 ~
The Spiritual Teachings of Marcus Aurelius, Mark Forstater, tr., 2000

Without evil the All would be incomplete. For most or even all forms of evil serve the Universe … Vice itself has many useful sides.
~ Plotinus, 205-270 ~

To overcome evil with good is good, to resist evil by evil is evil.
~ Muhammad, c. 570-632 ~

If you want to remove evil from the minds of others then first give up evil intentions yourself.
~ Hazrat Ali, 599-661 ~
in *Peak of Eloquence - Nahjul Balagha: Sermons and Letters of Imam Ali Ibn Abi Talib*, Sayed Ali Reza, tr., 1984

Evil is simply misplaced force. It can be misplaced in time, like the violence that is acceptable in war is unacceptable in peace. It can be misplaced in space, like a burning coal on the rug rather than the fireplace. Or it can be misplaced in proportion, like an excess of love can make us overly sentimental, or a lack of love can make us cruel and destructive. It is in things such as these that evil lies, not in a personal Devil who acts as an Adversary.
~ *Kabbalah* ~

The greater part of our evils are not real but imaginary.
~ Francis de Sales, 1567-1622 ~
Saint Francis de Sales in His Letters

Much that we call evil is really good in disguise; and we should not quarrel rashly with adversaries not yet understood, nor overlook the mercies often bound up in them.
~ Thomas Browne, 1605-1682 ~

It is the modern nature of goodness to exert itself quietly, while a few characters of the opposite cast seem, by the rumor of their exploits, to fill the world; and by their noise to multiply their numbers.
~ Hannah More, 1745-1833 ~

No man chooses evil because it is evil; he only mistakes it for happiness, the good he seeks.
~ Mary Wollstonecraft Shelley, 1759-1797 ~

The lives of the best of us are spent in choosing evils.
~ Junius, fl. 1769-1772 ~

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In the huge mass of evil as it rolls and swells, there is ever some good working toward deliverance and triumph.
~ Thomas Carlyle, 1795-1881 ~

Evil has no substance of its own, but is only the defect, excess, perversion, or corruption of that which has substance.
~ John Henry Newman, 1801-1890 ~

It is a law of our humanity that man must know good through evil. No great principle ever triumphed but through much evil. No man ever progressed to greatness and goodness but through mistakes.
~ Frederick Robertson, 1816-1853 ~

Evil is neither person, place, nor being, but simply a belief, an illusion of material sense.
~ Mary Baker Eddy, 1821-1910 ~

Little evil would be done in the world if evil never could be done in the name of good.
~ Marie von Ebner-Eschenbach, 1830-1916 ~

It is so easy and so much more satisfactory to our pride to transfer the source of evil outside of us; to say we were defiled, instead of, what is nearer to the truth, we ourselves defiled what was otherwise clean.
~ Basil W. Maturin, 1847-1915 ~
Laws of the Spiritual Life

The belief in a supernatural source of evil is not necessary; men alone are quite capable of every wickedness.
~ Joseph Conrad, 1857-1924 ~
Under Western Eyes, 1911

Know that every thought and word that weakens you in this world is the only evil that exists. Whatever makes men weak and makes them fear is the only evil that should be shunned.
~ Vivekananda, 1863-1902 ~
The Complete Works of Swami Vivekananda, 1984-1987, 2:236

Every evil thought or deed or hatred, or any other thought or reaction if it is controlled, will be laid in our favor. It is not that we lose by thus restraining ourselves; we are gaining infinitely more than we suspect.
~ Vivekananda ~

Really good and evil are one and the same, and are in our mind. When the mind is tranquil neither good nor evil affects it ... We must find we are beyond good and evil.
~ Vivekananda ~

It is not sufficient to deny or ignore evil; it must be understood. It is not enough to pray to God to remove the evil; you must find out why it is there, and what lesson it has for you. It is of no avail to fret and fume and chafe at the chains that bind you; you must know how and why you are bound.
~ James Allen, 1864-1912 ~

Is it not enough to know the evil to shun it? If not, we should be sincere enough to admit that we love evil too well to give it up.
~ Mahatma Gandhi, 1869-1948 ~
Non-Violence in Peace and War, 1942

The only devils in the world are those running around in our hearts.
~ Gandhi ~

Non-cooperation with evil is as much a duty as is cooperation with good.
~ Gandhi ~

Evil is a force, and, like the physical and chemical forces, one cannot annihilate it; we may only change its form.
~ James Weldon Johnson, 1871-1938 ~
Autobiography of an Ex-Coloured Man, 1912

There is no explanation for evil. It must be looked upon as a necessary part of the order of the universe. To ignore it is childish, to bewail it senseless.
~ W. Somerset Maugham, 1874-1965 ~

Every minute you are thinking of evil, you might have been thinking of good instead. Refuse to pander to a morbid interest in your own misdeeds. Pick yourself up, be sorry, shake yourself, and go on again.
~ Evelyn Underhill, 1875-1941 ~

Evil exists to glorify the good. Evil is negative good. It is a relative term. Evil can be transmuted into good. What is evil to one at one time, becomes good at another time to somebody else.
~ Sivananda, 1887-1963 ~

Evil is not something superhuman, it's something less than human.
~ Agatha Christie, 1890-1976 ~

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Evil is that which makes for separateness.
~ Aldous Huxley, 1894-1963 ~

In all men is evil sleeping; the good man is he who will not awaken it, in himself or in other men.
~ Mary Renault, 1905-1983 ~

Evil is unspectacular and always human
And shares our bed and eats at our own table.
~ W. H. Auden, 1907-1973 ~
Herman Melville

If evil existed, this would mean God created it. Such a thing is impossible. If there were two equal powers, they would neutralize each other. What we see as evil is not ultimately real but is simply a result of the creative power of thought.
~ Shirley Briggs, 1918- ~

If only it were all so simple! If only there were evil people somewhere committing evil deeds, and it were necessary only to separate them from the rest of us and destroy them. But the line dividing good and evil cuts through the heart of every human being. And who is willing to destroy a piece of his own heart?
~ Aleksander Solzhenitsyn, 1918- ~
The Gulag Archipelago

Mindfulness, if practiced continuously will be strong enough to embrace your fear or anger and transform it. We need not chase away evil. We can embrace and transform it in a nonviolent, nondualistic way.
~ Thich Nhat Hanh, 1926- ~
Living Buddha, Living Christ, 1995

But what is the greatest evil? If you are going to epitomize evil, what is it? Is it the bomb? The greatest evil that one has to fight constantly, every minute of the day until one dies, is the worst part of oneself.
~ Patrick McGoohan, 1928- ~

All that good men need to do for evil to flourish is nothing.
~ Martin Luther King, Jr., 1929-1968 ~

He who passively accepts evil is as much involved in it as he who helps to perpetrate it. He who accepts evil without protesting against it is really cooperating with it.
~ King ~
Stride Toward Freedom

The purpose of evil was to survive it.
~ Toni Morrison, 1931- ~
Sula, 1973

The only evil in the world is human ignorance: selfishness, insecurity, greed, pride, fear, power, and unthinking habit take root in ignorance, and flower as human suffering and man's inhumanity to man and nature alike.
~ Michael W. Fox, 1937- ~

All evils are the *effect* of unconsciousness. You can alleviate the effects of unconsciousness, but you cannot eliminate them unless you eliminate their cause. True change happens within, not without.
~ Eckhard Tolle, 1948- ~
The Power of Now: A Guide to Spiritual Enlightenment, 1999

One cannot conquer the evil in himself by resisting it … but by transmuting its energies into other forms. The energy that expresses itself in the form of evil is the same energy which expresses itself in the form of good; and thus the one may be transmuted into the other.
~ Charles Henry Macintosh ~
I Looked on Life

When we think of forgiveness, the fear may arise that evil will remain unpunished. It is as if forgiving might mean to give up the right to punish evil. Despite all of this I have to see what evil does to me; it makes me want to react to evil with evil. Then I see everything with dark glasses of evil. It paralyses me and alienates me from life. Forgiving means bidding goodbye to evil, in order not to be guided by it any more.
~ Andrija Vrane ~
Address, 1998

Evil needs to be understood for what it is: the dynamic of the absence of Light. It is not something that one should prepare to battle, to run from or to outlaw. Understanding evil as the absence of Light automatically requires that we reach for this thing called Light … The remedy for an absence is a presence. Evil is an absence and, therefore, it cannot be healed by an absence. By hating evil, or one who is engaged in evil, you contribute to the absence of Light and not to its presence. Hatred of evil does not diminish evil, it increases it … the place to begin the task of eliminating evil is within yourself.
~ Gary Zukav ~
The Seat of the Soul, 1990

EXAMPLE

Related States & Conditions: Comparison/Competition, Conformity, Direction, Influence/Effect, Learning, Legacy, Polarity/Contrast, Possibility/Potential, Reciprocity/Reflection, Relativity, Skill/Talent/Resources, Teaching

Syntonic: Attention/Awareness, Collaboration/Synergy, Communication, Creativity/Discovery/Innovation, Exploration, Introspection/Self-Knowledge, Openness/Receptivity

Dystonic: Anger, Attachment, Avoidance/Denial/Refusal, Complacency, Criticism/Judgment, Delusion, Dependence, Fault, Habit, Inaction, Laziness, War/Aggression/Violence, Worry

From the loving example of one family, a whole state may become loving; from the ambition and perseverance of one man, the whole state may be thrown into a rebellion. Such is the nature of influence.
~ Kongfuzi, c. 551-c. 479 BCE ~

Example is the best precept.
~ Aesop, fl. c. 550 BCE ~
"The Two Crabs"

My advice is to consult the lives of other men, as one would a looking glass, and from thence fetch examples for imitation.
~ Terence, c. 190-159 BCE ~

Be a pattern to others, and all will go well: for as a whole city is affected by the promiscuous passions of great men, so it is likewise reformed by their moderation.
~ Cicero, 106-43 BCE ~

Learn to see in another's calamity the ills which you should avoid.
~ Publilius Syrus, c. 42 BCE ~

Men trust rather their eyes, than their ears. The effect of precepts is, therefore, slow and tedious, while that of example is summary and effectual.
~ Seneca, c. 4 BCE-65 CE ~

Overcome your uncertainties
And free yourself
From dwelling on sorrow.
If you delight in existence,
You will become a guide
To those who need you,
Revealing the path to many.
~ *Sutta Nipata* ~

It is no use walking anywhere to preach unless our walking is our preaching.
~ Francis of Assisi, c. 1181-1226 ~

Not the cry, but the flight of the wild duck, leads the flock to fly and follow.
~ Chinese Saying ~

The bird alighteth not on the spread net when it beholds another in the snare. Take warning by the misfortune of others, that others may not take example from you.
~ Moslih Sa'adi, 1184-1291 ~

We learn as much by others' failings as by their teachings. Examples of imperfection are just as useful for achieving perfection as are models of competence and perfection.
~ Madame de Sable, 1599-1678 ~
The Maxims of Madame de Sable, Arthur Chandler, tr.

Nothing is so contagious as example, and our every really good or bad action inspires a similar one.
~ François de La Rochefoucauld, 1613-1680 ~
Maximes, 1664

Do not seek to follow in the footsteps of the men of old; seek what they sought.
~ Matsuo Basho, 1644-1694 ~

None preaches better than the ant, and she says nothing.
~ Benjamin Franklin, 1706-1790 ~

There is transcendent power in example. We reform others subconsciously, when we walk uprightly.
~ Madame Swetchine, 1782-1857 ~

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Precept is instruction written in the sand. The tide flows over it, and the record is gone. Example is graven on the rock, and the lesson is not soon lost.
~ William Ellery Channing, 1789-1842 ~

Let us preach without preaching, not by words but by example, by the catching force, the sympathetic influence of what we do.
~ John Henry Newman, 1801-1890 ~

Example teaches better than precept. It is the best modeler of the character of men and women. To set a lofty example is the richest bequest a man can leave behind him.
~ Samuel Smiles, 1812-1904 ~

If you would convince a man that he does wrong, do right. Men will believe what they see.
~ Henry David Thoreau, 1817-1862 ~

Example has more followers than reason. We unconsciously imitate what pleases us, and approximate to the characters we most admire.
~ Christian Bovee, 1820-1904 ~
Thoughts, Feelings and Fancies, 1857

One does not improve through argument but through example; one does not touch except through emotion; one does not hope to excite love except through love. Be what you wish to make others become. Make yourself, not your words, your sermon.
~ Henri-Frédéric Amiel, 1821-1881 ~
The Private Journal of Henri Frédéric-Amiel

Few things are harder to put up with than the annoyance of a good example.
~ Mark Twain, 1835-1910 ~
Pudd'nhead Wilson, 1894

In no way can we so effectively hasten the dawning of the inner consciousness of another, as by showing forth the divinity within ourselves simply by the way we live. By example and not by precept. By living and not by preaching. By doing and not by professing.
~ Ralph Waldo Trine, 1866-1958 ~

My life is my message.
~ Mahatma Gandhi, 1869-1948 ~

Example is not the main thing in influencing others. It's the only thing.
~ Albert Schweitzer, 1875-1965 ~

The only rational way of education is to be an example – if you can't help it, a warning example.
~ Albert Einstein, 1879-1955 ~

Study the teachings of the pine tree, the bamboo, and the plum blossom. The pine is evergreen, firmly rooted, and venerable. The bamboo is strong, resilient, unbreakable. The plum blossom is hardy, fragrant, and elegant.
~ Morihei Ueshiba, 1883-1969 ~
The Art of Peace, John Stevens, tr., 1992

You think absolute consistency is possible; prove it by example. Don't preach what you do not practice.
~ Nisargadatta, 1897-1981 ~

We can only change others through example.
~ Peace Pilgrim, 1908-1981 ~
Peace Pilgrim: Her Life and Work in Her Own Words, 1982

Do not take the example of another as an excuse for your wrongdoing.
~ Eknath Easwaran, 1911-1999 ~

Children have never been very good at listening to their elders, but they have never failed to imitate them.
~ James Baldwin, 1924-1987 ~

Make small commitments and keep them. Be a light, not a judge. Be a model, not a critic. Be a part of the solution, not the problem.
~ Stephen Covey, 1932- ~

Each human society is a narrow world, trapped to death in paltry evils and jealousies, and for people to know that there are thoughts and generosities wider and freer than their own can be an enrichment to their lives.
~ Bessie Head, 1937-1986 ~
Epilogue: An African Story, 1972

Human beings, who are almost unique in having the ability to learn from the experience of others, are also remarkable for their apparent disinclination to do so.
~ DNA Adams, 1952-2001 ~

EXPECTATION / HOPE

Related States & Conditions: Actualization/Fulfillment, Cause, Choice/Volition, Creativity/Discovery/Innovation, Desire, Exploration, Focus/Intention, Manifestation, Openness/Receptivity, Optimism/Positivism, Possibility/Potential, Seeking, Vision/Visualization

Syntonic: Acceptance, Affirmation/Approval, Beginning/Endeavour, Commitment/Dedication, Courage, Daring/Challenge, Determination/Persistence/Resolve, Expedience, Faith, Flexibility/Flow/Flux, Initiative, Imagination, Introspection/Self-Knowledge, Passion, Patience, Preparation/Readiness, Zeal/Zest

Dystonic: Attachment, Complacency, Criticism/Judgment, Defeat, Deferment/Delay, Delusion, Dependence, Fault, Habit, Inaction, Laziness, Regret, Worry

If we do not expect the unexpected, we will never find it.
~ Heraclitus, c. 540-c. 480 BCE ~

Hope is a waking dream.
~ Aristotle, 384-322 BCE ~
in Diogenes Laertius, *Lives of Eminent Philosophers*

Hope is good breakfast, but it is bad supper.
~ Francis Bacon, 1561-1626 ~
Apophthegms

Expectation is the root of all heartache.
~ William Shakespeare, 1564-1616 ~

He who hopes fares better than he who wishes, and he who wishes fares better than he who despairs.
~ Moroccan Saying~

He that lives in hope danceth without musick.
~ George Herbert, 1593-1633 ~

Hope, deceitful as it is, serves at least to lead us to the end of life along an agreeable road.
~ François de La Rochefoucauld, 1613-1680 ~

For hope is but the dream of those that wake.
~ Matthew Prior, 1664-1721 ~
Solomon

Hope springs eternal in the human breast:
Man never is, but always To Be Blest.
~ Alexander Pope, 1688-1744 ~
Essay on Man, Epistle 1, 1.95

He that lives upon hope will die fasting.
~ Benjamin Franklin, 1706-1790 ~
Poor Richard's Almanac

It is by believing in roses that one brings them to bloom.
~ French Saying ~

Hope is itself a species of happiness, and, perhaps, the chief happiness which this world affords: but, like all other pleasures immoderately enjoyed, the excesses of hope must be expiated by pain; and expectations improperly indulged must end in disappointment.
~ Samuel Johnson, 1709-1784 ~

It is necessary to hope, though hope should always be deluded; for hope itself is happiness, and its frustrations, however frequent, are yet less dreadful than its extinction.
~ Johnson ~
The Idler

Hope deceives more men than cunning can.
~ Marquis de Vauvenargues, 1715-1747 ~
Reflexions et maximes

Hope, like the gleaming taper's light
Adorns and cheers our way;
And still, as darker grows the night,
Emits a brighter ray.
~ Oliver Goldsmith, c. 1728-1774 ~
The Captivity

My theory has always been, that if we are to dream, the flatteries of hope are as cheap, and pleasanter, than the gloom of despair.
~ Thomas Jefferson, 1743-1826 ~

Whether we be young or old,
Our destiny, our being's heart and home,
Is with infinitude, and only there;
With hope it is, hope that can never die,

Effort and expectation, and desire,
And something evermore about to be.
~ William Wordsworth, 1770-1850 ~
"The Prelude"

True, it is most painful not to meet the kindness and affection you feel you have deserved and have a right to expect from others; but it is a mistake to complain of it, for it is of no use. You cannot extort friendship with a cocked pistol.
~ Sydney Smith, 1771-1845 ~
Sayings

Something will turn up.
~ Benjamin Disraeli, 1804-1881 ~

Hope ... is the companion of power, and the mother of success; for who so hopes has within him the gift of miracles.
~ Samuel Smiles, 1812-1904 ~

Hope is the thing with feathers, that perches in the soul, and sings the tune without the words, and never stops at all.
~ Emily Dickinson, 1830-1886 ~

Strong hope is a much greater stimulant of life than any single realized joy could be.
~ Friedrich Nietzsche, 1844-1900 ~

In reality, hope is the worst of all evils, because it prolongs the torments of man.
~ Nietzsche ~
Human, All-too-Human, 1878

There is no medicine like hope, no incentive so great, and no tonic so powerful as expectation of something better tomorrow.
~ Orison S. Marden, 1850-1924 ~

The mind which renounces, once and forever, a futile hope, has its compensations in ever-growing calm.
~ George Gissing, 1857-1903 ~
The Private Papers of Henry Ryecroft

It is a funny thing about life; if you refuse to accept anything but the best, you very often get it.
~ W. Somerset Maugham, 1874-1965 ~

Expectancy speeds progress. Therefore, live in a continual state of expectancy. No matter how much good you are experiencing today, expect greater good tomorrow. Expect to meet new friends. Expect to meet new and wonderful experiences. Try this magic of expectancy and you will soon discover a dramatic side to your work which gives full vent to constructive feeling.
~ Ernest Holmes, 1887-1960 ~
This Thing Called You, 1948

Hope is a risk that must be run.
~ Georges Bernanos, 1888-1948 ~

Hope is like a road in the country: there was never a road, but when many people walk on it, the road comes into existence.
~ Lin Yutang, 1895-1976 ~

Hope is wanting something so eagerly that – in spite of all the evidence that you're not going to get it – you go right on wanting it. And the remarkable thing about it is that this very act of hoping produces a kind of strength of its own.
~ Norman Vincent Peale, 1898-1993 ~

It is the around-the-corner brand of hope that prompts people to action, while the distant hope acts as an opiate.
~ Eric Hoffer, 1902-1983 ~

The capacity for hope is the most significant fact of life. It provides human beings with a sense of destination and the energy to get started.
~ Norman Cousins, 1915-1990 ~

We never get upset over what happens. Never. We get upset because of preconceived ideas as to what we think should happen, what we want to happen. When our preference clashes with the reality, we get hurt. Rid yourself of all preconceived ideas as to what should happen. You are then at peace whatever happens.
~ Vernon Howard, 1918-1992 ~

Men and women are limited not by the place of their birth, not by the color of their skin, but by the size of their hope.
~ John Harold Johnson, 1918-2005 ~

To the extent we can live without demanding or expecting (except from ourselves), so can we be free from disillusionment and disappointment. To expect something from another because it's our right, is to court unhappiness. Others can and will only give what they are able, not what you desire they give. When you cease placing conditions on your love you have taken a giant step toward learning to love.
~ Leo Buscaglia, 1924-1998 ~

Hope is essential to man, for man is not yet brave enough to exist without it. To live without hope would be devastating for him. Man has not yet learned to work for the joy of work, learn for the sake of growth, create for the expression and the exaltation in the act, or to love simply for the pleasure of loving; he still requires a reward. Until man learns to do these things, hope will have to be his basic motivating force ... Until he appreciates that each of these are their own reward, he'll need hope as his crutch.
~ Ibid.

We use hope to believe something better will happen in the future, that we will arrive at peace, or the Kingsdom of God. Hope becomes a kind of obstacle. If you can refrain from hoping, you can bring yourself entirely into the present moment and discover the joy that is already here.
~ Thich Nhat Hanh, 1926- ~

We must accept finite disappointment, but we must never lose infinite hope.
~ Martin Luther King, Jr., 1929-1968 ~
The Words of Martin Luther King, Jr., Coretta Scott King, ed., 1983

The cause of almost all relationship difficulties is rooted in conflicting or ambiguous expectations around roles and goals. Whether we are dealing with the question of who does what at work, how you communicate with your daughter when you tell her to clean her room, or who feeds the fish and takes out the garbage, we can be certain that unclear expectations will lead to misunderstanding, disappointment, and withdrawals of trust.
~ Stephen Covey, 1932- ~
The 7 Habits of Highly Effective People, 1989

Hope is delicate suffering.
~ Amiri Baraka, 1934- ~
Cold, Hurt, and Sorrow, 1962

Hope is a state of mind, not of the world. Hope, in this deep and powerful sense, is not the same as joy that things are going well, or willingness to invest in enterprises that are obviously heading for success, but rather an ability to work for something because it is good.
~ Václav Havel, 1936- ~

Isn't it the moment of most profound doubt that gives birth to new certainties? Perhaps hopelessness is the very soil that nourishes human hope; perhaps one could never find sense in life without first experiencing its absurdity.
~ Havel ~

We are the ones we've been waiting for.
~ June Jordan, 1936-2002 ~

Where there is hope there is life, where there is life there is possibility, and where there is possibility, change can occur.
~ Jesse Jackson, 1941- ~

Hope is what keeps you going, but hope keeps you focused on the future, and this continued focus perpetuates your denial of the Now and therefore your unhappiness.
~ Eckhard Tolle, 1948- ~
The Power of Now: A Guide to Spiritual Enlightenment, 1999

The universe is energy that responds to expectations.
~ James Redfield, 1950- ~
The Celestine Prophecy, 1993

To be hopeful, to embrace one possibility after another – that is surely the basic instinct. Baser even than hate, the thing with teeth, which can be stilled with a tone of voice or stunned by beauty. If the whole world of the living has to turn on the single point of remaining alive, that pointed endurance is the poetry of hope. The thing with feathers.
~ Barbara Kingsolver, 1955- ~
High Tide in Tucson: Essays from Now or Never, 1995

You have to expect things of yourself before you can do them.
~ Michael Jordan, 1963- ~

Expect to have hope rekindled. Expect your prayers to be answered in wondrous ways. The dry seasons in life do not last. The spring rains will come again.
~ Sarah Ban Breathnach ~

The quality of our expectations determines the quality of our actions.
~ André Godin, d. 1997 ~
in *Thought*, 1950 December

Our limitations and success will be based, most often, on your own expectations for ourselves. What the mind dwells upon, the body acts upon.
~ Denis Waitley

EXPEDIENCE

Related States & Conditions: Action/Effort, Actualization/Fulfillment, Collaboration/Synergy, Creativity/Discovery/Innovation, Exploration, Flexibility/Flow/Flux, Focus/Intention, Ingenuity, Initiative, Openness/Receptivity, Opportunity, Optimism/Positivism, Possibility/Potential, Seeking, Survival

Syntonic: Acceptance, Attention/Awareness, Beginning/Endeavour, Courage, Daring/Challenge, Determination/Persistence/Resolve, Expectation/Hope, Faith, Imagination, Insight/Instinct/Intuition, Optimism/Positivism, Patience, Preparation/Readiness, Spontaneity

Dystonic: Attachment, Avoidance/Denial/Refusal, Complacency, Criticism/Judgment, Defeat, Deferment/Delay, Delusion, Dependence, Fault, Habit, Inaction, Laziness, Regret, Worry

The requirements of the time cannot make wrong right, or right wrong. But they can modify the conventional course of action to be taken.
~ *Yi Jing*, c. 1150 BCE ~
"Hsiao Kuo: Small Excess," in *The Photographic I Ching*, Dhiresha McCarver, tr., 1997

Those whose measures are dictated by mere expediency will arouse continual discontent.
~ Kongfuzi, c. 551-c. 479 BCE ~
The Analects of Confucius, IV.12, Arthur Waley, tr., 1989

At times it is folly to hasten, at other times to delay. The wise do everything in its proper time.
~ Ovid, c. 43 BCE–17 CE ~

Decide which is the line of conduct that presents the fewest drawbacks and then follow it out as being the best one, because one never finds anything perfectly pure and unmixed, or exempt from danger.
~ Niccolò dei Machiavelli, 1469-1527 ~

So convenient to be a *reasonable creature*, since it enables one to find or make a Reason for every thing one has a mind to do.
~ Benjamin Franklin, 1706-1790 ~
Franklin on Franklin, Paul M. Zell, ed., 2000

Our grand business is not to see what lies dimly at a distance, but to do what lies clearly at hand.
~ Thomas Carlyle, 1795-1881 ~

It seems to me that it is best to lay hold of the things we can put right rather than those we can do nothing but find fault with.
~ Booker T. Washington, 1856-1915 ~
Address, Fifth Tuskegee Conference, 1896

Do what you can, with what you have, where you are.
~ Theodore Roosevelt, 1858-1919 ~

Begin to free yourself at once by doing all that is possible with the means you have, and as you proceed in this spirit the way will open for you to do more.
~ Robert J. Collier, 1876-1918 ~

The best time to do a thing is when it can be done.
~ William Pickens, 1881-1954 ~
Fifty Years After Emancipation, 1912

We must pick out what is good for us where we can find it.
~ Pablo Picasso, 1881-1973 ~

Arrange whatever pieces come your way.
~ Virginia Woolf, 1882-1941 ~

If you cannot catch the bird of paradise better take a wet hen.
~ Nikita Khrushchev, 1894-1971 ~

Life is a series of serendipitous events. It is what happens to you when you are planning to do something else … successful people are people that see an opportunity and know when to move.
~ Kenneth Blanchard, 1939- ~

I try to do the right thing at the right time. They may be just little things, but usually they make the difference between winning and losing.
~ Kareem Abdul-Jabbar, 1947- ~

We have to be careful that in seeking the ideal, we do not sacrifice the possible.
~ Beverly Lopez ~

EXPERIENCE

Related States & Conditions: Action/Effort, Actualization/Fulfillment, Breakthrough/Epiphany/Turning Point, Engagement/Integration/Involvement, Enjoyment/Pleasure, Exploration, Expression, Growth/Expansion, Journey/Path, Learning, Life/Living, Opportunity, Possibility/Potential, Presence, Seeking

Syntonic: Acceptance, Attention/Awareness, Beginning/Endeavour, Confidence, Courage, Daring/Challenge, Decision/Decisiveness, Determination/Persistence/Resolve, Expectation/Hope, Faith, Flexibility/Flow/Flux, Imagination, Initiative, Insight/Instinct/Intuition, Openness/Receptivity, Optimism/Positivism, Patience, Preparation/Readiness, Spontaneity, Zeal/Zest

Dystonic: Attachment, Avoidance/Denial/Refusal, Complacency, Criticism/Judgment, Defeat, Deferment/Delay, Delusion, Dependence, Depression/Despair/Distress, Fault, Habit, Inaction, Laziness, Limitation, Regret, Worry

Everything we do is sowing, and all of our experiences are harvests.
~ Khemetic Saying ~
Temt Tchaas: Egyptian Proverbs, Muata Ashaya Ashby, ed., 1994

I hear and I forget. I see and I remember. I do and I understand.
~ Kongfuzi, c. 551–c. 479 BCE ~

To know the road ahead, ask those coming back.
~ Chinese Saying ~

Practice is the supreme teacher.
~ Publilius Syrus, c. 42 BCE ~

As the eye needs light to see, so the soul needs labor to comprehend.
~ Philo of Alexandria, c. 20 BCE-50 CE ~

The only genuine proof of this wisdom is experience itself.
~ *Kabbalah* ~
The Essential Kabbalah, Daniel Chanan Matt, ed., 1996

If you have not lived through something, it is not true.
~ Kabir, 1440-1518 ~
The Kabir Book, Robert Bly, tr., 1977

The proof of the pudding is in the eating.
~ Miguel de Cervantes, 1547-1616 ~

We are usually convinced more easily by reasons we have found ourselves than by those which have occurred to others.
~ Blaise Pascal, 1623-1662 ~

Knowledge of the world is only to be acquired in the world, and not in a closet.
~ Lord Chesterfield, 1694-1773 ~
Letter, 1746

The person who has lived the most is not the one with the most years, but the one with the richest experiences.
~ Jean-Jacques Rousseau, 1712-1778 ~

All truly wise thoughts have been thought already thousands of times; but to make them truly ours, we must think them over again honestly, till they take root in our personal experience.
~ Johann von Goethe, 1749-1832 ~

Never give up what you have seen for what you have heard.
~ Swahili Saying ~

When the bird and the book disagree, always believe the bird.
~ John James Audubon, 1785-1851 ~

The years teach much which the days never know.
~ Ralph Waldo Emerson, 1803-1882 ~
"Experience," *Essays*, 1844

There are many truths of which the full meaning cannot be realized until personal experience has brought it home.
~ John Stuart Mill, 1806-1873 ~

Experience is a grindstone and it is lucky for us if we get brightened by it – not ground.
~ Josh Billings, 1818-1885 ~
His Works Complete, 1876

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We should be careful to get out of an experience only the wisdom that is in it – and stop there; lest we be like the cat that sits down on a hot stove-lid. She will never sit down on a hot stove-lid again, and that is well; but also she will never sit down on a cold one anymore.
~ Mark Twain, 1835-1910 ~
Following the Equator, 1897

Not the fruit of experience, but experience itself, is the end. A counted number of pulses only is given to us of a variegated, dramatic life. How shall we pass most swiftly from point to point, and be present always at the focus where the greatest number of vital forces unite in their purest energy?
~ Walter Pater, 1839-1894 ~

In all experience there is the consciousness of something which lies deeper than experience.
~ John Lancaster Spalding, 1840-1916 ~
Aphorisms and Reflections

Nothing is a waste of time if you use the experience wisely.
~ Auguste Rodin, 1840-1917 ~

My experience is what I agree to attend to.
~ William James, 1842-1910 ~
Principles of Psychology, Vol. I

Experience is never limited, and it is never complete; it is an immense sensibility, a kind of huge spider-web of the finest silken threads suspended in the chamber of consciousness, and catching every air-borne particle in its tissue.
~ Henry James, 1843-1916 ~
Partial Portraits, 1888

And what may yet come to me as destiny and experience will include some wandering and mountain climbing: in the end, one experiences only oneself. The time is gone when mere accidents could still happen to me; and what could still come to me now that was not mine already? What returns, what finally comes home to me, is my own self and what of myself has long been in strange lands and scattered among all things and accidents.
~ Friedrich Nietzsche, 1844-1900 ~
Thus Spoke Zarathustra, Walter Kauffman, tr., 1954, 1966

What ephemerae we all are, to be sure: experience leaves no permanent furrow, but, like writing on sand, is washed out by every advancing ripple of changing circumstances.
~ Alice James, 1847-1892 ~
The Diary of Alice James

An ounce of application is worth a ton of abstraction.
~ Booker T. Washington, 1856-1915 ~

Knowledge can only be got in one way, the way of experience. There is no other way to know.
~ Vivekananda, 1863-1902 ~
The Complete Works of Swami Vivekananda, 1984-1987, 2:220, 1926

How far you go in life depends on you being tender with the young, compassionate with the aged, sympathetic with the striving and tolerant of the weak and the strong. Because someday in life you will have been all of these.
~ George Washington Carver, 1864-1943 ~

All the best part of experience consists in discovering that perfectly trite pieces of observation are shiningly and exhilaratingly true.
~ C. E. Montague, 1867-1928 ~
The Right Place: A Book of Pleasures, 1924

We do not receive wisdom, we must discover it for ourselves, after a journey through the wilderness which no one else can make for us, which no one can spare us, for our wisdom is the point of view from which we come at last to regard the world.
~ Marcel Proust, 1871-1922 ~

Life is a succession of lessons which must be lived to be understood.
~ Helen Keller, 1880-1968 ~

Experience does not teach us that every enthusiasm is absurd. From it we learn simply to wait for results, not from high-sounding words, but from hard work and great courage.
~ André Maurois, 1885-1967 ~
The Art of Living, 1939

The abundance you desire to experience must first be an experience in your mind.
~ Ernest Holmes, 1887-1960 ~

All well-brought up people are afraid of having any experience which seems to them uncharacteristic of themselves as they imagine themselves to be. Yet this is the only kind of experience that is really alive and can lead them anywhere worth going. New, strange, uncharacteristic experience, coming

at the needed moment, is as necessary in a person's life as a plow in a field.
~ Katharine Hathaway, 1890-1942 ~
The Journals and Letters of the Little Locksmith, 1946

It is a great temptation to people who have mind and imagination to substitute the *idea* of the thing for the *experience* of the thing itself.
~ Ibid.

Experience is a dim lamp, which only lights the one who bears it.
~ Louis Celine, 1894–1961 ~
in *Writers at Work*, Third Series, George Plimpton, ed.

Experience is not what happens to a man; it is what he does with what happens to him.
~ Aldous Huxley, 1894-1963 ~
Introduction, *Texts and Pretexts*, 1932

Experience teaches only the teachable.
~ Huxley ~
Collected Essays, 1958

We learn the rope of life by untying the knots.
~ Jean Toomer, 1894-1967 ~
Essentials: Definitions and Aphorisms, LI, 1931

Most of us feel we must be mentally fortified in advance of experience. This is one of the reasons why we are buffers rather than experiencers.
~ Toomer ~

Let those who indulge in pontifical truths and professorial formulas have them; let me have the colors and sounds and smells. Thus it may be found that I am more concerned in recording the little things on the avenue of life, as they seemed to me and as I felt them.
~ Lin Yutang, 1895-1976 ~
The Vigil of a Nation, 1944

In a person who is open to experience each stimulus is freely relayed through the nervous system, without being distorted by any process of defensiveness.
~ Carl Rogers, 1902-1987 ~
On Becoming a Person, 1961

This whole train of experiencing, and the meanings that I have thus far discovered in it, seem to have launched me on a process which is both fascinating and at times a little frightening. *It seems to mean letting my experience carry me on, in a direction which appears to me forward, towards goals that I can but dimly define, as I try to understand at least the current meaning of that experience.* The sensation is that of floating with a complex stream of experience, with the fascinating possibility of trying to comprehend its ever changing complexity.
~ Ibid.

You cannot acquire experience by making experiments. You cannot create experience. You must undergo it.
~ Albert Camus, 1913-1960 ~
Notebooks 1935-1942

Experience is a hard teacher because she gives the test first, the lessons afterwards.
~ Vernon Law, 1930- ~

Everything that occurs is not only usable and workable but is actually the path itself. We can use everything that happens to us as the means for waking up.
~ Pema Chödrön, 1936- ~
When Things Fall Apart: Heart Advice for Difficult Times, 1997

Learning in the school of experience isn't like learning in regular school. In the school of experience you take the test first and *then* review what you've learned … In this regard, the school of experience is a lot like regular school: If you don't get the lesson, you repeat the experience again and again.
~ Famous Amos, 1937- ~
Watermelon Magic, 1996

To know is to exist; to exist is to be involved, to move about, to see the world with my own eyes.
~ Alice Walker, 1944- ~

The best lessons, the best sermons are those that are lived.
~ Yolanda King, 1955- ~

Integration happens through really tasting and feeling the experience, rather than thinking about or understanding the experience. You can see the degree to which you have understood and integrated your experience in the concrete examples of daily life.
~ Marie-Pierre Chevrier ~

When experience is viewed in a certain way, it presents nothing but doorways into the domain of the soul.
~ Jon Kabat-Zinn

EXPLORATION

Related States & Conditions: Action/Effort, Actualization/Fulfillment, Creativity/Discovery/Innovation, Engagement/Integration/Involvement, Enjoyment/Pleasure, Growth/Expansion, Journey/Path, Learning, Life/Living, Opportunity, Possibility/Potential, Seeking

Syntonic: Acceptance, Attention/Awareness, Beginning/Endeavour, Confidence, Conviction/Principle, Courage, Daring/Challenge, Decision/Decisiveness, Determination/Persistence/Resolve, Expectation/Hope, Faith, Flexibility/Flow/Flux, Imagination, Initiative, Insight/Instinct/Intuition, Openness/Receptivity, Optimism/Positivism, Patience, Preparation/Readiness, Spontaneity, Zeal/Zest

Dystonic: Attachment, Avoidance/Denial/Refusal, Complacency, Conformity, Criticism/Judgment, Defeat, Deferment/Delay, Delusion, Dependence, Depression/Despair/Distress, Fault, Habit, Inaction, Laziness, Limitation, Regret, Worry, War/Aggression/Violence

A good traveler has no fixed plans, and is not intent on arriving.
~ Laozi, 570-490 BCE ~

To see what few have seen, you must go where few have gone.
~ Buddha, c. 563-483 BCE ~

Those who go overseas find a change of climate, not a change of soul.
~ Horace, 65-8 BCE ~
Epistles

Nothing has such power to broaden the mind as the ability to investigate systematically.
~ Marcus Aurelius, 121-180 ~

Don't tell me how educated you are. Tell me how much you've traveled.
~ Muhammad, c. 570-632 ~

I see nothing to fear in inner space.
~ Yeshe Tsogyal, 757-817 ~

Roam abroad in the world, and take thy fill of its enjoyments before the day shall come when thou must quit it for good.
~ Moslih Sa'adi, 1184-1291 ~

They are ill discoverers that think there is no land, when they can see nothing but sea.
~ Francis Bacon, 1561-1626 ~

Attempt the end, and never stand to doubt; nothing so hard but search will find it out.
~ Robert Herrick, 1591-1674 ~

Be not the slave of your own past … plunge into the sublime seas, dive deep, and swim far, so shall you come back with self-respect, with new power, with an advanced experience, that shall explain and overlook the old … It is for you to know all; it is for you to dare all.
~ Ralph Waldo Emerson, 1803-1882 ~

I find that a great part of the information I have was acquired by looking up something and finding something else on the way.
~ Franklin P. Adams, 1804-1869 ~

We have a hunger of the mind which asks for knowledge of all around us, and the more we gain, the more is our desire. The more we see, the more we are capable of seeing.
~ Maria Mitchell, 1818-1889 ~

The known is finite, the unknown infinite; intellectually we stand on an islet in the midst of an illimitable ocean of inexplicability. Our business in every generation is to reclaim a little more land.
~ Thomas Huxley, 1825-1895 ~

I didn't think; I experimented.
~ Wilhelm Roentgen, 1845-1923 ~

Never forget that life can only be nobly inspired and rightly lived if you take it bravely and gallantly, as a splendid adventure in which you are setting out into an unknown country, to meet many a joy, to find many a comrade, to win and lose many a battle.
~ Annie Besant, 1847-1933 ~

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It is only in adventure that some people succeed in knowing themselves – in finding themselves.
~ André Gide, 1869-1951 ~

To those who are alive, every action, every thought, is in the nature of an experiment. Thought and deed go hand in hand, the twin instruments of those who recognize that a great deal more of life has yet to be revealed to man than the most visionary of men have yet imagined. We have, as yet, only touched the veriest hem of life's garment.
~ Holbrook Jackson, 1874-1948 ~
Southward Ho! And Other Essays, 1914

Two roads diverged in a wood, and I –
I took the one less traveled by,
And that has made all the difference.
~ Robert Frost, 1874-1963 ~
"The Road Not Taken," 1916

Keep on going and the chances are you will stumble on something, perhaps when you are least expecting it. I have never heard of anyone stumbling on something sitting down.
~ Charles Kettering, 1876-1958 ~

I am always doing that which I cannot do, in order that I may learn how to do it.
~ Pablo Picasso, 1881-1973 ~

Only those who will risk going too far can possibly find out how far one can go.
~ T. S. Eliot, 1885-1965 ~

We shall not cease from exploration
And the end of all our exploring
Will be to arrive where we started
And know the place for the first time.
~ Eliot ~
"Little Gidding"

We live in a wonderful world full of beauty, charm and adventure. There is no end to the adventures that we can have if only we seek them with our eyes open.
~ Jawaharlal Nehru, 1889-1964 ~

No matter how far a person can go, the horizon is still way beyond you.
~ Zora Neale Hurston, 1891-1960 ~

Instead of wanting to look at the back of the moon, remote from our lives, we can try to look at the back of our own minds.
~ J. B. Priestley, 1894-1984 ~

The problem for any man intending to cultivate his personal life is merely to set out on a hunt for the best in his human nature and steadfastly keep to it.
~ Lin Yutang, 1895-1976 ~
The Wisdom of Confucius, 1938

But though we are fixed, each of us, in a largely unconscious life-attitude, we can borrow a little daring from the experimental, gymnastic attitude. We can try a new step here, a little leap there.
~ Gorham Bert Munson, 1896-1969 ~
The Writer's Workshop Companion, 1951

Adventure is worthwhile in itself.
~ Amelia Earhart, 1898-1937 ~

We have not even to risk the adventure alone, for the heroes of all time have gone before us. The labyrinth is thoroughly known. We have only to follow the thread of the hero path, and where we had thought to find an abomination, we shall find a god. And where we had thought to slay another, we shall slay ourselves. Where we had thought to travel outward, we will come to the center of our own existence. And where we had thought to be alone, we will be with all the world.
~ Joseph Campbell, 1904-1987 ~
in Joseph Campbell & Bill Moyers, *The Power of Myth*, 1988

The self-explorer, whether he wants to or not, becomes an explorer of everything else.
~ Elias Canetti, 1905-1994 ~

Make voyages! Attempt them … there's nothing else.
~ Tennessee Williams, 1911-1983 ~

We are at our human finest, dancing with our minds, when there are more choices than two. Sometimes there are ten, even twenty different ways to go, all but one bound to be wrong, and the richness of selection in such situations can lift us onto totally new ground. This process is called exploration and is based on human fallibility. If we had only a single center in our brains, capable of responding only when a correct decision was to be made, instead of the jumble of different, credulous, easily conned clusters of neurons that provide for being flung off into blind alleys, up trees, down dead ends, out into blue sky, along wrong turnings,

around bends, we could only stay the way we are today, stuck fast.
~ Lewis Thomas, 1913-1993 ~
"To Err is Human," *The Medusa and the Snail: More Notes of a Biology Watcher*, 1979

Life lies always at some frontier, making sorties into the unknown. Its path leads always further into truth. We cannot call it a trackless waste, because as the path appears it seems to have lain there awaiting the steps ... thus the surprises, thus the continuity.
~ M. C. Richards, 1916-1999 ~
The Crossing Point, 1973

Thus the challenge seems to be one of overcoming the fear of the unexplored territory that lies ahead, and finding the courage and optimism to illuminate the spiritual dimension hidden within our nature. For it is the intuitive, radarlike quality of this transcendent faculty that will help to guide us through the darkness of the unknown – illuminating our minds and awakening our hearts to the splendor of a new consciousness.
~ Vilayat Khan, 1916-2004 ~
Awakening: A Sufi Experience, 1999

Rather than will or discipline, music, breath, imagination, and imagery are the means by which we depart the shores of the everyday world, sailing toward distant horizons of unexplored realities.
~ Ibid.

With us, the infantile inquisitiveness is strengthened and stretched out into our mature years. We never stop investigating. We are never satisfied that we know enough to get by. Every question we answer leads on to another question. This has become the greatest survival trick of our species.
~ Desmond Morris, 1928- ~
The Naked Ape, 1967

Be bold. When you embark for strange places, don't leave any of yourself safely on shore. Have the nerve to go into unexplored territory.
~ Alan Alda, 1936- ~

Going into the unknown is invariably frightening, but we learn what is significantly new only through adventures.
~ M. Scott Peck, 1936-2005 ~
The Different Drum: Community Making and Peace, 1987

Worlds can be found by a child and an adult bending down and looking together under the grass stems or at the skittering crabs in a tidal pool.
~ Catherine Bateson, 1939- ~

I wanted a perfect ending. Now I've learned, the hard way, that some poems don't rhyme, and some stories don't have a clear beginning, middle, and end. Life is about not knowing, having to change, taking the moment and making the best of it, without knowing what's going to happen next. Delicious ambiguity.
~ Gilda Radner, 1946-1989 ~

We have to figure out which way to go by moving along, by being curious, by experimenting. Most of all, we need to trust our instincts and our innate sense of direction.
~ Lewis Richmond, 1947- ~
Work as a Spiritual Practice: A Practical Buddhist Approach to Inner Growth and Satisfaction on the Job, 1999

Adventures tend to be linear narratives, but in life, as in literature, that's not the only way of seeing things ... Adventure may have much to do with pushing back frontiers, but few topographical boundaries can rival the frontiers of the mind.
~ Salman Rushdie, 1947- ~
"On Adventure," *Imaginary Homelands*, 1991

The great affair, the love affair with life, is to live as variously as possible, to groom one's curiosity like a high-spirited thoroughbred, climb aboard, and gallop over the thick, sunstruck hills every day ... It began as mystery, and it will end in mystery, but what a savage and beautiful country lies in between.
~ Diane Ackerman, 1948- ~
A Natural History of the Senses, 1990

Often I go to some distant region of the world to be reminded of who I really am. There is no mystery about why this should be so. Stripped of all your ordinary surroundings, your friends, your daily routines ... you are forced into direct experience. Such direct experience inevitably makes you aware of who it is that is having the experience.
~ Michael Crichton ~
Travels, 1988

Heroes take journeys, confront dragons, and discover the treasure of their true selves.
~ Carol Pearson ~

EXPRESSION

Related States & Conditions: Action/Effort, Actualization/Fulfillment, Art, Creativity/Discovery/Innovation, Disclosure/Veracity, Eloquence/Poetry, Engagement/Integration/Involvement, Enjoyment/Pleasure, Growth/Expansion, Individuality, Integrity, Music, Opportunity, Possibility/Potential, Seeking

Syntonic: Beginning/Endeavour, Confidence, Conviction/Principle, Courage, Daring/Challenge, Decision/Decisiveness, Determination/Persistence/Resolve, Expectation/Hope, Flexibility/Flow/Flux, Imagination, Initiative, Insight/Instinct/Intuition, Inspiration, Openness/Receptivity, Optimism/Positivism, Patience, Preparation/Readiness, Sincerity/Authenticity, Spontaneity, Zeal/Zest

Dystonic: Attachment, Avoidance/Denial/Refusal, Complacency, Conformity, Criticism/Judgment, Defeat, Deferment/Delay, Delusion, Dependence, Depression/Despair/Distress, Fault, Habit, Inaction, Laziness, Limitation, Regret, Worry, War/Aggression/Violence

If you bring forth what is within you, what you bring forth will save you. If you do not bring forth what is within you, what you do not bring forth will destroy you.
~ Jesus of Nazareth, c. 5-38 CE ~
in *The Gospel of Thomas*

Something very near to you, already in your mouths and in your hearts; you have only to carry it out.
~ *The Bible*, c. 367 CE ~
Deuteronomy 30:14

Become aware of what is in you. Announce it, pronounce it, produce it and give birth to it.
~ Meister Eckhart, 1260-1327 ~

Speak what we feel, not what we ought to say.
~ William Shakespeare, 1564-1616 ~

If all mankind minus one were of one opinion, and only one person were of the contrary opinion, mankind would be no more justified in silencing that one person than he, if he had the power, would be justified in silencing mankind.
~ John Stuart Mill, 1806-1873 ~
On Liberty, 1859

We should be eternally vigilant against attempts to check the expression of opinions that we loathe.
~ Oliver Wendell Holmes, Jr., 1841-1935 ~

When the heart overflows, it comes out through the mouth.
~ Ethiopian Saying ~

One can and should say everything – if one knows how to say it.
~ Anatole France, 1844-1924 ~
in A. S. Rappoport, *The Anatole France Calendar*

That which cannot be expressed otherwise can only be told through music. A thought, which seems commonplace in its analysis, acquires a deeper sense in music.
~ Rabindranath Tagore, 1861-1941 ~

Many feel, but only a few can express. It is the power of expressing one's love and appreciation and sympathy for others that enables one person to succeed better in spreading the idea than others.
~ Vivekananda, 1863-1902 ~
The Complete Works of Swami Vivekananda, 1984-1987, 8:428-29, 1926

To say what you think will certainly damage you in society; but a free tongue is worth more than a thousand invitations.
~ Logan Pearsall Smith, 1865-1946 ~
All Trivia, 1934

It is better not to express what one means than to express what one does not mean.
~ Karl Kraus, 1868-1962 ~
in Harry Zohn, *Karl Kraus*

Oh, who will deliver my mind from the heavy chains of logic? My sincerest emotion is distorted as soon as I express it.
~ André Gide, 1869-1951 ~
The Fruits of the Earth, Dorothy Bussy, tr., 1949

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The ability to express an idea is well nigh as important as the idea itself.
~ Bernard Baruch, 1870-1965 ~

The contradiction so puzzling to the ordinary way of thinking comes from the fact that we have to use language to communicate our inner experience which in its very nature transcends linguistics.
~ D. T. Suzuki, 1870-1966 ~
"The Basis of Buddhist Philosophy"
in *Understanding Mysticism*, Richard Woods, ed., 1980

Anyone can revolt. It is more difficult silently to obey our own inner promptings, and to spend our lives finding sincere and fitting means of expression for our temperament and our gifts.
~ Georges Rouault , 1871-1958 ~
in *Artists on Art*, 1947

Language serves not only to express thoughts, but to make possible thoughts which could not exist without it.
~ Bertrand Russell, 1872-1970 ~
"The Uses of Language," *Basic Writings of Bertrand Russell*, 1961

I know why the caged bird sings.
~ Paul Laurence Dunbar, 1873-1906 ~

By freedom I understand social conditions of such a kind that the expression of opinions and assertions about general and particular matters of knowledge will not involve dangers or serious disadvantages for him who expresses them.
~ Albert Einstein, 1879-1955 ~
Out of My Later Years, 1950

You can muffle the drum, and you can loosen the strings of the lyre, but who shall command the skylark not to sing?
~ Khalil Gibran, 1883-1931 ~
The Prophet, 1923

You cannot stop the spread of an idea by passing a law against it.
~ Harry S. Truman, 1884-1972 ~

Man is the actual medium of expression – not the tool he elects to use as a means.
~ Edward Henry Weston, 1886-1958 ~
in *Photographers on Photography*, 1966

There is no agony like bearing an untold story inside you.
~ Zora Neale Hurston, 1891-1960 ~

Even when you elect to be absolutely honest it is difficult. Expression seems such a God-given thing – and yet it's not either. It's a lifelong struggle to find yourself.
~ Henry Miller, 1891-1980 ~
in *Lawrence Durrell and Henry Miller, A Private Correspondence*

The spring of creative activity must always come from the individual spirit … Where individual spontaneity is suppressed, the creative spirit is choked at its source.
~ Lin Yutang, 1895-1976 ~
The Pleasures of a Nonconformist, 1962

The first principle of a free society is an untrammeled flow of words in an open forum.
~ Adlai Stevenson, 1900-1965 ~
in *The New York Times*, 1962

Without any intentional, fancy way of adjusting yourself, to express yourself as you are is the most important thing.
~ Shunryu Suzuki, 1905-1971 ~
Zen Mind, Beginner's Mind, 1970

How do I know what I think until I see what I say?
~ W. H. Auden, 1907-1973 ~

The greatest reward is to know that one can speak and emit, articulate sounds and utter words that describe things, events and emotions.
~ Camilo José Cela, 1916-2002 ~

Speech is man's most confused and egocentric expression, his most orderly and magnanimous utterance is music.
~ Ned Rorem, 1923- ~

The most difficult thing in the world is to reveal yourself, to express what you have to. As an artist, I feel that we must try many things – but above all, we must dare to fail. You must have the courage to be bad – to be willing to risk everything to really express it all.
~ John Cassavetes, 1929-1989 ~

One of the hardest things in life is having words in your heart that you can't utter … the human mind has not achieved anything greater than the ability to share feelings and thoughts through language.
~ James Earl Jones, 1931- ~
Voices and Silences, 1993

FAILURE / ERROR

Related States & Conditions: Defeat, Delusion, Fault, Limitation, Success

Syntonic: Action/Effort, Attention/Awareness, Commitment/Dedication, Confidence, Courage, Daring/Challenge, Decision/Decisiveness, Determination/Persistence/Resolve, Diligence, Expectation/Hope, Flexibility/Flow/Flux, Focus/Intention, Forgiveness, Imagination, Initiative, Insight/Instinct/Intuition, Introspection/Self-Knowledge, Learning, Openness/Receptivity, Optimism/Positivism, Patience, Preparation/Readiness, Release, Renewal, Responsibility, Skill/Talent/Resources, Vision/Visualization

Dystonic: Attachment, Avoidance/Denial/Refusal, Complacency, Conformity, Criticism/Judgment, Deferment/Delay, Dependence, Depression/Despair/Distress, Habit, Inaction, Laziness, Regret, Worry, War/Aggression/Violence

People usually fail when they are on the verge of success.
So give as much care to the end as to the beginning;
Then there will be no failure.
~ Laozi, 570-490 BCE ~
Daode Jing

In the archer there is a resemblance to the mature person. When he misses the bullseye, he turns and seeks the reason for his failure in himself.
~ Kongfuzi, c. 551-c. 479 BCE ~

Be not ashamed of mistakes and thus make them crimes.
~ Chinese Saying ~

Your failures in life come from not realizing your nearness to success when you give up.
~ Yoruba (Southern Nigeria) Saying ~

Any man may make a mistake, but none but the fool will continue in it.
~ Cicero, 106-43 BCE ~

The great question is not whether you have failed, but whether you are content with failure.
~ William Shakespeare, 1564-1616 ~

I haven't failed. I've found 10,000 ways that won't work.
~ Benjamin Franklin, 1706-1790 ~

The man who does things makes many mistakes, but he never makes the biggest mistake of all – doing nothing.
~ Franklin ~

Our greatest glory is not in never falling, but in rising every time we fall.
~ Oliver Goldsmith, c. 1728-1774 ~

Every mistake is a style.
~ Jamaican Saying ~

The most important of my discoveries have been suggested to me by my failures.
~ Humphrey Davy, 1778-1829 ~

He only is exempt from failures who makes no efforts.
~ Richard Whately, 1787-1863 ~

Don't be discouraged by a failure. It can be a positive experience. Failure is, in a sense, the highway to success, inasmuch as every discovery of what is false leads us to seek earnestly after what is true, and every fresh experience points out some form of error which we shall afterwards carefully avoid.
~ John Keats, 1795-1821 ~

We learn wisdom from failure much more than from success; we often discover what will do, by finding out what will not do; and probably he who never made a mistake never made a discovery.
~ Samuel Smiles, 1812-1904 ~
Self-Help, 1859

The only failure a man ought to fear is the failure to cleaving to the purpose he sees to be best.
~ George Eliot, 1819-1880 ~

Next to being right in this world, the best of all things is to be clearly and definitely wrong, because you will come out somewhere. If you go buzzing

about between right and wrong, vibrating and fluctuating, you come out nowhere; but if you are absolutely and thoroughly and persistently wrong, you must some of these days, have the extreme good fortune of knocking your head against a fact, and that sets you all straight again.
~ Thomas Huxley, 1825-1895 ~
Collected Essays, Vol. 3, 1896

A man can fail many times, but he isn't a failure until he begins to blame somebody else.
~ John Burroughs, 1837-1921 ~

There is but one cause of human failure and that is man's lack of faith in his true Self.
~ William James, 1842-1910 ~

I am not discouraged, because every wrong attempt discarded is another step forward.
~ Thomas Edison, 1847-1931 ~

Give me a good fruitful error any time, full of seeds, bursting with its own correction. You can keep your sterile truth for yourself.
~ Vilfredo Pareto, 1848-1923 ~

Experience is the name everyone gives to their mistakes.
~ Oscar Wilde, 1856-1900 ~
Lady Windermere's Fan, 1892

There is no failure except in no longer trying.
~ Elbert Hubbard, 1856-1915 ~

The greatest mistake you can make is to be continually fearing you will make one.
~ Hubbard ~

A life spent making mistakes is not only more honorable, but more useful than a life spent doing nothing.
~ George Bernard Shaw, 1856-1950 ~
The Doctor's Dilemma, 1906

Success does not consist in never making mistakes but in never making the same one a second time.
~ Shaw ~

The only man who never makes a mistake is the man who never does anything.
~ Theodore Roosevelt, 1858-1919 ~

Failure is instructive. The person who really thinks learns quite as much from his failures as from his successes.
~ John Dewey, 1859-1952 ~

Never mind failures; they are quite natural, they are the beauty of life, these failures. What would life be without them? It would not be worth having if it were not for struggles. Where would be the poetry of life? Never mind the struggles, the mistakes ... these little backslidings; hold the ideal a thousand times, and if you fail a thousand times, make the attempt once more.
~ Vivekananda, 1863-1902 ~
The Complete Works of Swami Vivekananda, 1984-1987, 2:152

Failure is only the opportunity to begin again, more intelligently.
~ Henry Ford, 1863-1947 ~

Even a mistake may turn out to be the one thing necessary to a worthwhile achievement.
~ Ford ~

All failures are apparent, not real. Every slip, every fall, every return to selfishness is a lesson learned, an experience gained, from which a golden grain of wisdom is extracted.
~ James Allen, 1864-1912 ~

Ninety-nine percent of the failures come from people who have the habit of making excuses.
~ George Washington Carver, 1864-1943 ~

I have found that failure is a far better teacher than success.
~ Bernard Baruch, 1870-1965 ~

Error is just as important a condition of life as truth.
~ Carl Jung, 1875-1961 ~
Psychological Reflections, Jolande Jacobi & R. F. Hull, eds., 1953

Failures, repeated failures, are finger posts on the road to achievement. One fails forward toward success.
~ Charles Kettering, 1876-1958 ~

An inventor is almost always failing. He tries and fails maybe a thousand times. If he succeeds once, then he's in. He treats his failures simply as practice shots.
~ Kettering ~

Anyone who has never made a mistake has never tried anything new.
~ Albert Einstein, 1879-1955 ~

A man's errors are his portals of discovery.
~ James Joyce, 1882-1941 ~

Failure is the key to success;
Each mistake teaches us something.
~ Morihei Ueshiba, 1883-1969 ~
The Art of Peace, John Stevens, tr., 1992

Every adversity, every failure, every heartache carries with it the seed of an equal or greater benefit.
~ Napoleon Hill, 1883-1970 ~

Success is how high you bounce when you hit bottom.
~ George S. Patton, Jr., 1885-1945 ~

Do not brood over failures, defects and mistakes. They will weaken your "will" ... Just reflect for a while why you have failed in the attempt and try to be careful in the second attempt.
~ Sivananda, 1887-1963 ~

When we begin to take our failures non-seriously, it means we are ceasing to be afraid of them. It is of immense importance to learn to laugh at ourselves.
~ Katherine Mansfield, 1888-1923 ~

Failure comes only when we forget our ideals and objectives and principles and begin to wander away from the road that leads to their realization.
~ Jawaharlal Nehru, 1889-1964 ~

By your stumbling, the world is perfected.
~ Sri Aurobindo, 1892-1950 ~

Every great mistake has a halfway moment, a split second when it can be recalled and perhaps remedied.
~ Pearl S. Buck, 1892-1973 ~

All that is necessary to break the spell of inertia and frustration is this: Act as if it were impossible to fail. That is the talisman, the formula, the command of right-about-face which turns us from failure towards success.
~ Dorothea Brande, 1893-1948 ~
Wake Up and Live, 1937

If you have made mistakes, even serious mistakes, there is always another chance for you. And supposing you have tried and failed again and again, you may have a fresh start any moment you choose, for this thing that we call "failure" is not the falling down, but the staying down.
~ Mary Pickford, 1893-1979 ~

A mistake is something which it is the privilege of the great men to commit and of the small men of this earth to point out after they are dead.
~ Lin Yutang, 1895-1976 ~
Between Tears and Laughter, 1943

I'd rather be a failure at something I love than a success at something I hate.
~ George Burns, 1896-1996 ~

Thought is born of failure. Only when the human organism fails to achieve an adequate response to its situation is there material for the processes of thought, and the greater the failure, the more searching they become.
~ Lancelot Law Whyte, 1896-1972 ~

An expert is someone who knows some of the worst mistakes that can be made in his subject and how to avoid them.
~ Werner Heisenberg, 1901-1976 ~

It is often the failure who is the pioneer in new lands, new undertakings, and new forms of expression.
~ Eric Hoffer, 1902-1983 ~

Good people are good because they've come to wisdom through failure. We get very little wisdom from success, you know ... One who doesn't try cannot fail and become wise.
~ William Saroyan, 1908-1981 ~

Some of your greatest advances you have judged as failures, and some of your deepest retreats you have evaluated as success.
~ Helen Schucman, 1910-1981 ~
A Course in Miracles, 1975

Mistakes are at the very base of human thought, embedded there, feeding the structure like root nodules. If we were not provided with the knack of being wrong, we could never get anything useful done. We think our way along by choosing between right and wrong alternatives, and the wrong choices have to be made as frequently as the right ones. We get along in life this way. We are built to make mistakes, coded for error. We learn, as we say, by "trial and error."
~ Lewis Thomas, 1913-1993 ~
"To Err is Human," *The Medusa and the Snail: More Notes of a Biology Watcher*, 1979

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Failure is success if we learn from it.
~ Malcolm S. Forbes, 1919-1990 ~

There are two kinds of failures: those who thought and never did, and those who did and never thought.
~ Laurence J. Peter, 1919-1990 ~

Failure and its accompanying misery is for the artist his most vital source of creative energy.
~ Montgomery Clift, 1920-1966 ~
in Katinka Mason, *Short Lives*, 1980

Failure is only postponed success as long as courage coaches ambition.
~ Herbert Kaufman, 1922- ~

Do not fear mistakes. There are none.
~ Miles Davis, 1926-1991 ~

Nobody who tries to do something great but fails is a total failure. Why? Because he can always rest assured that he succeeded in life's most important battle – he defeated the fear of trying.
~ Robert H. Schuller, 1926- ~

It is one thing to make a mistake, and quite another thing not to admit it. People will forgive mistakes, because mistakes are usually of the mind, mistakes of judgment. But people will not easily forgive the mistakes of the heart, the ill intention, the bad motives, the prideful justifying cover-up of the first mistake.
~ Stephen Covey, 1932- ~
The 7 Habits of Highly Effective People, 1989

Mistakes are the dues one pays for a full life.
~ Sophia Loren, 1934- ~

If you're not failing every now and again, it's a sign you're not doing anything very innovative.
~ Woody Allen, 1935- ~

There are no mistakes. The events we bring upon ourselves, no matter how unpleasant, are necessary in order to learn what we need to learn; whatever steps we take, they're necessary to reach the places we've chosen to go.
~ Richard Bach, 1936- ~
Bridge Across Forever, 1984

Mistakes are natural. Mistakes are how we learn. When we stop making mistakes, we stop learning and growing. But repeating the same mistake over and over is not continuous learning – it's not paying attention.
~ Famous Amos, 1937- ~
Watermelon Magic, 1996

You have to look at *why* you failed. Somewhere in that failure, there are important lessons to be learned so that the next time … an opportunity presents itself, you will know what not to do. You have to do something new or something different. You can't keep planting papaya seeds if you want watermelons.
~ Ibid.

If we take the artist-scientist's view toward life, *there is no failure*. An experiment has results. We learn from it. Since it adds to our understanding and expertise, however it comes out we have not lost.
~ Marilyn Ferguson, 1938- ~
The Aquarian Conspiracy, 1980

But as in most things, it may take a bundle of mistakes to arrive at something sublime, just as it takes thousands of flowers to produce a few drops of perfume.
~ Thomas Moore, 1940- ~
Original Self, 2000

Mistakes are a fact of life. It is the response to the error that counts.
~ Nikki Giovanni, 1943- ~

Never making a mistake does not make us perfect. Never *repeating* a mistake (after we learn from it) is as perfect as we need to be.
~ Tae Yun Kim, 1946- ~
Seven Steps to Inner Power, 1991

Anyone who doesn't make mistakes isn't trying hard enough.
~ Wess Roberts, 1946- ~

A man must be big enough to admit his mistakes, smart enough to profit from them, and strong enough to correct them.
~ John C. Maxwell, 1947- ~

You must have failed deeply on some level or experienced some deep loss or pain to be drawn to the spiritual dimension. Or perhaps your very success became empty and meaningless and so turned out to be failure. Failure lies concealed in every success, and success in every failure. In this

world, which is to say on the level of form, everybody "fails" sooner or later, of course, and every achievement eventually comes to naught. All forms are impermanent.
~ Eckhard Tolle, 1948- ~
The Power of Now: A Guide to Spiritual Enlightenment, 1999

It is okay to make a mistake. A mistake, an error, a poor choice, or bad decision does not equal "there is something wrong with me." It means you are on your way to being better.
~ Iyanla Vanzant, 1953- ~
Acts of Faith: Daily Meditations for People of Color, 1993

What appears as a failure is simply a stepping-stone to realizing success. The truth is that we can do anything we focus our mind to do. What looks like failure teaches us what not to do, what does not work. It sends us back to the drawing board. It forces us to refocus, and redo.
~ Ibid.

I will tell you that there have been no failures in my life. I don't want to sound like some metaphysical queen, but there have been no failures. There have been some tremendous lessons ... Failure is another stepping stone to greatness.
~ Oprah Winfrey, 1954- ~

Champions know that success is inevitable; that there is no such thing as failure, only feedback.
~ Bill Gates, 1955- ~

Creativity is allowing yourself to make mistakes. Art is knowing which ones to keep.
~ Scott Adams, 1957- ~
"The Dilbert Principle"

I can accept failure. Everyone fails at something. But I can't accept not trying.
~ Michael Jordan, 1961- ~
I Can't Accept Not Trying, 1994

I've missed more than 9,000 shots in my career. I've lost nearly 300 games. 26 times I've been trusted to take the game winning shot and missed. I've failed over and over again. *That* is why I succeed ... The greatest inventions in the world had hundreds of failures before the answers were found.
~ Jordan ~

If at first you don't succeed, you're running about average.
~ M. H. Alderson ~

Everyone fails. But that doesn't mean you must identify yourself as a failure. Failure applies to a situation, a particular time and place. If you don't let it devastate you, failure can be an opportunity: for learning, for recovery, for the creation and demonstration of character. No one wins all the time. Learn to take your losses, learn from them if possible, and move on.
~ Gary Ryan Blair ~
Mind Munchies: A Delicious Assortment of Brain Snacks!

Have the courage to admit your mistakes so that you can forgive them and release yourself from pain, struggle and deceit. There is no mistake that cannot be corrected. There is no trespass that cannot be forgiven.
~ Paul Ferrini ~
Love Without Conditions

It is the highest form of self-respect to admit our errors and mistakes and make amends for them. To make a mistake is only an error in judgment, but to adhere to it when it is discovered shows infirmity of character.
~ Dale E. Turner ~

Remember the two benefits of failure. First, if you do fail, you learn what doesn't work; and second, the failure gives you the opportunity to try a new approach.
~ Roger von Oech ~

Failure should be our teacher, not our undertaker. Failure is delay, not defeat. It is a temporary detour, not a dead end. Failure is something we can avoid only by saying nothing, doing nothing, and being nothing.
~ Denis Waitley ~

You will make mistakes. But our mistakes are even more valuable for our growth than getting it all "right." It's in the areas that are difficult for us to work with, that we make lots of mistakes in, that we gain our greatest experiences.
~ Angel Kyodo Williams ~
Being Black: Zen and the Art of Living with Fearlessness and Grace, 2000

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FAITH

Related States & Conditions: Attitude, Belief/Religion, Expectation/Hope, Fear, Goal/Ideal/Purpose, Meaning, Optimism/Positivism, Possibility/Potential, Trust, Vision/Visualization

Syntonic: Affirmation/Approval, Commitment/Dedication, Confidence, Courage, Daring/Challenge, Flexibility/Flow/Flux, Focus/Intention, Imagination, Insight/Instinct/Intuition, Introspection/Self-Knowledge, Openness/Receptivity, Patience, Preparation/Readiness

Dystonic: Anger, Attachment, Avoidance/Denial/Refusal, Complacency, Defeat, Delusion, Dependence, Depression/Despair/Distress, Limitation, Regret, Worry, War/Aggression/Violence

A man consists of the faith that is in him. Whatever his faith is, he is.
~ *Bhagavad Gita*, c. 400 BCE ~

Faith is the substance of things hoped for, the evidence of things not seen.
~ *The Bible*, c. 367 CE ~
Hebrews 11:1

Faith is to believe what you do not yet see; the reward for this faith is to see what you believe.
~ Augustine of Hippo, 354-430 ~

Confident faith allows blessings to enter you. When you have no doubt, whatever you wish can be achieved.
~ Padmasambhava, 8th C. ~

Through faith the imagination is invigorated and completed, for it really happens that every doubt mars its perfection. Faith must strengthen the imagination, for faith establishes the will.
~ Paracelsus, 1493-1541 ~

To believe only possibilities is not faith, but mere philosophy.
~ Thomas Browne, 1605-1682 ~

Faith affirms what the senses do not affirm, but not the contrary of what they perceive. It is above, and not contrary to.
~ Blaise Pascal, 1623-1662 ~

Faith is kept alive in us, and gathers strength, more from practice than from speculations.
~ Joseph Addison, 1672-1719 ~

Faith consists in believing not what seems true, but what seems false to our understanding.
~ François-Marie Voltaire, 1694-1778 ~

If you think you can win, you can win. Faith is necessary to victory.
~ William Hazlitt, 1778-1830 ~

Faith, like a jackal, feeds among the tombs, and even from these dead doubts she gathers her most vital hope.
~ Herman Melville, 1819-1891 ~

The essence of faith is fewness of words and abundance of deeds.
~ Baha'u'llah, 1817-1892 ~
Tablets of Baha'u'llah Revealed After the Kitab-I-Aqdas, 1978

You can do very little with faith, but you can do nothing without it.
~ Samuel Butler, 1835-1902 ~
"Rebelliousness" in *Notebooks*

Your faith is what you believe, not what you know.
~ John Lancaster Spalding, 1840-1916 ~
Means and Ends of Education, 1895

Belief is one of the indispensable preliminary conditions of the realization of its object. There are then cases where faith creates its own verification. Believe, and you shall be right, for you shall save yourself; doubt, and you shall again be right, for you shall perish. The only difference is that to believe is greatly to your advantage.
~ William James, 1842-1910 ~
"The Sentiment of Rationality," *The Writings of William James: A Comprehensive Edition*, John H. McDermott, ed., 1967

Skepticism is the beginning of faith.
~ George Bernard Shaw, 1856-1950 ~

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Faith is the bird that feels the light and sings when the dawn is still dark.
~ Rabindranath Tagore, 1861-1941 ~

The faith in the order of nature which has made possible the growth of science is a particular example of a deeper faith. This faith cannot be justified by any inductive generalization. It springs from direct inspection of the nature of things as disclosed in our immediate present experience ... To experience this faith is to know that in being ourselves we are more than ourselves: to know that our experience, dim and fragmentary as it is, yet sounds the utmost depths of reality.
~ Alfred North Whitehead, 1861-1947 ~
Science and the Modern World, 1925

We can see that all the difference between man and man is owing to the existence or non-existence of faith in himself. Faith in ourselves will do everything ... The old religions said that he was an atheist who did not believe in God. The new religion says that he is the atheist who does not believe in himself.
~ Vivekananda, 1863-1902 ~
The Complete Works of Swami Vivekananda, 1984-1987, 2:301

We are ever free if we would only believe it, only have faith enough. You are the soul, free and eternal, ever free, ever blessed. Have faith enough and you will be free in a minute.
~Ibid., 6:93

Faith is nothing more or less than the operation of the thought forces in the form earnest desire, coupled with expectation as to its fulfilment.
~ Ralph Waldo Trine, 1866-1958 ~

Faith transcends reason. It is when the horizon is darkest and human reason is beaten down to the ground that faith shines brightest and comes to our rescue.
~ Mahatma Gandhi, 1869-1948 ~
Interview with Dr. John Mott, *Young India*, 1929 March 21

Faith is a function of the heart. It must be reinforced by reason. The two are not antagonistic as some think. The more intense one's faith is, the more it whets one's reason. When faith becomes blind it dies.
~ Gandhi ~

The thing always happens that you really believe in; and the belief in a thing makes it happen.
~ Frank Lloyd Wright, 1869-1959 ~

Some things have to be believed to be seen.
~ Ralph Hodgson, 1871-1962 ~

Reason is itself a matter of faith. It is an act of faith to assert that our thoughts have any relation to reality at all.
~ G. K. Chesterton, 1874-1936 ~
Orthodoxy, 1908

Faith, to my mind, is a stiffening process, a sort of mental starch, which ought to be applied as sparingly as possible.
~ E. M. Forster, 1879-1970 ~
What I Believe, 1951

The most satisfying and ecstatic faith is almost purely agnostic. It trusts absolutely without professing to know at all.
~ H. L. Mencken, 1880-1956 ~

Who can separate his faith from his actions, or his belief from his occupations?
~ Khalil Gibran, 1883-1931 ~

Faith is not a formula which is agreed to if the weight of evidence favors it.
~ Walter Lippmann, 1889-1974 ~

Not truth, but faith, it is
that keeps the world alive.
~ Edna St. Vincent Millay, 1892-1950 ~

Faith is like radar that sees through the fog – the reality of things at a distance that the human eye cannot see.
~ Corrie Ten Boom, 1892-1983 ~
Tramp for the Lord, 1974

Faith is much better than belief. Belief is when somebody *else* does the thinking.
~ Buckminster Fuller, 1895-1983 ~

Faith is belief in something on inadequate evidence.
~ Lin Yutang, 1895-1976 ~
The Pleasures of a Nonconformist, 1962

Blessed is the man who knows a thing is so without being able to explain why it is so.
~ Ibid.

Faith supplies staying power ... Anyone can keep going when the going is good, but some extra ingredient is needed to keep you fighting when it seems that everything is against you.
~ Norman Vincent Peale, 1898-1993 ~

Yes, I have doubted. I have wandered off the path. I have been lost. But I have always returned. It is beyond the logic I seek. It is intuitive – an intrinsic, built-in sense of direction. I seem to find my way home. My faith has wavered but has saved me.
~ Helen Hayes, 1900-1993 ~

When you believe in a thing, believe in it all the way, implicit and unquestionable.
~ Walt Disney, 1901-1966 ~

Faith is a belief in things that your senses have not experienced and your mind does not understand, but you have touched them in other ways and have accepted them. It is easy for one to speak of faith; it is another thing to live it.
~ Peace Pilgrim, 1908-1981 ~
Peace Pilgrim: Her Life and Work in Her Own Words, 1982

My reason nourishes my faith and my faith my reason.
~ Norman Cousins, 1915-1990 ~

In the province of the mind, what one believes to be true either is true or becomes true.
~ John C. Lilly, 1915-2001 ~

If it can be verified, we don't need faith ... Faith is for that which lies on the other side of reason. Faith is what makes life bearable, with all its tragedies and ambiguities and sudden, startling joys.
~ Madeleine L'Engle, 1918- ~

Every human being is born without faith. Faith comes only through the process of making decisions to change before we can be sure it's the right move.
~ Robert H. Schuller, 1926- ~

To believe is to become what you believe.
~ June Jordan, 1936-2002 ~

Faith has tremendous power, and it works either way. Our negative or positive faith helps shape our future. The vision you keep, the words you speak pave the way for your experiences. The mind is a prolific author. What you believe – along with the action you take – composes your life. At this moment our lives reflect where we have been in consciousness and what we have done with our time.
~ Susan L. Taylor, 1946- ~
Lessons in Living, 1995

Seeds of faith are always within us; sometimes it takes a crisis to nourish and encourage their growth.
~ Taylor ~

Faith is stepping out on nothing and landing on something.
~ Cornel West, 1954- ~

The language of faith is crucial because it affords human beings the privilege of intimacy with the ultimate.
~ Michael Eric Dyson, 1958- ~

And I believe in believing everyday
and for as long as we can –
I believe we should believe in something we don't know for sure
acknowledge the range of possibilities
unlimited by what we see
move reality with imagination
we decide what our destinies will be.
~ Staceyann Chin, 1973- ~
" ... and these are only some of the things I believe"

Faith is the belief of the heart in that knowledge which comes from the Unseen.
~ Muhammad Ben Kafif ~

Faith is knowingness, and knowingness can vary according to the person and according to the particular situation. You just know. There are no questions asked – there is nothing to analyze, no logic, and no reasoning needed – you just know. That is faith.
~ Tara Vasanti ~
in Derek Biermann, *Samadhi: Personal Journeys to Spiritual Truth*, 2000

We live by faith or we do not live at all. Either we venture – or we vegetate. If we venture, we do so by faith simply because we cannot know the end of anything at its beginning. We risk marriage on faith or we stay single. We prepare for a profession by faith or we give up before we start. By faith we move mountains of opposition or we are stopped by molehills.
~ Howard Walker ~

FAULT

Related States & Conditions: Criticism/Judgment, Differentiation/Division/Separation, Failure/Error, Guilt, Limitation, Reciprocity/Reflection, Vice

Syntonic: Acceptance, Affirmation/Approval, Appreciation, Compassion/Empathy/Kindness, Detachment, Flexibility/Flow/Flux, Forgiveness, Introspection/Self-Knowledge, Listening, Love-Agape, Openness/Receptivity, Patience, Release, Tolerance, Understanding

Dystonic: Anger, Attachment, Conflict/Opposition, Conformity, Delusion, Dependence, Depression/Despair/Distress, Hate, Regret, Oppression, Worry, War/Aggression/Violence

Do not look at the faults of others, or what others have done or not done; observe what you yourself have done and have not done.
~ Buddha, c. 563-483 BCE ~
The Dhammapada, Thomas Cleary, tr., 1994

It is easy to see the fault of others, hard to see one's own. One sifts the faults of others like chaff, but covers up one's own, as a crafty cheater covers up a losing throw.
~ Ibid.

Deal with the faults of others as gently as with your own.
~ Chinese Saying ~

The disease of men is this; that they neglect their own field, and go weed the field of others, and what they require from others is great, while what they lay upon themselves is light.
~ Mengzi, 372-289 BCE ~

Faults, mustard seed small, of others, you see well; your own, large as a melon, you see not.
~ *Mahabharata*, c. 3rd C. BCE~

We set up harsh and unkind rules against ourselves. No one is born without faults. That man is best who has fewest.
~ Horace, 65-8 BCE ~

Whatever one of us blames in another, each one will find in his own heart.
~ Seneca, c. 4 BCE-65 CE ~

When you are offended at any man's fault, turn to yourself and study your own failings. Then you will forget your anger.
~ Epictetus, 50-120 ~

Men praise what they know and find fault with what they don't know.
~ Tertullian, c. 160-240 ~
Apology, 197 CE

Happy is the person who finds fault with himself instead of finding fault with others.
~ Muhammad, c. 570-632 ~

If you see a fault in your brother and you hide it from him, then you betray him; if you tell it to anyone else, you slander him; if you confront him with it, you injure him … Convey it to him by hint and allusion as part of a general conversation.
~ Abu Hayyan Al-Tawhidi, d. 1023 ~
in Bernard Lewis, *A Middle East Mosaic*, 2000

A fault confessed is half redressed.
~ Zulu Saying ~

Would you agree to have your faults enumerated? … From one who wishes to counsel me, yes. From one who wishes to abuse me, no.
~ Muhammad ibn Al-Hasan ibn Hamdun, 1102-1166 ~

It is essential that you examine with the eye of spiritual insight these faults … you tend to exaggerate them and thus interpret your way of living as foolish and evil conduct. You would imagine faults where there are none and see a disease in what is really a cure.
~ Ibn 'Abbad of Ronda, 1332-1390 ~
Ibn 'Abbad of Ronda: Letters on the Sufi Path, Letter 2, John Renard, tr., 1986

To wish to act like angels while we are still in this world is nothing but folly.
~ Teresa of Avila, 1515-1582 ~

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Best men are molded out of faults, and, for the most, become much more the better for being a little bad.
~ William Shakespeare, 1564-1616 ~

Do not wrong or hate your neighbor; for it is not he that you wrong; you wrong yourself.
~ Shawnee Saying ~

The business of finding fault is very easy, and that of doing better very difficult.
~ Francis de Sales, 1567-1622 ~
Spiritual Maxims, C. F. Kelley, ed., 1953

Do not lose courage in considering your own imperfections.
~ de Sales ~

Almost all our faults are more pardonable than the methods we resort to hide them.
~ François de La Rochefoucauld, 1613-1680 ~

Who is the more in fault in an erring passion, she who falls through entreaty, or he who entreats her to fall?
Or which is the more to blame, although both do ill, she who sins for pay or he who pays for sinning?
~ Juana Inés de la Cruz, 1651-1695 ~
"Roundels," in *Some Spanish American Poets*, Alice Stone Blackwell, tr., 1929

So long as we are full of self we are shocked at the faults of others. Let us think often of our own sin, and we shall be lenient to the sins of others.
~ François Fénelon, 1651-1715 ~

It is better to run the risk of falling into faults in a course which leads us to act with effect and energy, than to loiter out our days without blame and without use.
~ Edmund Burke, 1729-1797 ~
in *America*, 1956 April 4

The man with insight enough to admit his limitations comes nearest to perfection.
~ Johann von Goethe, 1749-1832 ~

It is commonly thought that men most easily condone to themselves their own faults, but it is not always so; and some men who have been "their own worst enemies" find it almost impossible to forgive themselves.
~ Joseph Farrell, 1841-1885 ~
Lectures of a Certain Professor, 1877

Never talk about the faults of others, no matter how bad they may be. Nothing is ever gained by that. You never help one by talking about his fault; you do him an injury, and injure yourself as well.
~ Vivekananda, 1863-1902 ~
The Complete Works of Swami Vivekananda, 1984-1987, 6:127

Blame neither man, nor God, nor anyone in the world. When you find yourself suffering, blame yourselves, and try to do better.
~Ibid., 2:225

Don't find fault. Find a remedy.
~ Henry Ford, 1863-1947 ~

Ask yourself what your predominant fault is: you have discovered, in a misguided but clearly identified state, your greatest resource.
~ Antonin G. Sertillanges, 1863-1948 ~
Rectitude, 1953

Let us look at our own faults, and not other people's. We ought not to insist on everyone following in our footsteps, nor to take upon ourselves to give instructions in spirituality when, perhaps, we do not even know what it is.
~ Therèse of Lisieux, 1873-1897 ~

There are only two kinds of perfectly faultless men – the dead and the deadly.
~ Helen Rowland, 1875-1950 ~
A Guide to Men, 1922

If you want peace, do not find fault with others. Rather see your own faults. Learn to make the world your own. No one is a stranger, my child; the whole world is your own.
~ Sri Saradamani Devi, 1853-1920 ~

Overlook the greatest fault of another, but do not partake of it yourself in the smallest degree.
~ Hazrat Khan, 1882-1927 ~

Faults are thick where love is thin.
~ Danish Saying ~

The murdered is not unaccountable for his own murder,
And the robbed is not blameless in being robbed.
The righteous is not innocent of the deeds of the wicked,
And the white-handed is not clean in the doings of the felon.
Yea, the guilty is oftentimes the victim of the injured,

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And still more often the condemned is the burden-bearer for the guiltless and unblamed.
~ Khalil Gibran, 1883-1931 ~
The Prophet, 1923

Should we all confess our sins to one another we would all laugh at one another for our lack of originality.
~ Gibran ~
Sand and Foam, 1926

When, for unconscious reasons, we develop fear and dislike of someone or something, it is a psychological necessity for us to justify such feelings in order to save our face. Faults found with the feared or disliked person, even when they contain a modicum of truth, can be recognized quite frequently as mirror images of our own faults and feelings.
~ Karl Menninger, 1893-1990 ~
The Human Mind, 1930

One of the greatest tragedies of the average person is the tendency to spend our whole lives perfecting our faults.
~ Norman Vincent Peale, 1898-1993 ~
The Power of Positive Thinking, 1952

When we are upset, it's easy to blame others. The true cause of our feelings, however, is within us. For example, imagine yourself as a glass of water. Now, imagine past negative experiences as sediment at the bottom of your glass. Next, think of others as spoons. When stirred, the sediment clouds your water. It may appear that the spoon caused your water to cloud – but if there were no sediment, the water would remain clear. The key, then, is to identify our sediment and actively work to remove it.
~ Josei Toda, 1900-1958 ~
in *Open Your Mind, Open Your Life: A Book of Eastern Wisdom*, Taro Gold, ed., 2002

We are taught you must blame your father, your sisters, your brothers, the school, the teachers – you can blame anyone, but never blame yourself. It's never your fault. But it's *always* your fault, because if you want to change, you're the one who has got to change. It's as simple as that, isn't it?
~ Katharine Hepburn, 1909-2003 ~

If you think you are handicapped in some way, you will find that your compensation for it is a quality that you wouldn't have cultivated if it were not for that innate flaw. Indeed, one is never so strong as when one is broken. When you grasp that mystery, then you will be able to see how what seemed like a loss or a defeat is instead a victory, and that how you are broken is where you are whole.
~ Vilayat Khan, 1916-2004 ~
Awakening: A Sufi Experience, 1999

We have to face the uglies to admit our errors, and even if we repeat them, we ought not to excuse them.
~ Pearl Bailey, 1918-1990 ~
Hurry Up America, and Spit, 1976

My days of whining and complaining about others have come to an end. Nothing is easier than fault finding. All it will do is discolor my personality so that none will want to associate with me. That was my old life. No more.
~ Og Mandino, 1923-1996 ~

Look at the weaknesses of others with compassion, not accusation. It's not what they're not doing or should be doing that's the issue. The issue is your chosen response to the situation and what you should be doing. If you start to think the problem is "out there," stop yourself. That thought is the problem.
~ Stephen Covey, 1932- ~
The 7 Habits of Highly Effective People, 1989

We may not like people because of their flaws or immaturities, but the further we ourselves grow, the more we become able to accept – to love – them, flaws and all.
~ M. Scott Peck, 1936-2005 ~
The Different Drum: Community Making and Peace, 1987

It is true that one can temporarily feel good by blaming one's misfortunes on others, but this always ends up causing greater pain and confusion. Accepting without blame is the true turning point of healing.
~ Tulku Thondup, 1939- ~
Healing Meditations, 1998

Our neuroses are the raw material out of which an interesting personality may be crafted. They are sometimes dangerous and debilitating but nonetheless valuable.
~ Thomas Moore, 1940- ~
Original Self, 2000

The ego's pathology is inherently in sympathy with the psyche's individuation.
~ Patricia Berry ~
Echo's Subtle Body, 1982

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FEAR

Related States & Conditions: Chaos/Uncertainty, Criticism/Judgment, Death/Dying, Evil, Failure/Error, Guilt, Limitation, Questioning/Doubt, Insecurity/Risk, Shadow, Vice, Worry

Syntonic: Affirmation/Approval, Autonomy/Control, Centering, Composure/Peace/Tranquility, Confidence, Courage, Faith, Humor/Laughter, Mind, Release, Strength

Dystonic: Anger, Attachment, Conformity, Defeat, Delusion, Dependence, Depression/Despair/Distress, Hate, Inaction, War/Aggression/Violence

Who sees all beings in his own Self, and his own Self in all beings, loses all fear.
~ *Isa Upanishads*, c. 1400-c. 800 BCE ~

We can easily forgive a child who is afraid of the dark; the real tragedy is when men are afraid of the light.
~ Plato, c. 427-347 BCE ~

We fear things in proportion to our ignorance of them.
~ Livy, 59 BCE-17 CE ~
History of Rome, 9 CE

It is not death or hardship that is a fearful thing, but the fear of hardship and death.
~ Epictetus, 50-120 ~

Many people profit by a preliminary dose of fear or force, which makes it possible for them to be taught something, or to put into practice what had previously been only words to them.
~ Augustine of Hippo, 354-430 ~
Appeal to the Secular Arm

While the best men are well guided by love, most men need to be goaded by fear.
~ Ibid.

He who fears something gives it power over him.
~ Moorish Saying ~

To relinquish a present good through apprehension of a future evil is in most instances unwise, unless the evil be very certain and near, or far exceed the good in degree. Otherwise, from a fear which may afterwards turn out groundless, you lost the good that lay within your grasp.
~ Francesco Guicciardini, 1483-1540 ~
Counsels and Reflections, Ninian Hill Thomson, tr., 1890

The greatest weakness of all is the great fear of appearing weak.
~ Jacques Bossuet, 1627-1704 ~

There is no hope without fear, and no fear without hope.
~ Baruch de Spinoza, 1632-1677 ~

The man who fears nothing is as powerful as he who is feared by everybody.
~ Friedrich von Schiller, 1759-1805 ~

The first duty of man is that of subduing fear. We must get rid of fear; we cannot act at all till then. A man's acts are slavish, not true but specious; his very thoughts are false, he thinks too as a slave and coward, till he have got fear under his feet.
~ Thomas Carlyle, 1795-1881 ~

Human misery universally arises from some error that man admits as true. We confound our fears with the idea feared, and place the evil in the thing seen or believed. Here is a great error, for we never see what we are afraid of. Man's belief is his heaven or his hell.
~ Phineas Quimby, 1802-1866 ~
in Annetta Gertude Dresser, *The Philosophy of P. P. Quimby*, 1895

Do the thing we fear, and death of fear is certain.
~ Ralph Waldo Emerson, 1803-1882 ~

Hatred is a form of fear. And eventually we come to love that which we fear most. For we have allowed the object of our fear to define us, to have supreme power over us; and the absence of that object would be more than we could bear. We need the fear to create us. Without this fear we are nothing. Often death itself is preferable to the

excruciating process of re-creating ourselves against nothing, without our ineffable totem of fear.
~ Booker T. Washington, 1856-1915 ~

Nothing in life is to be feared. It is only to be understood. Now is the time to understand more, so that we may fear less.
~ Marie Curie, 1867-1934 ~

There would be nothing to frighten you if you refused to be afraid.
~ Mahatma Gandhi, 1869-1948 ~

To fear love is to fear life, and those who fear life are already three parts dead.
~ Bertrand Russell, 1872-1970 ~

Fear is the main source of superstition and one of the main sources of cruelty. To conquer fear is the beginning of wisdom.
~ Russell ~
An Outline of Intellectual Rubbish, 1943

Fear is never a good counsellor and victory over fear is the first spiritual duty of man.
~ Nikolai Berdyaev, 1874-1948 ~
Towards a New Epoch, 1949

Perhaps everything that frightens us is, in its deepest essence, something helpless that wants our love.
~ Rainer Maria Rilke, 1875-1926 ~

The only thing we have to fear is fear itself – nameless, unreasoning, unjustified terror which paralyzes needed efforts to convert retreat into advance.
~ Franklin D. Roosevelt, 1882-1945 ~

You gain strength, courage and confidence by every experience in which you really stop to look fear in the face. You are able to say to yourself, "I lived through this horror. I can take the next thing that comes along." ... You must do the things you think you cannot do.
~ Eleanor Roosevelt, 1884-1962 ~

It is the perpetual dread of fear, the fear of fear, that shapes the face of a brave man.
~ Georges Bernanos, 1888-1948 ~

Fear doesn't exist anywhere except in the mind ... If you want to conquer fear, don't sit at home and think about it. Go out and get busy.
~ Dale Carnegie, 1888-1955 ~

A man who flies from his fear may find he has only taken a shortcut to meet it.
~ J. R. R. Tolkien, 1892-1973 ~

Fears are educated into us, and can, if we wish, be educated out.
~ Karl Menninger, 1893-1990 ~
The Human Mind, 1930

The most destructive element in the human mind is fear. Fear creates aggressiveness; aggressiveness engenders hostility; hostility engenders fear – a disastrous circle.
~ Dorothy Thompson, 1894-1961 ~

It is not that you must be free from fear. The moment you try to free yourself from fear, you create a resistence against fear. Resistance, in any form, does not end fear. What is needed, rather than running away or controlling or suppressing or any other resistance, is understanding fear; that means, watch it, learn about it, come directly into contact with it. We are to learn about fear, not how to escape from it, not how to resist it through courage and so on.
~ Jiddu Krishnamurti, 1895-1986 ~

A man who is not afraid is not aggressive, a man who has no sense of fear of any kind is really a free, a peaceful man.
~ Krishnamurti ~
You Are the World, 1972

Often in my life I have found that the one thing that can save is the thing which appears most to threaten. In peace and war I have found that frequently, naked and unashamed, one has to go down into what one most fears and in that process, from somewhere beyond all conscious expectation, comes a saving flicker of light and energy that, even if it does not produce the courage of a hero, at any rate enables a trembling mortal to take one step further.
~ Laurens van der Post, 1906-1996 ~
The Lost World of the Kalahari, 1958

We fear our highest possibility (as well as our lowest one). We are generally afraid to become that which we can glimpse in our most perfect moments.
~ Abraham Maslow, 1908-1970 ~

To be afraid is to behave as if the truth were not true.
~ Bayard Rustin, 1912-1987 ~
"Meaning of Birmingham," *The Liberator*, 1973 June

To defend oneself against fear is simply to ensure that one will, one day, be conquered by it; fears must be faced.
~ James Baldwin, 1924-1987 ~
The Fire Next Time, 1962

We have to realize that we are as deeply afraid to live and to love as we are afraid to die.
~ R. D. Laing, 1927-1989 ~
The Politics of Experience, 1967

The next time you encounter fear, consider yourself lucky. This is where courage comes in. Usually we think that brave people have no fear. The truth is they are intimate with fear.
~ Pema Chödrön, 1936- ~
When Things Fall Apart: Heart Advice for Difficult Times, 1997

The fear of failure is transformed by the realization that we are engaged in continuous experiments and lessons … The fear of being fooled or even looking foolish is transformed by the sudden recognition that *not* changing, not exploring, is a far more real and frightening possibility … Fear of giving up any part of our current life inventory vanishes as we realize that all change is by choice … Fear of self-inquiry is overcome because the self turns out to be not the dark, impulsive secret we had been warned about but a strong, sane center.
~ Marilyn Ferguson, 1938- ~
The Aquarian Conspiracy, 1980

Fear is a question: What are you afraid of, and why? Just as the seed of health is in illness, because illness contains information, our fears are a treasure house of self-knowledge if we explore them.
~ Ferguson ~

Fear is static that prevents me from hearing my intuition.
~ Hugh Prather, 1938- ~
Notes to Myself, 1970

It is not power that corrupts but fear.
~ Daw Aung San Suu Kyi, 1945- ~

Fighting fear is like trying to sack fog; you just can't get a handle on it. Giving your power away to fear is worse than suffering the consequence that you're afraid of.
~ Phillip McGraw, 1950- ~
Life Strategies: Doing What Works, Doing What Matters, 1999

To be alive is the biggest fear humans have. Death is not the biggest fear we have; our biggest fear is taking the risk to be alive – the risk to be alive and express what we really are.
~ Miguel Ruiz, 1952- ~
The Four Agreements, 1997

Where love is absent, fear sets in. Fear is to love as darkness is to light. It's a terrible absence of what we need in order to survive.
~ Marianne Williamson, 1952- ~
A Return to Love, 1992

Our deepest fear is not that we are inadequate. Our deepest fear is that we are powerful beyond measure. It is our light, not our darkness, that most frightens us. We ask ourselves, Who am I to be brilliant, gorgeous, talented, fabulous? Actually who are you *not* to be?
~ Ibid.

Every man, through fear, mugs his aspirations a dozen times a day.
~ Brendan Francis ~

Fear is that little darkroom where negatives are developed.
~ Michael Pritchard ~

Fear is nothing but misapplied energy, a mental projection, an idea. When our body reacts to fear, the body itself is not afraid. The fear comes from concepts and thoughts that we have learned to associate with this reaction … fear is only an association; fear does not exist until a feeling is labeled and objectified as such. When we can let go of our concepts and expectations, there is nothing to be afraid of.
~ Tarthang Tulku ~
Openness Mind, 1978

Never being afraid isn't what fearlessness is about. What fearlessness is really about is knowing that you are afraid … and acting anyway.
~ Angel Kyodo Williams ~
Being Black: Zen and the Art of Living with Fearlessness and Grace, 2000

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FEELING / EMOTION

Related States & Conditions: Belief/Religion, Experience, Expression, Love-Eros, Meaning, Passion, Presence, Questioning/Doubt, Self, Sensibility/Sensuality, Shadow, Sincerity/Authenticity, Unconscious/Subconscious

Syntonic: Acceptance, Appreciation, Attention/Awareness, Autonomy/Control, Centering, Composure/Peace/Tranquility, Detachment, Equanimity, Faith, Humor/Laughter, Mind, Release, Strength

Dystonic: Attachment, Conformity, Criticism/Judgment, Defeat, Delusion, Dependence, Depression/Despair/Distress, Guilt, Hate, Jealousy/Envy, War/Aggression/Violence, Worry

Feelings, emotions and passions are good servants but poor masters.
~ Khemetic Saying ~
Temt Tchaas: Egyptian Proverbs, Muata Ashaya Ashby, ed., 1994

The little space within the heart is as great as this vast universe. The heavens and the earth are there, and the sun, and the moon, and the stars; fire and lightning and winds are there; and all that now is all that is not: for the whole universe is in Him and He dwells within our heart.
~ *Upanishads*, c. 1400-c. 800 BCE ~

Keep thine heart with all diligence; for out of it are the issues of life.
~ Solomon, 10th C. BCE ~
in *The Bible*, Proverbs 4:23

A glad heart is excellent medicine, a depressed spirit wastes the bones away.
~ Ibid. 17:22

Thus any feeling whatsoever – past, future or present; internal or external; blatant or subtle, common or sublime, far or near; every feeling – is to be seen as it actually is with right understanding: "This is not mine. This is not my self. This is not what I am."
~ Buddha, c. 563-483 BCE ~
in Wes Nisker, *Buddha's Nature: Evolution as a Practical Guide to Enlightenment*, 1998

The heart has its reasons, which reason does not know … All our reasoning ends in surrender to feeling.
~ Blaise Pascal, 1623-1662 ~

When a man is prey to his emotions, he is not his master.
~ Baruch de Spinoza, 1632-1677 ~

The prudence of the best heads is often defeated by tenderness of the best hearts.
~ Henry Fielding, 1707-1754 ~

You cannot know what you cannot feel.
~ Mary Wollstonecraft Shelley, 1759-1797 ~

Poetry is the spontaneous overflow of powerful feelings; it takes its origin from emotion recollected in tranquility.
~ William Wordsworth, 1770-1850 ~
Preface, *The Lyrical Ballads*, 1798

The taste for emotion may become a dangerous taste; we should be very cautious how we attempt to squeeze out of human life more ecstasy and paroxysm than it can well afford.
~ Sydney Smith, 1771-1845 ~

What comes from the heart, goes to the heart.
~ Samuel Taylor Coleridge, 1772-1834 ~

Judge not by the eye but by the heart.
~ Native American Saying ~

The seat of knowledge is in the head; of wisdom, in the heart. We are sure to judge wrong if we do not feel right.
~ William Hazlitt, 1778-1830 ~

There are two worlds; the world that we can measure with line and rule, and the world that we feel with our hearts and imaginations.
~ Leigh Hunt, 1784-1859 ~

It is the heart always that sees, before the head can see.
~ Thomas Carlyle, 1795-1881 ~

Life is a tram of moods like a string of beads, and as we pass through them they prove to be many colored lenses which paint the world in their own hue.
~ Ralph Waldo Emerson, 1803-1882 ~

Never apologize for showing feeling. When you do so you apologize for truth.
~ Benjamin Disraeli, 1804-1881 ~

Emotion which does not lead to and flow out in right action is not only useless, but it weakens character, and becomes an excuse for neglect of effort.
~ Tryon Edwards, 1809-1894 ~

There is a wisdom of the head and a wisdom of the heart.
~ Charles Dickens, 1812-1870 ~

We need never be ashamed of our tears.
~ Dickens ~
Great Expectations, 1861

Where the heart lies, let the brain lie also.
~ Robert Browning, 1812-1889 ~

The secret of our emotions never lies in the bare object, but in its subtle relations to our own past: no wonder the secret escapes the unsympathizing observer, who might as well put on his spectacles to discern odors.
~ George Eliot, 1819-1880 ~
Romola, 1863

Opinion is ultimately determined by the feelings, and not by the intellect.
~ Herbert Spencer, 1820-1903 ~

Only the heart knows how to find what is precious.
~ Fyodor Dostoevsky, 1821-1881 ~

Do not violence to yourself; respect in yourself the oscillations of feeling: they are your life and your nature; a wiser than you made them.
~ Henri-Frédéric Amiel 1821-1881 ~

Life is like music; it can be composed by ear, feeling, and instinct, not by rule.
~ Samuel Butler, 1835-1902 ~

Every time a resolve or fine glow of feeling evaporates without bearing fruit, it is worse than a chance lost; it works to hinder future emotions from taking the normal path of discharge.
~ William James, 1842-1910 ~

Find expression for a sorrow, and it will become dear to you.
Find expression for a joy, and you will intensify its ecstasy.
~ Oscar Wilde, 1856-1900 ~

The young man who has not wept is a savage, and the old man who will not laugh is a fool.
~ George Santayana, 1863-1952 ~
Dialogues in Limbo, 1925

Hatred, envy, malice, jealousy and fear all have children. Any bad thought breeds others, and each of these goes on and on, ever repeating until our world is peopled with their offspring.
~ Ralph Waldo Trine, 1866-1958 ~

It is better to have a heart without words than words without a heart.
~ Mahatma Gandhi, 1869-1948 ~
in *Open Your Mind, Open Your Life: A Book of Eastern Wisdom*, Taro Gold, ed., 2002

In the march towards Truth, anger, selfishness, hatred, naturally give way, for otherwise Truth would be impossible to obtain. A man who is swayed by negative emotions may have good enough intentions, may be truthful in word, but he will never find the truth.
~ Gandhi ~

Each of us really understands in others only those feelings he is capable of producing himself.
~ André Gide, 1869-1951 ~

The heart is the chief feature of a functioning mind.
~ Frank Lloyd Wright, 1869-1959 ~

Let us not judge life by the number of breaths taken, but by the number of times the breath is held, or lost, either under a deep emotion, caused by love, or when we stand before an object of interest and beauty.
~ William H. Davies, 1871-1940 ~

There is no arguing with a mood; it can be changed by some fortunate event, or by a change in our bodily condition, but it cannot be changed by argument.
~ Bertrand Russell, 1872-1970 ~
The Conquest of Happiness, 1930

Formulate your feelings as well as your thoughts.
~ A. R. Orage, 1873-1934 ~
Essays and Aphorisms, 1954

All emotions are pure which gather you and lift you up; that emotion is impure which seizes only one side of your being and so distorts you.
~ Rainer Maria Rilke, 1875-1926 ~

Emotion is the chief source of all becoming conscious. There can be no transformation of darkness into light … without emotion.
~ Carl Jung, 1875-1961 ~
Psychological Aspects of the Modern Archetype

The emotions may be endless. The more we express them, the more we may have to express.
~ E. M. Forster, 1879-1970 ~

The best and most beautiful things in life cannot be seen or even touched. They must be felt with the heart.
~ Helen Keller, 1880-1968 ~

The earnest feelings of one heart can pierce the heart of another; they speak in the silence, spreading out into the sphere, so that the very atmosphere of a person's presence proclaims his thoughts and emotions.
~ Hazrat Khan, 1882-1927 ~
The Mysticism of Sound and Music, 1991

Every passion, every emotion, has its effect upon the mind. Every change of mind, however slight, has its effect upon the body,
~ Khan ~

Keep me away from the wisdom that does not cry, the philosophy which does not laugh and the greatness which does not bow before children.
~ Khalil Gibran, 1883-1931 ~

A trembling in the bones may carry a more convincing testimony than the dry documented deductions of the brain.
~ Llewelyn Powys, 1884-1939 ~
Book of Days of Llewelyn Powys, 1937

Emotion always has its roots in the unconscious and manifests itself in the body.
~ Irene Claremont de Castillejo, 1885-1967 ~
Knowing Woman: A Feminine Psychology 1973

You can be educated in some vision and feeling as well as in mind.
~ Marcus Garvey, 1887-1940 ~

The most important part of man's existence, that part where he most truly lives and is aware of living, lies entirely within the domain of personal feeling.
~ Joyce Cary, 1888-1957 ~
Art & Reality, 1958

You cannot make yourself feel something you do not feel, but you can make yourself do right in spite of your feelings.
~ Pearl S. Buck, 1892-1973 ~

Telling someone else about it is an ancient form of relief based upon the principle that verbalizing our feelings enables us to objectify them.
~ Karl Menninger, 1893-1990 ~
The Human Mind, 1930

A man is not as much as he feels he is, but as much as he feels.
~ Jean Toomer, 1894-1967 ~
Essentials: Definitions and Aphorisms, LV, 1931

Let him cry whoever feels like crying, for we were animals before we became reasoning beings, and the shedding of a tear, whether of forgiveness or of pity or of sheer delight at beauty, will do him a lot of good.
~ Lin Yutang, 1895-1976 ~
Confucius Saw Nancy and Essays About Nothing, 1935

Each of us makes his own weather, determines the color of the skies in the emotional universe which he inhabits.
~ Fulton J. Sheen, 1895-1979 ~
Way to Happiness, 1953

Here is my secret. It is very simple: it is only with the heart that one can see rightly. What is essential is invisible to the eyes.
~ Antoine de Saint-Exupéry, 1900-1944 ~
The Little Prince, 1943

To think with the heart is to think in living terms.
~ Jean Gebser, 1905-1973 ~

If facts are the seeds that later produce knowledge and wisdom, then the emotions and the impressions of the senses are the fertile soil in which the seeds must grow. Once the emotions have been aroused – a sense of the beautiful, the excitement of the new and the unknown, a feeling of sympathy, pity, admiration or love – then we wish for knowledge about the object of our

emotional response.
~ Rachel Carson, 1907-1964 ~
The Sense of Wonder, 1965

Good manners have much to do with the emotions. To make them ring true, one must feel them, not merely exhibit them.
~ Amy Vanderbilt, 1908-1974 ~
New Complete Book of Etiquette, 1963

If negative emotions produce negative chemical changes in the body, wouldn't positive emotions produce positive chemical changes?
~ Norman Cousins, 1915-1990 ~

Don't be afraid to feel as angry or as loving as you can, because when you feel nothing, it's just death.
~ Lena Horne, 1917- ~

By going along with feelings, you unify your emotional, mental, and bodily states. When you try to fight or deny them, you divorce yourself from the reality of your being.
~ Jane Roberts, 1929-1984 ~
The Nature of Personal Reality, 1974

People are very tender, very sensitive inside. I don't believe age or experience makes much difference. Inside, even within the most toughened and callous exteriors, are the tender feelings and emotions of the heart. That's why in relationships, the little things are the big things.
~ Stephen Covey, 1932- ~
The 7 Habits of Highly Effective People, 1989

No one *makes* us happy or sad. Our emotions don't *happen* to us so much as we *choose* them. In fact, our own thoughts, emotions, and actions are the only things we really do control.
~ Bernie Siegel, 1932- ~
Love, Medicine & Miracles, 1986

The emotional environment we create within our bodies can activate mechanisms of destruction or repair.
~ Siegel ~

Our feelings are our most genuine paths to knowledge.
~ Audre Lorde, 1934-1992 ~

We tend to think of the rational as a higher order, but it is the emotional that makes our lives. One often learns more from ten days of agony than from ten years of contentment.
~ Merle Shain, 1935- ~
in Julia Cameron, *Transitions: Prayers and Declarations for a Changing Life*, 1999

For practitioners or spiritual warriors – people who have a certain hunger to know what is true – feelings like disappointment, embarrassment, irritation, resentment, anger, jealousy, and fear, instead of being bad news, are actually very clear moments that teach us where it is that we're holding back. They teach us to perk up and lean in when we feel we'd rather collapse and back away.
~ Pema Chödrön, 1936- ~
When Things Fall Apart: Heart Advice for Difficult Times, 1997

Our feelings are the source of our energy; they provide the horsepower that makes it possible for us to accomplish the tasks of living … Since our feelings work for us, we should treat them with respect.
~ M. Scott Peck, 1936-2005 ~
The Road Less Travelled, 1978

Emotions are a key element in self-care because they allow us to enter into the bodymind's conversation. By getting in touch with our emotions, both by listening to them and by directing them through the psychosomatic network, we gain access to the healing wisdom that is everyone's natural biological right … acknowledging and claiming all our feelings, not just the so-called positive ones. Anger, grief, fear – these emotional experiences are not negative in themselves; in fact, they are vital for our survival. We need anger to define boundaries, grief to deal with our losses, and fear to protect ourselves from danger. It's only when these feelings are denied, so that they cannot be easily and rapidly processed through the system and released, that the situation becomes toxic … the more we deny them, the greater the ultimate toxicity, which often takes the form of an explosive release of pent-up emotion. That's when emotion can be damaging to both oneself and others, because its expression becomes overwhelming, sometimes violent.
~ Candace Pert, 1946- ~
Molecules of Emotion: The Science Behind Mind-Body Medicine, 1997

When you say, "I have a gut feeling about such and such," you're not speaking metaphorically, you're speaking literally, because your gut makes

the same chemicals as your brain when it thinks.
~ Deepak Chopra, 1947- ~
Journey Into Healing: Awakening the Wisdom Within You, 1994

Some may try to control their emotions and develop strategies for their behavior; others may turn to reading books of advice from "experts" on relationships – but this is all folly. The heart decides, and what it decides is all that really matters.
~ Paulo Coelho, c. 1947- ~
By the River Piedra I Sat Down and Wept, Alan R. Clarke, tr., 1996

Our society allows people to be absolutely neurotic and totally out of touch with their feelings and everyone else's feelings, and yet be very respectable.
~ Ntozake Shange, 1948- ~

Mind … is not just thought. It includes your emotions as well as all unconscious mental-emotional reactive patterns. Emotion arises at the place where mind and body meet. It is the body's reaction to your mind – or you might say, a reflection of your mind in the body … strong emotions even cause changes in the biochemistry of the body. These biochemical changes represent the physical or material aspect of the emotion. Of course, you are not usually conscious of all your thought patterns, and it is only through watching your emotions that you can bring them into awareness.
~ Eckhard Tolle, 1948- ~
The Power of Now: A Guide to Spiritual Enlightenment, 1999

The more you are identified with your thinking, your likes and dislikes, judgments and interpretations, which is to say the less *present* you are as the watching consciousness, the stronger the emotional charge will be, whether you are aware of it or not. If you cannot feel your emotions, if you are cut off from them, you will eventually experience them on a purely physical level, as a physical problem or symptom … A strong unconscious emotional pattern may even manifest as an external event that appears to just happen to you.
~ Ibid.

An emotion usually represents an amplified and energized thought pattern, and because of its often overpowering energetic charge, it is not easy initially to stay present enough to be able to watch it. It wants to take you over, and it usually succeeds – unless there is enough presence in you. If you are pulled into unconscious identification with the emotion through lack of presence, which is normal, the emotion temporarily becomes "you." Often a vicious circle builds up between your thinking and the emotion: they feed each other. The thought pattern creates a magnified reflection of itself in the form of an emotion, and the vibrational frequency of the emotion keeps feeding the original thought pattern. By dwelling mentally on the situation, event, or person that is the perceived cause of the emotion, the thought feeds energy to the emotion, which in turn energizes the thought pattern, and so on.
~ Ibid.

We fear passion and laugh at too much love and those who love too much. And still we long to feel.
~ Jeanette Winterson, 1959- ~

Our only freedom is in knowing, from years of observation and experiencing, that all personally centered thoughts and emotions (and the actions born of them) are empty … but if they are not seen as empty they can be harmful. When we realize this we can abandon them.
~ Charlotte Joko Beck ~
Everyday Zen, 1989

The fastest way to freedom is to feel your feelings.
~ Gita Bellin ~
A Sharing of Completion and Celebration, 1983

This is how our emotions heal themselves: We must feel them as we simultaneously hold ourselves in dominion over them. Holding dominion over a feeling or idea does not mean stopping it from being; it means merely staying on top of the situation in which it is wanting to express, deciding from a more integrated place what you are going to do about them.
~ Jacquelyn Small ~
Awakening in Time: The Journey from Co-dependence to Co-creation, 1991

When you feel yourself in the grip of an emotion such as jealousy or anger or sorrow, detach yourself from it. Take a step back. When you do that, you can allow the emotion to run through you without causing negative thoughts or actions.
~ Gary Zukav ~

FLEXIBILITY / FLOW / FLUX

Related States & Conditions: Change, Chaos/Uncertainty, Creativity/Discovery/Innovation, Expedience, Exploration, Growth/Expansion, Impermanence, Ingenuity, Liberation/Liberty/Freedom, Openness/Receptivity, Opportunity, Possibility/Potential, Spontaneity, Submission, Tolerance, Transformation

Syntonic: Acceptance, Attention/Awareness, Daring/Challenge, Initiative, Preparation/Readiness, Release

Dystonic: Attachment, Avoidance/Denial/Refusal, Conformity, Criticism/Judgment, Defeat, Delusion, Dependence, Depression/Despair/Distress, Fear, Habit, Limitation, Regret, Struggle, Worry

When the way comes to an end, then change – having changed, you pass through.
~ *Yi Jing*, c. 1150 BCE ~

The seed of mystery lies in muddy water.
How can I perceive this mystery?
Water becomes clear through stillness.
How can I become still?
By flowing with the stream.
~ Laozi, 570-490 BCE ~

Whatever is flexible and loving will tend to grow;
Whatever is rigid and blocked will wither and die.
~ Laozi ~

Human beings are born soft and flexible; when they die they are hard and stiff …
Plants arise soft and delicate; when they die they are withered and dry.
Thus, the hard and stiff are disciples of death; the soft and flexible are disciples of life.
Thus an inflexible army is not victorious; an unbending tree will break.
The stiff and big will be lowered; the soft and flexible will rise.
~ Laozi ~
Daode Jing, Chapter 76

Worms will not eat living wood where the vital sap is flowing; rust will not hinder the opening of a gate when the hinges are used each day.
Movement gives health and life. Stagnation brings disease and death.
~ *Yellow Emperor's Classic on Internal Medicine*, c. 500 BCE ~

They must often change who would be constant in happiness or wisdom.
~ Kongfuzi, c. 551-c. 479 BCE ~
Analects

All mortals, being in the process of coming-to-be and passing away, appear as phantoms and uncertain apparitions of themselves. No one can step twice into the same stream, nor touch a living object twice in the same condition. In swift and repeated change, things disperse and gather again; not in temporal succession, but in substance only they come together and flow away, approach and depart. So it is that becoming never ends in being.
~ Heraclitus, c. 540-c. 480 BCE ~

Everything flows and nothing abides; everything gives way and nothing stays fixed.
~ Heraclitus ~

It is a bad plan that admits of no modification.
~ Publilius Syrus, c. 42 BCE ~

The ego hollowed by its own sense of mortality flows with breath; sympathy with another receives the flow in harmony.
~ Jesus of Nazareth, c. 5-38 CE ~
The Gospel of John, 15:1, Peshitta Version
in *Desert Wisdom: Sacred Middle Eastern Writings from the Goddess Through the Sufis*, Neil Douglas-Klotz, tr., 1995

Be ever soft and pliable like a reed, not hard and unbending like a cedar.
~ *Babylonian Talmud*, 2nd-5th C. CE ~
Taanit 20a

One who resists the wave is swept away, but one who bends before it abides.
~ *Midrash*, Genesis Rabbah 44:1 ~

The world is a spinning die … and all things turn and spin and change, for at root all is one, and salvation inheres in the change and return of things.
~ Hasidic Saying ~

The sign of being a dried-up branch,
Unconnected to root-water in the deep ground,
Is that you have no inclination to sway.
~ Jalaluddin Rumi, 1207-1273 ~

The vast flood
Rolls onward
But yield yourself,
And it floats you upon it.
~ Ikkyu Sojun, 1394-1481 ~

He is happy whose circumstances suit his temper; but he is more excellent who can suit his temper to any circumstances.
~ David Hume, 1711-1776 ~

Such is the state of life that none are happy but by the anticipation of change. The change itself is nothing; when we have made it the next wish is to change again.
~ Samuel Johnson, 1709-1784 ~

Let us enjoy the fugitive hour. Man has no harbor, time has no shore, it rushes on and carries us with it.
~ Alphonse de Lamartine, 1790-1869 ~

In knowledge, that man is only to be condemned and despised who is not in a state of transition.
~ Michael Faraday, 1791-1867 ~

It is not the strongest of the species that survive, nor the most intelligent. It is the one that is the most adaptable to change.
~ Charles Darwin, 1809-1882 ~

This is the world of constant change, of eternal motion, where takes place a never-ending interaction of forces. It is one force or one set of forces now that predominates, and then another. The point of concentration is eternally shifting … They will come inevitably to grief … that disregard this experience and condition of life.
~ Soyen Shaku, 1859-1919 ~
"The Wheel of the Good Law," *Sermons of a Buddhist Abbot*, Daisetz Teitaro Suzuki, tr., 1906

A buoyant and full-bloodied soul has quick sense and miscellaneous sympathies: it changes with the changing world; and when not too much starved or thwarted by circumstances, it finds all things vivid and comic. Life is free play fundamentally and would like to be free play altogether.
~ George Santayana, 1863-1952 ~
Soliloquies in England and Later Soliloquies, 1922

Adapt or perish, now as ever, is nature's inexorable imperative.
~ H. G. Wells, 1866-1946 ~

The techniques of the Way of Peace change constantly; every encounter is unique, and the appropriate response should emerge naturally. Today's techniques will be different tomorrow.
~ Morihei Ueshiba, 1883-1969 ~
The Art of Peace, John Stevens, tr., 1992

Peace originates with the flow of things – its heart is like the movement of the wind and waves. The Way is like the veins that circulate blood through our bodies, following the natural flow of the life force. If you are separated in the slightest from that divine essence, you are far off the path.
~ Ibid.

There are two ways of meeting difficulties: you alter the difficulties, or you alter yourself to meet them.
~ Phyllis Bottome, 1884-1963 ~

The quality in human nature on which we must pin our hopes is its proven adaptability.
~ Arnold Toynbee, 1889-1975 ~
Cities on the Move, 1970

Time is a flowing river. Happy those who allow themselves to be carried, unresisting, with the current. They float through easy days. They live, unquestioning, in the moment.
~ Christopher Morley, 1890-1957 ~

Too much consistency is as bad for the mind as for the body. Consistency is contrary to nature, contrary to life. The only completely consistent people are the dead.
~ Aldous Huxley, 1894-1963 ~
Collected Essays, 1958

Becoming is the essence of everything that lives. The actual is both a springboard and barrier to the possible. Fixtures are the enemies of life, which is always in flux. We are all fated, however, to generate this contradiction and live it through in ourselves.
~ Karlfried Durckheim, 1896-1988 ~
The Call for the Master, Vincent Nash, tr., 1989

One must accept the security of the winged life, of ebb and flow, of intermittency.
~ Anne Morrow Lindbergh, 1906-2001 ~
Gift from the Sea, 1955

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We must be steady enough in ourselves, to be open and to let the winds of life blow through us, to be our breath, our inspiration; to breathe with them, mobile and soft in the limberness of our bodies, in our agility, our ability, as it were, to dance, and yet to stand upright.
~ M. C. Richards, 1916-1999 ~

The river reflects everything in herself. Thanks to the river's flow, the flux of life is possible. And death lies within life, because without death there could be no life. Let us welcome the flow. Let us welcome impermanence and non-self.
~ Thich Nhat Hanh, 1926- ~
Fragrant Palm Leaves: Journals 1962-1966, 1998

I can't change the direction of the wind, but I can adjust my sails to always reach my destination.
~ James Dean, 1931-1955 ~

Instead of striving to be right at a high cost, it will be more appropriate to be flexible and plural at a lower cost. If you cannot accurately predict the future then you must flexibly be prepared to deal with various possible futures.
~ Edward de Bono, 1933- ~
Serious Creativity, 1992

The happiest people spend much time in a state of flow – the state in which people are so involved in an activity that nothing else seems to matter; the experience itself is so enjoyable that people will do it even at great cost, for the sheer sake of doing it.
~ Mihaly Csikszentmihalyi, 1934- ~
Flow: The Psychology of Optimal Experience, 1990

All fixed set patterns are incapable of adaptability or pliability. The truth is outside of all fixed patterns.
~ Bruce Lee, 1940-1973 ~

The body is not a frozen sculpture. It is a river of information – a flowing organism empowered by millions of years of intelligence ... The human body first takes form as intense but invisible vibrations, called quantum fluctuations, before it proceeds to coalesce into impulses of energy and particles of matter.
~ Deepak Chopra, 1947- ~
Journey Into Healing: Awakening the Wisdom Within You, 1994

Because we can change like quicksilver, the flowing quality of life is natural to us. The material body is a river of atoms, the mind is a river of thought, and what holds them together is a river of intelligence.
~ Ibid.

A philosophy of life is something you work with periodically. It's never perfect, even if you developed it yourself! It's only perfect perhaps for the moment and in its generality. But life is not constant, and so as life changes one's philosophy should change too. That doesn't mean that you have to dump everything you've been living by; it only means that you adapt and re-adapt if necessary.
~ Erskine Peters, 1948-1998 ~

Surrender is the simple yet profound wisdom of *yielding* to rather than *opposing* the flow of life. The only place where you can experience the flow of life is the Now, so to surrender is to accept the present moment unconditionally and without reservation. It is to relinquish inner resistance to what *is*.
~ Eckhard Tolle, 1948- ~
The Power of Now: A Guide to Spiritual Enlightenment, 1999

As your faith is strengthened you will find that there is no longer the need to have a sense of control, that things will flow as they will, and that you will flow with them, to your great delight and benefit.
~ Emmanuel ~

The art of life lies in a constant readjustment to our surroundings.
~ Kakuzo Okakiwa ~

When you live fully focused in the present, instead of always in plans and efforts for the future, things begin to flow to you from that very future, it seems. Full awareness from moment to moment seems to put you in the cosmic flow where things happen without pushing.
~ Elisabet Sahtouris ~
"Lessons in Learning How to Live in the Flow: A Personal Account"

The survival of the fittest is the ageless law of nature, but the fittest are rarely the strong. The fittest are those endowed with the qualifications for adaptation, the ability to accept the inevitable and conform to the unavoidable, to harmonize with existing or changing conditions.
~ Dave E. Smalley ~

FOCUS / INTENTION

Related States & Conditions: Attention/Awareness, Centering, Commitment/Dedication, Conviction/Principle, Desire, Goal/Ideal/Purpose, Perspective, Vision/Visualization

Syntonic: Action/Effort, Autonomy/Control, Confidence, Determination/Persistence/Resolve, Discipline, Initiative, Opportunity, Passion, Patience, Preparation/Readiness, Release

Dystonic: Attachment, Avoidance/Denial/Refusal, Conformity, Criticism/Judgment, Defeat, Delusion, Dependence, Depression/Despair/Distress, Distraction/Diversion, Fear, Habit, Limitation, Regret, Struggle, Worry

Slight not what's near, while aiming at what's far.
~ Euripides, c. 485-406 BCE ~
Rhesus, 450 BCE

For him who has no concentration, there is no tranquility.
~ *Bhagavad Gita*, c. 400 BCE ~

If you direct your whole thought to work itself, none of the things which invade eyes or ears will reach the mind.
~ Quintillian, c. 35-c. 100 CE ~

A clear intent can fructify
And bring us birth in lofty Brahma's realm.
The acts of body and of speech are less –
They do not generate a like result.
~ Shantideva, 7th C. ~
The Way of the Boddhisattva, Padmakara, tr., 1997

When something has been planned and started on,
Attention should not drift to other things.
With thoughts fixed on the chosen target,
That and that alone should be pursued.
~ Ibid.

Until the last gourd is broken, let us not talk of drought.
~ Yoruba (Nigeria) Saying ~

The words *focus on the center* are most sublime. The center is omnipresent; the whole universe is within it. This indicates the mechanism of Creation; you focus on this to enter the gate, that is all. To focus means to focus on this as a hint, not to become rigidly fixated.
~ Lu Dong Bin, c. 798 ~
The Secret of the Golden Flower: The Classic Chinese Book of Life, Thomas Cleary, tr., 1991

You should each individually
Clarify your own mind,
Getting to the root
Without pursuing the branches.
Just get to the root,
And the branches come of themselves.
If you want to get to the root,
Just get to know your mind.
This mind is basically the root
Of all mundane and supramundane
Phenomena; as long as the mind
Does not become obsessed with
Good and bad, you will realize that
All things are basically just so.
~ Damei Fachang, 752-839 ~

Just get to the root,
Don't worry about the branches,
For someday you will
Come to have them naturally.
If you have not attained the basis,
Even if you consciously study
You cannot attain the outgrowths either.
~ Yangshan Huiji, 803-887 ~

Who aimeth at the sky
Shoots higher much than he that means a tree.
~ George Herbert, 1593-1633 ~
The Temple, 1633

When at leisure, the mind can be hazy. It is important to be totally alert, completely serene, and in harmony. When busy, the mind is easily put to rout. It is important to be totally alert, completely serene, and in control.
~ Hong Zicheng, fl. 1596 ~
Caigentan: Vegetable Roots Discourse, I.175, Robert Aitken & Daniel W. Y. Kwok, trs., 2006

Prize intensity more than extensity. Perfection resides in quality, not quantity. Extent alone never rises above mediocrity, and it is the misfortune of men with wide general interests that while they would like to have their finger in every pie, they have one in none. Intensity gives eminence, and rises to the heroic in matters sublime.
~ Baltasar Gracián y Morales, 1601-1685 ~

One should always think of what one is about; when one is learning one should not think of play; and when one is at play, one should not think of one's learning.
~ Lord Chesterfield, 1694-1773 ~

If your intention is pure you can walk on the sea.
~ Swahili (Kenya) Saying ~

Obstacles are those frightful things you see when you take your eyes off the goal.
~ Hannah More, 1745-1833 ~

Beware of dissipating your powers; strive constantly to concentrate them. Genius thinks it can do whatever it sees others doing, but is sure to repent of every ill-judged outlay.
~ Johann von Goethe, 1749-1832 ~

Men give me credit for some genius. All the genius I have lies in this; when I have a subject in hand, I study it profoundly. Day and night it is before me. My mind becomes pervaded with it. Then the effort that I have made is what people are pleased to call the fruit of genius. It is the fruit of labor and thought.
~ Alexander Hamilton, 1755-1804 ~

Always look for the good in yourself. Focus on that good, highlight it.
~ Nachman of Breslov, 1772-1810 ~
The Empty Chair: Timeless Wisdom from a Hasidic Master, Rebbe Nachman of Breslov, Moshe Mykoff, ed., 1994

Successful minds work like a gimlet, to a single point.
~ Christian Bovee, 1820-1904 ~

The real essence of work is concentrated energy … people who really have that in a superior degree by nature, are independent of the forms and habits and artifices by which less able and active people are kept up to their labors.
~ Walter Bagehot, 1826-1877 ~
Literary Studies, Richard Holt Hutton, ed., 1879

As you emphasize your life, you must localize and define it. The more truly and earnestly you come to do anything, the more clearly you will see that you cannot do everything. He who is truly good must be good for something. To be good for everything is to be good for nothing.
~ Phillips Brooks, 1835-1893 ~
Visions and Tasks, 1886

Concentrate your energies, your thoughts, your capital … The wise man puts all his eggs in one basket and watches the basket.
~ Andrew Carnegie, 1835-1919 ~

If you want to hit a bird on the wing you must have all your will in focus, you must not be thinking about yourself, and, equally, you must not be thinking about your neighbor; you must be living in your eye on that bird. Every achievement is a bird on the wing.
~ Oliver Wendell Holmes, Jr., 1841-1935 ~
The Mind and Faith of Justice Holmes, Max Lerner, ed., 1943

Concentration is the factor that causes the great discrepancy between men and the results they achieve … the difference in their power of calling together all the rays of their ability and concentrating on one point.
~ Orison S. Marden, 1850-1924 ~

The difference in men does not lie in the size of their heads, nor in the perfection of their bodies, but in this one sublime ability of concentration – to throw the weight with the blow, live an eternity in an hour – "This one thing I do!"
~ Elbert Hubbard, 1856-1915 ~
The Philosophy of Elbert Hubbard

With self-discipline most anything is possible.
~ Theodore Roosevelt, 1858-1919 ~

The life of every man is a diary in which he means to write one story, and writes another; and his humblest hour is when he compares the volume as it is with what he vowed to make it.
~ J. M. Barrie, 1860-1937 ~

The secret of living is to find a pivot, the pivot of a concept on which you can make your stand.
~ Luigi Pirandello, 1867-1936 ~

The perplexity of life arises from there being too many interesting things in it for us to be interested properly in any of them.
~ G. K. Chesterton, 1874-1936 ~

If you are possessed by an idea, you find it expressed everywhere, you even *smell* it.
~ Thomas Mann, 1875-1955 ~

Ideas by themselves cannot produce change of being; your effort must go in the right direction, and one must correspond to the other.
~ P. D. Ouspensky, 1878-1947 ~

No horse gets anywhere until he is harnessed. No steam or gas ever drives anything until it is confined. No Niagara is ever turned into light and power until it is tunneled. No life ever grows great until it is focused, dedicated, disciplined.
~ Henry Emerson Fosdick, 1878-1969 ~

Do not think of today's failures, but of the success that may come tomorrow.
~ Helen Keller, 1880-1968 ~

At the instant
A warrior
Confronts a foe,
All things
Come into focus.
~ Morihei Ueshiba, 1883-1969 ~
The Art of Peace, John Stevens, tr., 1992

You must be single-minded. Drive for the one thing on which you have decided.
~ George S. Patton, Jr., 1885-1945 ~

We succeed only as we identify in life, or in war, or in anything else, a single overriding objective, and make all other considerations bend to that one objective.
~ Dwight Eisenhower, 1890-1969 ~

When everything is going badly and you are trying to make up your mind, look towards the heights, no complications there.
~ Charles de Gaulle, 1890-1970 ~

If this earthly existence is all we have, we must try the harder to enjoy it while it lasts. A vague hope of immortality detracts from our wholehearted enjoyment of this earthly existence.
~ Lin Yutang, 1895-1976 ~
The Importance of Living, 1937

Only he who keeps his eyes fixed on the far horizon will find his right road.
~ Dag Hammarskjöld, 1905-1961 ~
Markings, 1964

You cannot both feast and become rich.
~ Ashanti Saying ~

The purpose of practicing detachment is to separate us from our present reactions to life and attach us to our aim in life. This inner separation must be developed by practice. At first we seem to have no power to separate ourselves from undesirable inner states, simply because we have always taken every mood, every reaction, as natural and have become identified with them. When we have no idea that our reactions are only states of consciousness from which it is possible to separate ourselves, we go round and round in the same circle of problems – not seeing them as inner states but as outer situations. We practice detachment, or inner separation, that we may escape from the circle of our habitual reactions to life. That is why we must formulate an aim and constantly notice ourselves in regard to that aim.
~ Neville, 1905-1972~
"Fundamentals," *New Thought*, Summer 1953

Lack of will power has caused more failure than lack of intelligence or ability.
~ Flower A. Newhouse, 1909-1994 ~

I would much rather read one good book with concentration and understanding than skim through a list of best-sellers which I will not remember and which will have no effect on my life or my understanding of life.
~ Eknath Easwaran, 1911-1999 ~
Take Your Time: Finding Balance in a Hurried World, 1994

If our motivation is only for personal gain or personal power, it narrows the scope of our achievement. Ultimately, the motivation underlying our pursuits should not be wholly personal, but a desire to be of service.
~ Vilayat Khan, 1916-2004 ~
Awakening: A Sufi Experience, 1999

The secret of happiness is keeping your mind on the things you want and off the things you don't want.
~ Earl Nightingale, 1921-1989 ~

Concentration is inspiration. You must be completely overtaken by your work and your subject. Only then do all your influences and experiences come up to the surface.
~ César Chávez, 1927-1993 ~
in *Roots of Greatness: The 1995 Mexican-American Historical Calendar*

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Begin today with the image, picture, or paradigm of the end of your life as your frame of reference or the criterion by which everything else is examined. By keeping that end clearly in mind, you can make certain that whatever you do on any particular day does not violate the criteria you have defined as supremely important, and that each day of your life contributes in a meaningful way to the vision you have of your life as a whole.
~ Stephen Covey, 1932- ~
The 7 Habits of Highly Effective People, 1989

One very important aspect of motivation is the willingness to stop and to look at things that no one else has bothered to look at. This simple process of focusing on things that are normally taken for granted is a powerful source of creativity.
~ Edward de Bono, 1933- ~
Serious Creativity, 1992

People who have no intention just go through the motions. They make mistakes, they can't handle things, nothing around them works, they don't do things completely, they complain all the time. What gives people superiority at a task is true intention. That makes you attuned to everything. You handle everything, and your mind doesn't give you reasons for not noticing and not handling things.
~ Werner Erhard, 1935- ~
in William W. Bartley III, *Werner Erhard*, 1978

Nobody who is anybody just does one thing any more ... Busyness itself is no longer a symptom of workaholism but a badge of efficiency. When life is as split as the new television set, the second screen does show you a whole lot of options. But when it's on, funny how much harder it seems to focus on the big picture.
~ Ellen Goodman, 1941- ~
in *Modesto Bee*

You must see your goals clearly and specifically before you can set out for them. Hold them in your mind until they become second nature.
~ Les Brown, 1945- ~

To work in the world lovingly means that we are defining what we will be for, rather than reacting to what we are against.
~ Christina Baldwin, 1946- ~

Intention is the active partner of attention; it is the way we convert our automatic processes into conscious ones ... Intentions automatically seek their fulfillment if left alone.
~ Deepak Chopra, 1947- ~
Journey into Healing: Awakening the Wisdom Within You, 1999

There's nothing mysterious about success. It's the ability to stay mentally locked in.
~ Montel Williams, 1956- ~
Success depends on where intention is.
~ Gita Bellin ~
A Sharing of Completion and Celebration, 1983

Intention is not just about will – or about resolutions we make on New Year's Eve with shaky hope in our hearts – but about our overall everyday vision, what we long for, what we believe is possible for us. If we want to know the spirit of our activities, the emotional tone of our efforts, we have to look at our intentions ... Each decision we make, each action we take, is born out of an intention ... The momentary urges that shape what we do are intentions, as are the convictions and aspirations we hold.
~ Sharon Salzberg ~
"The Power of Intention," O Magazine, 2004 January

True inward quietness ... is not vacancy, but stability; the steadfastness of a single purpose.
~ Caroline Stephen ~

Intention is the seed we plant from which effort grows and action blossoms. If we don't plant and cultivate our intentions, they will never grow.
~ Angel Kyodo Williams ~
Being Black: Zen and the Art of Living with Fearlessness and Grace, 2000

Every action, thought, and feeling is motivated by an intention, and that intention is a cause that exists as one with an effect. If we participate in the cause, it is not possible for us not to participate in the effect. In this most profound way, we are held responsible for our every action, thought, and feeling, which is to say, for our every intention. We, ourselves, shall partake of the fruit of our every intention. It is, therefore, wise for us to become aware of the many intentions that inform our experience, to sort out which intentions produce which effects, and to choose our intentions according to the effects that we desire to produce.
~ Gary Zukav ~
The Seat of the Soul, 1990

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FORGIVENESS

Related States & Conditions: Giving/Serving, Health/Healing, Introspection/Self-Knowledge, Love-Agape, Reciprocity/Reflection, Renewal, Tolerance

Syntonic: Acceptance, Compassion/Empathy/Kindness, Equanimity, Flexibility/Flow/Flux, Humor/Laughter, Initiative, Openness/Receptivity, Opportunity, Patience, Preparation/Readiness, Release, Respect, Trust, Understanding

Dystonic: Attachment, Avoidance/Denial/Refusal, Conflict/Opposition, Conformity, Criticism/Judgment, Dependence, Fault, Fear, Guilt, Insecurity/Risk, Jealousy/Envy, Limitation, Regret, Revenge, Struggle, War/Aggression/Violence, Worry

If you are angered by a misdeed, then lean toward a man on account of his rightness. Pass over the misdeed and don't remember it, since God was silent to you on the first day of your misdeed.
~ Khemetic Saying ~
Temt Tchaas: Egyptian Proverbs, Muata Ashaya Ashby, ed., 1994

The man who foolishly does me wrong, I will return to him the protection of my most ungrudging love; and the more evil comes from him, the more good shall go from me.
~ Buddha, c. 563-483 BCE ~

To be wronged is nothing unless you continue to remember it.
~ Kongfuzi, c. 551-c. 479 BCE ~

If you want to see the brave, look at those who can forgive.
~ *Bhagavad Gita*, c. 400 BCE ~

How unhappy is he who cannot forgive himself.
~ Publilius Syrus, c. 42 BCE ~

If anyone will take these two words to heart and use them for his own guidance, he will be almost without sin and will lead a very peaceful life. These words are bear and forebear.
~ Epictetus, 50-120 ~

And when a man injures and oppresses you and deals unjustly with you, you should deal kindly with him and forgive him. Thus you will strike at the root of hatred and enmity and he who is your enemy will become your friend.
~ *Qur'an*, 610-622 ~

It is in pardoning that we are pardoned.
~ Francis of Assisi, c. 1181-1226 ~

He that cannot forgive others, breaks the bridge over which he himself must pass if he would ever reach heaven, for everyone has need to be forgiven.
~ George Herbert, 1593-1633 ~

To err is human, to forgive divine.
~ Alexander Pope, 1688-1744 ~
An Essay on Criticism, 1711

Little vicious minds abound with anger and revenge, and are incapable of feeling the pleasure of forgiving their enemies.
~ Lord Chesterfield, 1694-1773 ~

To understand all is to forgive all.
~ François-Marie Voltaire, 1694-1778 ~

A wise man will make haste to forgive, because he knows the true value of time, and will not suffer it to pass away in unnecessary pain.
~ Samuel Johnson, 1709-1784 ~

Forgiveness is the economy of the heart ... Forgiveness saves expense of anger, the cost of hatred, the waste of spirits.
~ Hannah More, 1745-1833 ~
"Christianity a Practical Principle," *Practical Piety*, 1811

The more we know the better we forgive. Whoever feels deeply, feels for all who live.
~ Madame de Staël, 1766-1817 ~

I can forgive, but I cannot forget, is only another way of saying, I will not forgive. Forgiveness ought to be like a cancelled note – torn in two, and burned up, so that it never can be shown against one.
~ Henry Ward Beecher, 1813-1887 ~

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Kind words will set right things which have got most intricately wrong. In reality an unforgiving heart is a rare monster. Most men get tired of the justest quarrels.
~ Frederick Faber, 1814-1863 ~
Spiritual Conferences, 1859

Never does the human soul appear so strong as when it forgoes revenge, and dares to forgive an injury.
~ E. H. Chapin, 1814-1880 ~

Forgive, forget. Bear with the faults of others as you would have them bear with yours. Be patient and understanding. Life is too short to be vengeful or malicious.
~ Phillips Brooks, 1835-1893 ~

Forgiveness is the fragrance the violet sheds on the heel that has crushed it.
~ Mark Twain, 1835-1910 ~

And if a friend does you evil, then say: "I forgive you what you did to me; but that you have done it to to *yourself* – how could I forgive that?"
~ Friedrich Nietzsche, 1844-1900 ~
Thus Spoke Zarathustra, Walter Kauffman, tr., 1954, 1966

Always forgive your enemies. Nothing annoys them as much.
~ Oscar Wilde, 1856-1900 ~

To ask that one's own higher self should forgive one's own trespasses is the hardest prayer to answer that we can ever offer up … We cannot forgive others in any comprehensible sense unless we have first learnt how to forgive ourselves.
~ Havelock Ellis, 1859-1939 ~
Selected Essays, 1936

The weak cannot forgive. Forgiveness is the attribute of the strong.
~ Mahatma Gandhi, 1869-1948 ~

You must forgive injuries, not just in words, or as a matter of form; but sincerely, in your heart – and that is the long and the short of it. You do this, not for the other person's sake, but for your own sake. It will make no difference to him (unless he happens to set a value upon your forgiveness), but it will make a tremendous difference to you.
~ Emmet Fox, 1886-1951 ~
Make Your Life Worthwhile, 1946

He that forgives gains the victory.
~ Yoruba (Southern Nigeria) Saying ~

Forgiveness is eternal and ever available. What a load is dropped from the shoulders of personal responsibility, when we realize that the eternal Mind holds naught against anybody.
~ Ernest Holmes, 1887-1960 ~

Genuine forgiveness is participation, reunion overcoming the powers of estrangement … We cannot love unless we have accepted forgiveness, and the deeper our experience of forgiveness is, the greater is our love.
~ Paul Tillich, 1888-1965 ~
in *Best Sermons*, Vol. IV, George Paul Butler, ed., 1949

Without forgiveness life is governed by … an endless cycle of resentment and retaliation.
~ Roberto Assagioli, 1893-1974 ~

All forgiveness is illogical, yet we must fear a man who never forgives.
~ Lin Yutang, 1895-1976 ~
The Pleasures of a Nonconformist, 1962

Forgive others. Do it not only for their sake, but for your own. If you don't, you will feel within you a nauseating resentment, destroying you from within.
~ Maxwell Maltz, 1899-1975 ~

We find it difficult to forgive only because we like our sense of condemnation … As long as we can condemn another, we feel superior to him.
~ Maltz ~

Once a woman has forgiven her man, she must not reheat his sins for breakfast.
~ Marlene Dietrich, 1901-1992 ~

Forgiveness is the answer to the child's dream of a miracle by which what is broken is made whole again, what is soiled is again made clean.
~ Dag Hammarskjöld, 1905-1961 ~

If you will learn to distinguish between states of consciousness and their occupant, you can forgive everyone. How? By identifying the one you would forgive with the ideal he failed to realize. The highest ideal would be to identify him with the divine image itself.
~ Neville, 1905-1972~
"True Forgiveness," Lecture, 1969 April 1

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If one broke the law of gravity one broke one's neck; if one broke this law of forgiveness one inflicted a mortal wound on one's spirit and became once again a member of the chain gang of mere cause and effect from which life has labored so long and so painfully to escape.
~ Laurens van der Post, 1906-1996 ~
The Night of the New Moon, 1971

To be accused of not being able to forgive makes us feel even worse. Not being able to forgive, however makes us more deeply entrenched in our suffering – we carry the wound in our hearts, and that stands in the way of our progress.
~ Vilayat Khan, 1916-2004 ~
Awakening: A Sufi Experience, 1999

Forgiveness asks you to reappraise the hurt and its source and to go through a shift in how you think and feel about both the offender and yourself. As a goal commonly advocated by all of the world's long-standing religions, forgiveness can be a truly transforming experience that allows us to move beyond our often selfish desires and needs.
~ Huston Smith, 1919- ~
The World's Religions, 1991

As long as you don't forgive, who and whatever it is will occupy rent-free space in your mind.
~ Isabelle Holland, 1920-2002 ~

Forgiveness is an eminent form of giving, which affirms the dignity of the other by acknowledging him for who he is beyond what he does.
~ Pope John Paul II, 1920-2005 ~

Inner peace can only be reached when we practice forgiveness. Forgiveness is the letting go of the past, and is therefore the means for correcting our misperceptions.
~ Gerald Jampolsky, 1925- ~
Love Is Letting Go of Fear, 1979

Forgiveness is an inner correction that lightens the heart. It is for our peace of mind first.
~ Jampolsky ~

When you forgive somebody who has wronged you, you're spared the dismal corrosion of bitterness and wounded pride. For both parties, forgiveness means the freedom again to be at peace inside their own skins and to be glad in each others' presence.
~ Frederick Buechner, 1926- ~

Most of us find forgiving hard. We associate it with weakness and losing when, actually, the reverse is true. When you forgive, you gain strength and come out a winner. You break free of control by the other person's actions.
~ Joyce Brothers, 1927- ~
"Reconnect With Your Family," *Parade Magazine*, 2001 November 4

When we judge, we are pushing people away; we are creating a wall, a barrier. When we forgive we are destroying barriers, we come closer to others.
~ Jean Vanier, 1928- ~

We must develop and maintain the capacity to forgive. He who is devoid of the power to forgive is devoid of the power to love. There is some good in the worst of us and some evil in the best of us. When we discover this, we are less prone to hate our enemies.
~ Martin Luther King, Jr., 1929-1968 ~
The Words of Martin Luther King, Jr., Coretta Scott King, ed., 1983

Forgiveness is not an occasional act; it is a permanent attitude.
~ Ibid.

It is freeing to become aware that we do not have to be victims of our past and can learn new ways of responding. But there is a step beyond this recognition ... It is the step of forgiveness. Forgiveness is love practiced among people who love poorly. It sets us free without wanting anything in return
~ Henri Nouwen, 1932-1996 ~

The only thing that is going to save people and save the world is if we forgive and love each other. It doesn't mean that I have to like everything that you have done. But not to forgive means that there are things that I can't forgive myself for either. Everything is forgivable once one understands why people are the way they are.
~ Bernie Siegel, 1932- ~

The process of forgiveness – indeed, the chief reason for forgiveness – is selfish. The reason to forgive others is *not* for their sake. They are not likely to know that they need to be forgiven ... The reason to forgive is for our own sake. For our own health. Because beyond that point needed for healing, if we hold on to our anger, we stop growing and our souls begin to shrivel.
~ M. Scott Peck, 1936-2005 ~
Further Along the Road Less Travelled, 1993

When you can forgive both another and yourself … you move from the law of karma (action and reaction) into the law of grace (resolution) – that effulgent state that transmutes and heals.
~ W. Brugh Joy, 1939- ~
Joy's Way, 1978

It is the act of forgiveness that opens up the only possible way to think creatively about the future at all.
~ Desmond Wilson, 1941- ~
in *The Listener*, 1979

Forgiveness is the exercise of compassion and is both a process and an attitude. In the process of forgiveness, we convert the suffering created by our own mistakes or as a result of being hurt by others into psychological and spiritual growth. Through the attitude of forgiveness we attain happiness and serenity by letting go of the ego's incessant need to judge ourselves and others.
~ Joan Borysenko, 1945- ~

Healing comes from forgiving ourselves and forgiving others, holding nothing against other people, feeling no guilt or resentment about our own life. Forgiveness is letting go, forgetting the past, letting the past be over and done with. Forgiveness is accepting things the way they are. Right now, when it matters.
~ Toby Johnson, 1945- ~
Gay Spirituality: The Role of Gay Identity in the Transformation of Human Consciousness, 2000

Forgiveness is primarily for our own sake so that we no longer carry the burden of resentment. But to forgive does not mean we allow injustice again.
~ Jack Kornfield, 1945- ~

Forgiveness is to relinquish your grievance and so to let go of grief. It happens naturally once you realize that your grievance serves no purpose except to strengthen a false sense of self. Forgiveness is to offer no resistance to life – to allow life to live through you. The alternatives are pain and suffering, a greatly restricted flow of life energy, and in many cases physical disease.
~ Eckhard Tolle, 1948- ~
The Power of Now: A Guide to Spiritual Enlightenment, 1999

We must forgive those we feel have wronged us, not because they deserve to be forgiven, but because we love ourselves so much we don't want to keep paying for the injustice. Forgiveness is the only way to heal. We can choose to forgive because we feel compassion for ourselves.
~ Miguel Ruiz, 1952- ~
The Four Agreements, 1997

Forgiveness does not mean that we suppress anger; forgiveness means that we have asked for a miracle: the ability to see through mistakes that someone has made to the truth that lies in all of our hearts. Forgiveness is not always easy. At times, it feels more painful than the wound we suffered, to forgive the one that inflicted it. And yet, there is no peace without forgiveness. Attack thoughts towards others are attack thoughts towards ourselves. The first step in forgiveness is the willingness to forgive.
~ Marianne Williamson, 1952- ~

To forgive but not to forget is like burying the hatchet with the handle sticking out.
~ Unknown ~

Sincere forgiveness isn't colored with expectations that the other person apologize or change. Don't worry whether or not they finally understand you. Love them and release them. Life feeds back truth to people in its own way and time.
~ Sara Paddison, 1953- ~

Forgiveness frees us from the pain of the past and moves us beyond our mistakes in the future. What you give you get. When you forgive, forgiveness is there for you if you need it.
~ Iyanla Vanzant, 1953- ~
Acts of Faith: Daily Meditations for People of Color, 1993

Forgiveness does not change the past, but it does enlarge the future.
~ Paul Boese ~

Forgiving ourselves dissolves all kinds of unhealthy attitudes – about ourselves and about the other. We are released from brutal self-downing when we stop criticizing others.
~ Marsha Sinetar ~

Forgiveness gives me the freedom to love now. When we attain this freedom, we realize that those who have done evil are themselves its victims. In forgiving we do not lose anything, rather we receive a gift.
~ Andrija Vrane ~
Address, 1998

FRIENDSHIP

Related States & Conditions: Communication, Congruence/Resonance, Connection/Interbeing/Interdependence, Engagement/Integration/Involvement, Giving/Serving, Influence/Effect, Love-Agape, Reciprocity/Reflection, Relationship

Syntonic: Acceptance, Appreciation, Compassion/Empathy/Kindness, Disclosure/Veracity, Flexibility/Flow/Flux, Forgiveness, Humor/Laughter, Openness/Receptivity, Patience, Respect, Sincerity/Authenticity, Tolerance, Trust, Understanding, Value/Worth

Dystonic: Attachment, Avoidance/Denial/Refusal, Conflict/Opposition, Criticism/Judgment, Dependence, Fault, Fear, Jealousy/Envy, Limitation, Regret, Revenge, Struggle, War/Aggression/Violence, Worry

A mirror reflects a man's face, but what he is really like is shown by the kind of friends he chooses.
~ Solomon, 10th C. BCE ~
in *The Bible*, Proverbs 27:19

An honest answer is the sign of true friendship.
~ Ibid., 24:26~

One loyal friend is worth ten thousand relatives.
~ Euripides, c. 485-406 BCE ~

Only the friendship of those who are good, and similar in their goodness, is perfect … And it is those who desire the good of their friends for their friends' sake that are most truly friends, because each loves the other for what he is, and not for any incidental quality.
~ Aristotle, 384-322 BCE ~

Of all the things which wisdom provides to make life entirely happy, much the greatest is the possession of friendship.
~ Epicurus, 341-270 BCE ~

The shifts of Fortune test the reliability of friends.
~ Cicero, 106-43 BCE ~

The reward of friendship is itself. The man who hopes for anything else does not understand what true friendship is … No medicine is more valuable, none more efficacious, none better suited to the cure of all our temporal ills than a friend to whom we may turn for consolation in time of trouble, and with whom we may share our happiness in time of joy.
~ Ailred of Rievaulx, 1109-1166 ~
De Spirituali Amicitia

It is easier to visit friends than to live with them.
~ Chinese Saying ~

"Come see me" and "come live with me" are two different things.
~ Jamaican Saying ~

If a man should importune me to give a reason why I loved him, I find it could not otherwise be expressed, than by making answer: because it was he, because it was I.
~ Michel de Montaigne, 1533-1592 ~

Tell me what company thou keepst, and I'll tell thee what thou art.
~ Miguel de Cervantes, 1547-1616 ~

There is no man that imparteth his joys to his friends, but that he joyeth the more; and no man that imparteth his griefs to his friends, but he grieveth the less.
~ Francis Bacon, 1561-1626 ~
Essays

A friend is one that knows who you are, understands where you have been, accepts what you have become, and still gently allows you to grow.
~ William Shakespeare, 1564-1616 ~

Choose your friends like your books, few but choice.
~ American Saying ~

True happiness
Consists not in the multitude of friends,
But in the worth and the choice.
~ Ben Jonson, 1572-1637 ~

None is so rich as to throw away a friend.
~ Turkish Saying ~

True friendship multiplies the good in life and divides its evils. Strive to have friends, for without friends is like life on a desert island … to find one real friend in a lifetime is good fortune; to keep them is a blessing.
~ Baltasar Gracián y Morales, 1601-1685 ~

There is no wilderness like a life without friends; friendship multiplies blessings and minimizes misfortunes; it is a unique remedy against adversity, and it soothes the soul.
~ Gracián ~

A good friend is my nearest relation.
~ Thomas Fuller, 1608-1661 ~

A true friend is the greatest of all blessings, and the one which we take the least thought to acquire.
~ François de La Rochefoucauld, 1613-1680 ~
Maximes, 1664

The more we love our friends, the less we flatter them; it is by excusing nothing that pure love shows itself.
~ Jean-Baptiste Moliére, 1622-1673 ~

There can be no friendship where there is no freedom. Friendship loves a free air, and will not be fenced up in straight and narrow enclosures.
~ William Penn, 1644-1718 ~

Two persons cannot long be friends if they cannot forgive each other's little failings.
~ Jean de La Bruyère, 1645-1696 ~

If the first law of friendship is that it has to be cultivated, then the second law is to be indulgent when the first law has been neglected.
~ François-Marie Voltaire, 1694-1778 ~

When befriended, remember it; when you befriend, forget it.
~ Benjamin Franklin, 1706-1790 ~

Always set high value on spontaneous kindness. He whose inclination prompts him to cultivate your friendship of his own accord will love you more than one whom you have been at pains to attach to you.
~ Samuel Johnson, 1709-1784 ~

To let friendship die away by negligence and silence is certainly not wise. It is voluntarily to throw away one of the greatest comforts of this weary pilgrimage.
~ Johnson ~

True friendship is a plant of slow growth and must undergo and withstand the shocks of adversity before it is entitled to the appellation.
~ George Washington, 1732-1799 ~

The bird a nest, the spider a web, man friendship.
~ William Blake, 1757-1827 ~
"Proverbs of Hell," *The Marriage of Heaven and Hell*, 1793

No distance of place or lapse of time can lessen the friendship of those who are thoroughly persuaded of each other's worth.
~ Robert Southey, 1774-1843 ~

True friendship is like sound health; the value of it is seldom known until it be lost.
~ Charles Caleb Colton, 1780-1832 ~

The firmest friendships have been formed in mutual adversity, as iron is most strongly united with the fiercest flame.
~ Colton ~

One of the surest evidences of friendship that one individual can display to another is telling him gently of a fault. If any other can excel it, it is listening to such a disclosure with gratitude, and amending the error.
~ Edward Bulwer-Lytton, 1803-1873 ~

The glory of friendship is not the outstretched hand, nor the kindly smile, nor the joy of companionship; it's the spiritual inspiration that comes to one when he discovers that someone else believes in him and is willing to trust him with his friendship.
~ Ralph Waldo Emerson, 1803-1882 ~

It is one of the blessings of old friends that you can afford to be stupid with them.
~ Emerson ~

A friend is a person with whom I may be sincere. Before him I may think aloud … The only reward of virtue is virtue; the only way to have a friend is to be one.
~ Emerson ~
"Friendship," *Essays: First Series*, 1841

The wise man, the true friend, the finished character we seek everywhere and only find in fragments.
~ Emerson ~

The better part of one's life consists of his friendships.
~ Abraham Lincoln, 1809-1865 ~

Many a friendship – long, loyal, and self-sacrificing – rested at first upon no thicker a foundation than a kind word.
~ Frederick Faber, 1814-1863 ~

We do not wish for friends to feed and clothe our bodies … but to do the like office to our spirits … True friendship can afford true knowledge. It does not depend on darkness and ignorance … The language of friendship is not words, but meanings. It is an intelligence above language.
~ Henry David Thoreau, 1817-1862 ~

It is easy to say how we love new friends, and what we think of them, but words can never trace out all the fibers that knit us to the old … Perhaps the most delightful friendships are those in which there is much agreement, much disputation, and yet more personal liking.
~ George Eliot, 1819-1880 ~

Animals are such agreeable friends – they ask no questions, they pass no criticisms.
~ Eliot ~

Oh the comfort, the inexpressible comfort of feeling safe with a person, having neither to weigh thoughts nor measure words, but pouring them all right out, just as they are – chaff and grain together – certain that a faithful hand will take and sift them, keep what is worth keeping, and with the breath of kindness blow the rest away.
~ Dinah Mulock, 1826-1887 ~

Human beings are born into this little span of life of which the best thing is its friendships and intimacies … and yet they leave their friendships and intimacies with no cultivation, to grow as they will by the roadside, expecting them to "keep" by force of mere inertia.
~ William James, 1842-1910 ~

Art thou pure air and solitude and bread and medicine to thy friend? Many a one cannot loosen his own fetters, but is nevertheless his friend's emancipator.
~ Friedrich Nietzsche, 1844-1900 ~
Thus Spake Zarathustra, Thomas Common, tr., 1909

Two may talk together under the same roof for many years, yet never really meet; and two others at first speech are old friends.
~ Mary Hartwell Catherwood, 1847-1901 ~

So long as we are loved by others I should say that we are almost indispensable; and no man is useless while he has a friend … A friend is a gift you give yourself.
~ Robert Louis Stevenson, 1850-1894 ~

Treat your friends as you do your pictures, and place them in their best light.
~ Jennie Jerome Churchill, 1854-1921 ~
"Friendship," *Small Talk on Big Subjects*, 1916

Your friend is the man who knows all about you, still likes you.
~ Elbert Hubbard, 1856-1915 ~

It is the steady and merciless increase of occupations, the augmented speed at which we are always trying to live, the crowding of each day with more work and amusements than it can profitably hold, which has cost us, among other good things, the undisturbed enjoyment of friends. Friendship takes time, and we have no time to give it.
~ Agnes Repplier, 1858-1950 ~
In the Dozy Hours, 1894

Affinities are rare. They come but a few times in a life. It is awful to risk losing one when it arrives.
~ Florence H. Winterburn, b. 1858 ~
Vacation Hints, 1911

Friendship is almost always the union of a part of one mind with a part of another; people are friends in spots.
~ George Santayana, 1863-1952 ~

It is characteristic of spontaneous friendship to take on, without enquiry and almost at first sight, the unseen doings and unspoken sentiments of our friends; the part known gives us evidence enough that the unknown part cannot be much amiss.
~ Santayana ~

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A man loves his friend the better if he does not know why he loves him.
~ Ernest Dimnet, 1866-1954 ~
What We Live By, 1932

In the degree that we become friends to the highest and best within us, do we become friends to all.
~ Ralph Waldo Trine, 1866-1958 ~

It is easy enough to be friendly to one's friends. But to befriend the one who regards himself as your enemy is the quintessence of all religion. The other is merely business.
~ Mahatma Gandhi, 1869-1948 ~

There's nothing worth the wear of winning but laughter, and the love of friends.
~ Hilaire Belloc, 1870-1953 ~

Life is partly what we make it, and partly what it is made by the friends we choose.
~ Tehyi Hsieh, b. 1881 ~

The one who is happy is he who is ready to be friends with all. His outlook on life is friendly. He is not only friendly to persons, but also to objects and conditions. It is by this attitude of friendship that man expands and breaks down those walls which keep him in prison.
~ Hazrat Khan, 1882-1927 ~
The Mysticism of Sound and Music, 1991

The use of friendship for selfish motive is like mixing bitter poison with sweet rose syrup.
~ Khan ~

Friendship is always a sweet responsibility, never an opportunity.
~ Khalil Gibran, 1883-1931 ~

When your friend speaks his mind you fear not the "nay" in your own mind, nor do you withhold the "ay."
And when he is silent your heart ceases not to listen to his heart;
For without words, in friendship, all thoughts, all desires, all expectations are born and shared, with joy that is unacclaimed.

When you part from your friend, you grieve not;
For that which you love most in him may be clearer in his absence, as the mountain to the climber is clearer from the plain.
And let there be no purpose in friendship save the deepening of the spirit.
For love that seeks aught but the disclosure of its own mystery is not love but a net cast forth: and only the unprofitable is caught.
~ Gibran ~
The Prophet, 1923

Friendship with oneself is all important, because without it one cannot be friends with anyone else in the world.
~ Eleanor Roosevelt, 1884-1962 ~

No friendship can cross the path of our destiny without leaving some mark on it forever.
~ François Mauriac, 1885-1970 ~

You can make more friends in two months by becoming really interested in other people, than you can in two years by trying to get other people interested in you.
~ Dale Carnegie, 1888-1955 ~

There is a magnet in your heart that will attract true friends. That magnet is unselfishness, thinking of others first … when you learn to live for others, they will live for you.
~ Paramahansa Yogananda, 1893-1952 ~

Really good friends don't write letters to each other, for in the complete trust of each other's friendship, no one needs to write. And after a few years of parting, they meet again and find the friendship as true as ever.
~ Lin Yutang, 1895-1976 ~
The Gay Genius, 1947

Friendship is unnecessary, like philosophy, like art … it has no survival value; rather, it is one of those things that give value to survival … Friendship is born at that moment when one person says to another: "What! You too? Thought I was the only one."
~ C. S. Lewis, 1898-1963 ~

Friendship is the only cement that will hold the world together.
~ Duke Ellington, 1899-1974 ~

It's the friends you can call up at 4 a.m. that matter.
~ Marlene Dietrich, 1901-1992 ~
in *Popcorn in Paradise: The Wit and Wisdom of Hollywood*, John Robert Colombo, ed., 1980

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The friendships which last are those wherein each friend respects the other's dignity to the point of not really wanting anything from him.
~ Cyril Connolly, 1903-1974 ~

Each friend represents a world in us, a world not born until they arrive, and it is only by this meeting that a new world is born.
~ Anaïs Nin, 1903-1977 ~
The Diary of Anaïs Nin, Gunther Stuhlmann, ed. 1967

Silence makes the real conversations between friends. Not the saying, but the never needing to say is what counts.
~ Margaret Lee Runbeck, 1905-1956 ~

Friendship needs no words – it is solitude delivered from the anguish of loneliness.
~ Dag Hammarskjöld, 1905-1961 ~
Markings, 1964

Don't walk in front of me; I may not follow. Don't walk behind me; I may not lead. Just walk beside me and be my friend.
~ Albert Camus, 1913-1960 ~

A lonely person cannot, then, wait for friends to assemble around and take care of him. Friendship, for each of us, begins with reaching out.
~ Ann Landers, 1918-2002 ~

Sooner or later you've heard all your best friends have to say. Then comes the tolerance of real love.
~ Ned Rorem, 1923- ~

The most called-upon prerequisite of a friend is an accessible ear.
~ Maya Angelou, 1928- ~

When we honestly ask ourselves which person in our lives mean the most to us, we often find that it is those who, instead of giving advice, solutions, or cures, have chosen rather to share pain and touch our wounds with a warm and tender hand. The friend who can be silent with us in a moment of despair or confusion, who can stay with us in an hour of grief and bereavement, who can tolerate not knowing, not curing, not healing, and face with us the reality of our powerlessness, that is a friend who cares.
~ Henri Nouwen, 1932-1996 ~
Out of Solitude, 1974

Your friends will know you better in the first minute you meet than your acquaintances will know you in a thousand years.
~ Richard Bach, 1936- ~
Illusions: The Adventures of a Reluctant Messiah, 1997

I can trust my friends … These people force me to examine myself, encourage me to grow.
~ Cher, 1946- ~

Sometimes being a friend means mastering the art of timing. There is a time for silence. A time to let go and allow people to hurl themselves into their own destiny. And a time to prepare to pick up the pieces when it's all over.
~ Gloria Naylor, 1950- ~
"Etta Mae Johnson," *The Women of Brewster Place*, 1982

Familiarity breeds content.
~ Anna Quindlen, 1953- ~

Lots of people want to ride with you in the limo, but what you want is someone who will take the bus with you when the limo breaks down.
~ Oprah Winfrey, 1954- ~

When someone tells you the truth, lets you think for yourself, experience your own emotions, he is treating you as a true equal. As a friend.
~ Whitney Otto, 1955- ~

A friendship can weather most things and thrive in thin soil – but it needs a little mulch of letters and phone calls and small silly presents every so often – just to save it from drying out completely.
~ P. Brown ~

Some of the rewarding and beautiful moments of a friendship happen in the unforeseen open spaces between planned activities. It is important that you allow these spaces to exist.
~ Collenbach ~

Much of the vitality in a friendship lies in the honoring of differences, not simply in the enjoyment of similarities.
~ James L. Fredericks ~

Wherever we are, it is our friends that make our world.
~ Unknown ~

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GIVING / SERVING

Related States & Conditions: Compassion/Empathy/Kindness, Engagement/Involvement/Integration, Expression, Friendship, Goal/Ideal/Purpose, Growth/Expansion, Legacy, Love-Agape, Meaning, Partnership/Marriage, Reciprocity/Reflection, Self, Teaching, Wealth/Prosperity

Syntonic: Action/Effort, Actualization/Fulfillment, Centering, Detachment, Initiative, Power, Release, Renewal, Spontaneity, Strength

Dystonic: Attachment, Avoidance/Denial/Refusal, Conformity, Criticism/Judgment, Dependence, Depression/Despair/Distress, Fault, Guilt, Hate, Limitation, Regret, Restraint, War/Aggression/Violence, Worry

Sacrifice the first portions of the harvest that your strength and faith to bring about what you desire may be increased. Give the first portion to avoid danger of worldly indulgence. Give that you may receive. Fulfill the requirements of the universal law of equilibrium.
~ Khemetic Saying ~
Temt Tchaas: Egyptian Proverbs, Muata Ashaya Ashby, ed., 1994

The wealth of a generous and compassionate man never wastes away, but the miser has none to console him. He who possessed of food, hardens his heart against the weak man, hungry and suffering, who comes to him for help … surely he finds none to console him.
~ *Rig Veda*, c. 3700 BCE ~
10.117. 1-4

Let the stronger man give to the man whose need is greater; let him gaze upon the lengthening path of life. For riches roll like the wheels of a chariot, turning from one to another.
~ Ibid.

If thou be industrious to procure wealth, be generous in the disposal of it. Man is never so happy as when he giveth happiness unto another.
~ Akhenaton, c. 1385-c. 1355 BCE ~

The wise man does not lay up his own treasures. The more he gives to others, the more he has for his own.
~ Laozi, 570-490 BCE ~

One should give even from a scanty store to him who asks.
~ Buddha, c. 563-483 BCE ~
Dhammapada, 224

If a man does only what is required of him, he is a slave. If a man does more than is required of him, he is a free man.
~ Chinese Saying ~

It is a primary characteristic of the superior person that his or her practice of self-cultivation is focused upon helping everyone in the society.
~ Kongfuzi, c. 551-c. 479 BCE ~

He who confers a favor should at once forget it, if he is not to show a sordid, ungenerous spirit. To remind a man of a kindness conferred and to talk of it, is little different from reproach.
~ Demosthenes, c. 384-322 BCE ~

Men resemble the gods in nothing so much as in doing good to their fellow creatures.
~ Cicero, 106-43 BCE ~

He that does good to another, does good also to himself, not only in the consequences, but in the act; for the consciousness of well-doing is, in itself, ample reward … We should give as we should receive, cheerfully, quickly, and without hesitation; for there is no grace in a benefit that sticks to the fingers.
~ Seneca, c. 4 BCE-65 CE ~

If given with love, a handful is sufficient.
~ Telugu Saying ~
in John Templeton, *Agape Love: A Tradition Found in Eight World Religions*, 1999

There are those who give without any remembrance of what they have done. They are like the vine that has brought forth a cluster of grapes, and having once borne its delicious fruit, seeks nothing more. As the horse that runs its

race, the hound that tracks its game, and the bee that hives its honey, so should a man be when he has done an act of kindness: not seeking reward, not proclaiming his virtues, but passing on to the next act, as the vine passes on to bear another cluster of summer grapes.
~ Marcus Aurelius, 121-180 ~
Meditations, Book 5:6, in *Two Suns Rising*, Jonathan Star, ed., 1991

He gives little who gives with a frown; he gives much who gives little with a smile.
~ *Talmud*, 2nd-5th C. CE ~

A man's true wealth is the good he does in the world.
~ Muhammad, c. 570-632 ~

Be a lamp, or a lifeboat, or a ladder.
Help someone's soul heal.
Walk out of your house like a shepherd.
~ Jalaluddin Rumi, 1207-1273 ~
in Julia Cameron, *Transitions: Prayers and Declarations for a Changing Life*, 1999

He who sees a need and waits to be asked for help is as unkind as if he had refused it.
~ Dante Alighieri, 1265-1321 ~

He who receives a benefit should never forget it; he who bestows should never remember it.
~ Pierre Charron, 1541-1603 ~

When you bestow a favor on someone and you do not reflect upon yourself within nor reflect upon the other without, then a dipper of millet is benevolence worth ten thousand measures. When you bestow a kindness on someone and you gauge your return or hint at compensation, even a gift of a hundred abundances will have hardly the value of a single coin.
~ Hong Zicheng, fl. 1596 ~
Caigentan: Vegetable Roots Discourse, I.52, Robert Aitken & Daniel W. Y. Kwok, trs., 2006

The great art of giving consists in this: the gift should cost very little and yet be greatly coveted, so that it may be the more highly appreciated.
~ Baltasar Gracián y Morales, 1601-1685 ~

What was the least expected is the more highly esteemed.
~ Gracián ~
Oráculo manual y arte de prudencia, 1647

If you have much, give of your wealth; if you have little, give of your heart.
~ Arab Proverb ~

Your way of giving is more important than what you give.
~ Vietnamese Saying ~

A man may bestow great sums on the poor and indigent without being charitable, and may be charitable when he is not able to bestow anything.
~ Joseph Addison, 1672-1719 ~

Sow good services; sweet remembrances will grow them.
~ Madame de Staël, 1766-1817 ~

The race of mankind would perish did they cease to aid each other. We cannot exist without mutual help. All, therefore, that need aid have a right to ask it from their fellow men, and no one who has the power of granting can refuse it without guilt.
~ Walter Scott, 1771-1832 ~

To receive a present handsomely and in a right spirit, even when you have none to give in return, is to give one in return.
~ Leigh Hunt, 1784-1859 ~
in *Ladies Home Journal*, 1950 April

Do it now. It is not safe to leave a generous feeling to the cooling influences of the world.
~ Thomas Guthrie, 1803-1873 ~

It is one of the most beautiful compensations of this life that no man can sincerely try to help another without helping himself … Serve and thou shall be served. If you love and serve men, you cannot, by any hiding or stratagem, escape the remuneration.
~ Ralph Waldo Emerson, 1803-1882 ~

Rings and jewels are not gifts, but apologies for gifts. The only gift is a portion of thyself.
~ Emerson ~

No man is so poor as to have nothing worth giving … Give what you have. To someone it may be better than you dare to think.
~ Henry Wadsworth Longfellow, 1807-1882 ~

No one is useless in this world who lightens the burdens of it for another.
~ Charles Dickens, 1812-1870 ~

It is not what we give, but what we share,
for the gift without the giver is bare.
~ James Russell Lowell, 1819-1891 ~

Sometimes a man imagines that he will lose himself if he gives himself, and keep himself if he hides himself. But the contrary takes place with terrible exactitude.
~ Ernest Hello, 1828-1885 ~
L'homme, la vie – la science – l'art, 1903

Joy can be real only if people look upon their life as a service, and have a definite object in life outside themselves and their personal happiness.
~ Leo Tolstoy, 1828-1910 ~

The superior man … is eyes for the blind, strength for the weak, and a shield for the defenseless. He stands erect by bending over the fallen. He rises by lifting others.
~ Robert Ingersoll, 1833-1899 ~

The truest help we can render an afflicted man is not to take his burden from him, but to call out his best energy, that he may be able to bear the burden.
~ Phillips Brooks, 1835-1893 ~

Be not overmindful of yourself when you give but be mindful of the necessity.
~ Annie Besant, 1847-1933 ~
Some Difficulties of the Inner Life, 1913

The best thing to give to your enemy is forgiveness; to an opponent, tolerance; to a friend, your heart; to your child, a good example; to a father, deference; to your mother, conduct that will make her proud of you; to yourself, respect; to all men, charity.
~ Francis Balfour, 1851-1882 ~

We must not only give what we *have*; we must also give what we *are*.
~ Désiré-Joseph Mercier, 1851-1926 ~
in John A. Gade, *The Life of Cardinal Mercier*, 1934

This is the true joy in life, the being used up for a purpose recognized by yourself as a mighty one; the being a force of nature instead of a feverish, selfish little clod of ailments and grievances, complaining that the world will not devote itself to making you happy. I am of the opinion that my life belongs to the community, and as long as I live, it is my privilege to do for it whatever I can. I want to be thoroughly used up when I die, for the harder I work the more I live. I rejoice in life for its own sake.
~ George Bernard Shaw, 1856-1950 ~

Love grows by giving. The love we give away is the only love we keep. The only way to retain love is to give it away.
~ Elbert Hubbard, 1856-1915 ~

Often we can help each other most by leaving each other alone; at other times we need the hand-grasp and the word of cheer.
~ Hubbard ~

I slept and dreamt that life was joy. I awoke and saw that life was service. I acted and behold, service was joy.
~ Rabindranath Tagore, 1861-1941 ~

Our duty to others means helping others; doing good to the world. Why should we do good to the world? Apparently to help the world, but really to help ourselves.
~ Vivekananda, 1863-1902 ~
The Complete Works of Swami Vivekananda, 1984-1987, 1:75

Do not stand on a high pedestal and take five cents in your hand and say, "Here, my poor man," but be grateful that the poor man is there, so that by making a gift to him you are able to help yourself. It is not the receiver that is blessed, but it is the giver.
~Ibid., 1:76

Give as the rose gives perfume, because it is its own nature, utterly unconscious of giving.
~ Ibid., 7:86

Time and money spent in helping men to do more for themselves is far better than mere giving.
~ Henry Ford, 1863-1947 ~

The service we render others is the rent we pay for our room on earth.
~ Wilfred Grenfell, 1865-1940 ~

When there is the being, it is all the more increased by the doing; when there is the having, it is all the more increased by the giving. Keeping to oneself dwarfs and stultifies. Hoarding brings loss: using brings even greater gain. In brief, the more we are, the more we can do; the more we have, the more we can give. The most truly successful, the most powerful and valuable life, then, is the life

that is first founded upon this great, immutable law of love and service.
~ Ralph Waldo Trine, 1866-1958 ~
What All the World's A-Seeking, 1896

The greatest service we can do for another is to help him help himself. To help him directly might be weakening, though not necessarily. It depends entirely upon circumstances. But to help one to help himself is never weakening, but always encouraging, because it leads him to a larger and stronger life.
~ Trine ~

He profits most who serves best.
~ A. F. Sheldon, 1868-1935 ~
International Rotary Motto

Consciously or unconsciously, every one of us does render some service or another. If we cultivate the habit of doing this service deliberately, our desire for service will steadily grow stronger, and it will make not only for our own happiness, but that of the world at large.
~ Mahatma Gandhi, 1869-1948 ~

Service can have no meaning unless one takes pleasure in it. When it is done for show or for fear of public opinion it stunts the man and crushes his spirit. Service which is rendered without joy helps neither the servant nor the served. But all other pleasures and possessions pale into nothingness before service which is rendered in a spirit of joy.
~ Gandhi ~
Gandhi's Autobiography, Mahadev Desai, tr., 1948

The field of service is unlimited. Our capacity for service can also be made boundless, for there is no limit to the strength of the soul. If but the doors of one's heart have opened, it can contain everything. Even a little work done by such a person will shine out.
~ Gandhi ~
Letter to Ashram Women, *The Essential Writings of Mahatma Gandhi*, Raghavan Iyer, ed., 1993

No person was ever honored for what he received. Honor has been the reward for what he gave.
~ Calvin Coolidge, 1872-1933 ~

If you help others, you will be helped, perhaps tomorrow, perhaps in one hundred years, but you will be helped. Nature must pay off the debt … It is a mathematical law and all life is mathematics.
~ George Gurdjieff, 1877-1949 ~

The question of bread for myself is a material question, but the question of bread for my neighbor is a spiritual question.
~ Nikolai Berdyaev, 1874-1948 ~

Giving is the secret of a healthy life. Not necessarily money, but whatever a man has of encouragement and sympathy and understanding.
~ John D. Rockefeller, Jr., 1874-1960 ~

We make a living by what we get; we make a life by what we give.
~ Winston Churchill, 1874-1965 ~

This is the miracle that happens every time to those who really love; the more they give, the more they possess.
~ Rainer Maria Rilke, 1875-1926 ~

Our human atmosphere is much colder than it need be, because we do not venture to give ourselves to others as heartily as our feelings bid us.
~ Albert Schweitzer, 1875-1965 ~

You must give some time to your fellow men. Even if it's a little thing, do something for others – something for which you get no pay but the privilege of doing it.
~ Schweitzer ~

I don't know what your destiny will be, but one thing I know: the only ones among you who will be really happy are those who have sought and found how to serve.
~ Schweitzer ~

Learn, or teach, or train the body – not only to be good, but to be good *for* something. Let there be known there is a duty to self, and hope in service – for without service to the other, one may gain little in *this* experience … for Life itself *is* a service.
~ Edgar Cayce, 1877-1945 ~
Reading No. 53-1

It is high time the ideal of success should be replaced with the ideal of service … Only a life lived for others is a life worthwhile.
~ Albert Einstein, 1879-1955 ~

Love lies in service. Only that which is done not for fame or name, nor for appreciation or thanks of those for whom it is done, is life's service.
~ Hazrat Khan, 1882-1927 ~

You give but little when you give of your possessions.
It is when you give of yourself that you truly give ...
And there are those who give and know not pain in giving, nor do they seek joy, nor give with mindfulness of virtue;
They give as in yonder valley the myrtle breathes its fragrance into space.
~ Khalil Gibran, 1883-1931 ~
The Prophet, 1923

Give and it shall be given unto you is still the truth about life. But giving life is not so easy. It doesn't mean handing it out to some mean fool or letting the living dead eat you up ... It means kindling the life force where it was not, even if it's only in the whiteness of a washed pocket-handkerchief.
~ D. H. Lawrence, 1885-1930 ~
Complete Poems, 1957

There is nothing to make you like other human beings so much as doing things for them.
~ Zora Neale Hurston, 1891-1960 ~

The measure of a life, after all, is not its duration, but its donation.
~ Corrie Ten Boom, 1892-1983 ~

Love that is hoarded molds at last
Until we know some day
The only thing we ever have
Is what we give away.
~ Louis Ginsberg, 1895-1976 ~

When you give yourself, you receive more than you give.
~ Antoine de Saint-Exupéry, 1900-1944 ~

Giving is the highest form of potency. In the very act of giving, I experience my strength, my wealth, my power ... I experience myself as overflowing, spending, alive, hence as joyous.
~ Erich Fromm, 1900-1980 ~
The Art of Loving, 1956

In the sphere of material things giving means being rich. Not he who *has* much is rich, but he who *gives* much. The hoarder who is anxiously worried about losing something is, psychologically speaking, the poor, impoverished man, regardless of how much he has. Whoever is capable of giving of himself is rich.
~ Ibid.

"To give is non-attachment," that is, just not to attach to anything is to give.
~ Shunryu Suzuki, 1905-1971 ~
Zen Mind, Beginner's Mind, 1970

Surely it is not so much a matter of giving people what they want as giving them the best one has to give.
~ Ashley Montagu, 1905-1999 ~

The motive if you are to find inner peace, must be an outgoing motive. Service, of course, service. Giving, not getting. Your motive must be good if your work is to have good effect. The secret of life is being of service.
~ Peace Pilgrim, 1908-1981 ~
Peace Pilgrim: Her Life and Work in Her Own Words, 1982

Love cannot remain by itself – it has no meaning. Love has to be put into action and that action is service.
~ Mother Teresa, 1910-1997 ~

Real generosity is doing something nice for someone who will never find it out.
~ Frank A. Clark, 1911- ~

I would like to believe when I die that I have given myself away like a tree that sows seed every spring and never counts the loss, because it is not loss, it is adding to future life. It is the tree's way of being. Strongly rooted perhaps, but spilling out its treasure on the wind.
~ May Sarton, 1912-1995 ~

Love is always an active sharing. If one has love to give, he may impart it to all in the world and he will still have the same love he started with. We never lose anything by sharing it, for nothing is ever solely ours to start with. In fact, love acquires meaning only as it's shared.
~ Leo Buscaglia, 1924-1998 ~
Love, 1972

Giving means extending one's love with no conditions, no expectations and no boundaries. Peace of mind occurs when we put all our attention into giving and have no desire to get anything from, or to change, another person.
~ Gerald Jampolsky, 1925- ~
Love Is Letting Go of Fear, 1979

The trick of living is to slip on and off the planet with the least fuss you can muster. I'm not a professional philanthropist, and I'm not running

for sainthood. I just happen to think that in life we need to be a little like the farmer who puts back into the soil what he takes out.
~ Paul Newman, 1925- ~

Life is best spent in alleviating pain, assuaging distress, and promoting peace and joy. The service of man is more valuable than what you call "service to God." God has no need of your service.
~ Satya Sai Baba, 1926- ~

When we are really honest with ourselves we must admit that our lives are all that really belong to us. So, it is how we use our lives that determines what kind of men we are. It is my deepest belief that only by giving our lives do we find life.
~ César Chávez, 1927-1993 ~

Your giving is sacred and therefore should be kept secret. It is wise to give quietly with no strings attached.
~ Catherine Ponder, 1927- ~

Give of yourself ... you can always give something, even if it is only kindness ... no one has ever become poor from giving.
~ Anne Frank, 1929-1945 ~
The Diary of a Young Girl, B. M. Mooyart-Doubleday., tr., 1952

Everybody can be great. Because anybody can serve. You don't have to have a college degree to serve. You don't have to make your subject and verb agree to serve ... You only need a heart full of grace. A soul generated by love.
~ Martin Luther King, Jr., 1929-1968 ~
The Words of Martin Luther King, Jr., Coretta Scott King, ed., 1983

Every man must decide whether he will walk in the light of creative altruism or the darkness of destructive selfishness. This is the judgment. Life's most persistent and urgent question is, What are you doing for others?
~ Ibid.

The person who gives of himself and his substance, no matter how little, opens the door for life to pour in, not only compensating him for his gift, but increasing the gift. The more one gives the more that a person is able to receive.
~ Jack Ensign Addington, d. 1998 ~

Imagine what a harmonious world it could be if every single person, both young and old, shared a little of what he is good at doing.
~ Quincy Jones, 1933- ~

Service is the rent we pay for living. It is the very purpose of life, and not something you do in your spare time.
~ Marion Wright Edelman, 1939- ~
The Measure of Our Success, 1992

True heroism is remarkably sober, very undramatic. It is not the urge to surpass all others at whatever cost, but the urge to serve others at whatever cost.
~ Arthur Ashe, 1943-1993 ~
"Points to Ponder," *Reader's Digest*, 1994 August

We all have, without exception, a very deep longing to give – to give to the earth, to give to others, to give to society, to work, to love, to care for this earth. That's true for every human being. And even the ones who don't find it, it's because it has been squashed or somehow suppressed in some brutal way in their life. But it's there to be discovered.
~ Jack Kornfield, 1945- ~
Roots of Buddhist Psychology, 1995 (audio)

The gifts of caring, attention, affection, appreciation, and love are some of the most precious gifts you can give, and they don't cost you anything.
~ Deepak Chopra, 1947- ~
The Seven Spiritual Laws Of Success, 1994

Giving does not exhaust your resources. At the deepest level, there is no giver, no gift, no receiver. Only the Universe rearranging itself.
~ Jon Kabat-Zinn ~
Wherever You Go, There You Are: Mindfulness Meditation in Everyday Life, 1994

Remember, the greatest gift is not found in a store nor under a tree, but in the hearts of true friends.
~ Cindy Lew ~

The desire to serve others is the highest impulse of the human heart and the rewards of such service are beyond measure. If you wish to taste this joy, then just do it. Just take one step ... You will see that the tyranny of self-concern, worry, and trivial pursuits can be released from your life with that single step. It doesn't really matter what you do, it only matters that you do it.
~ Ganga Stone ~

GOAL / IDEAL / PURPOSE

Related States & Conditions: Actualization/Fulfillment, Desire, Expectation/Hope, Expression, Focus/Intention, Growth/Expansion, Journey/Path, Meaning, Possibility/Potential, Seeking, Self, Value/Worth

Syntonic: Action/Effort, Autonomy/Control, Centering, Commitment/Dedication, Confidence, Conviction/Principle, Daring/Challenge, Detachment, Determination/Persistence/Resolve, Diligence, Engagement/Involvement/Integration, Exploration, Imagination, Initiative, Optimism/Positivism, Passion, Power, Release, Renewal, Strength

Dystonic: Attachment, Avoidance/Denial/Refusal, Conformity, Criticism/Judgment, Defeat, Deferment/Delay, Dependence, Depression/Despair/Distress, Inaction, Limitation, Regret, Restraint, War/Aggression/Violence, Worry

Contemplate thy powers, contemplate thy wants and thy connections; so shalt thou discover the duties of life and be directed in all thy ways.
~ Khemetic Saying ~
Temt Tchaas: Egyptian Proverbs, Muata Ashaya Ashby, ed., 1994

All human beings, though they may seem to be walking on divergent paths, are all marching to one goal, and that goal is Self-realization.
~ *Bhagavad Gita*, c. 400 BCE ~

Whatsoever thou takest in hand, remember the end, and thou shalt never do amiss.
~ Joshua ben Sira, 2nd C. BCE ~
in *Apocrypha*, Sirach (Ecclesiasticus)

If you aspire to the highest place, it is no disgrace to stop at the second, or even the third, place.
~ Cicero, 106-43 BCE ~

First say to yourself what you would be; and then do what you have to do.
~ Epictetus, 50-120 ~

A life without purpose is a languid drifting thing. Every day we ought to renew our purpose, say to ourselves: this day let us make a sound beginning, for what we have hitherto done is nought. Our improvement is in proportion to our purpose.
~ Thomas à Kempis, c. 1380-1471 ~

What you do from your tender years on, what you talk about, mould, fit, dream, imitate, what you try very often, what you can do easily, what you are most of all good at, what you love beyond all else, what you would be unwilling to leave – this is clearly what heaven and the rector of heaven bore you for.
~ Marsilio Ficino, 1433-1499 ~
The Book of Life, Charles Boer, tr., 1980

The greater danger for most of us is not that our aim is too high and we miss it, but that it is too low and we reach it.
~ Michelangelo Buonarotti, 1475-1564 ~

Who shoots at the midday sun, though he be sure he shall never hit the mark, yet as sure he is he shall shoot higher than he who aims but at a bush.
~ Philip Sidney, 1554-1586 ~
New Arcadia, 1590

What we truly and earnestly aspire to be, that in some sense we are. The mere aspiration, by changing the frame of the mind, for the moment realizes itself.
~ Anna Jameson, 1794-1869 ~

Call the world if you please, "The Vale of Soul Making." Then you will find out the use of the world.
~ John Keats, 1795-1821 ~

The man without a purpose is like a ship without a rudder – a waif, a nothing, a no man. Have a purpose in life and having it, throw such strength of mind and muscle into your work as God has given you.
~ Thomas Carlyle, 1795-1881 ~

Should we continue to look upwards? Is the light we can see in the sky one of those which will presently be extinguished? The ideal is terrifying to behold, lost as it is in the depths, small, isolated, a pin-point, brilliant but threatened on all sides by the dark forces that surround it; nevertheless, no

more in danger than a star in the jaws of the clouds.
~ Victor Hugo, 1802-1885 ~

What men want is not talent; it is purpose; in other words, not the power to achieve, but the will to labor.
~ Edward Bulwer-Lytton, 1803-1873 ~

The purpose of life is not to be happy. The purpose of life is to matter, to be productive, to have it make some difference that you lived at all.
~ Ralph Waldo Emerson, 1803-1882 ~

An ignorance of means may minister
To greatness, but an ignorance of aims
Makes it impossible to be great at all.
~ Elizabeth Barrett Browning, 1806-1861 ~

If you would hit the mark, you must aim a little
above it;
Every arrow that flies feels the attraction of earth.
~ Henry Wadsworth Longfellow, 1807-1882 ~
Elegiac Verse, 1880

Every calling is great when greatly pursued.
~ Oliver Wendell Holmes, 1809-1894 ~

Ah, but a man's reach should exceed his grasp – or what's a heaven for?
~ Robert Browning, 1812-1889 ~
"Andrea del Sarto," 1855

In the long run, men only hit what they aim at. Therefore, they better aim high.
~ Henry David Thoreau, 1817-1862 ~

Ideals are like stars; you will not succeed in touching them with your hands, but like the seafaring man on the desert of waters, you choose them as your guides, and following them, you reach your destiny.
~ Carl Schurz, 1829-1906 ~

Far away in the sunshine are my highest aspirations. I may not reach them, but I can look up and see their beauty, believe in them, and try to follow where they lead.
~ Louisa May Alcott, 1832-1888 ~

The greatest use of life is to spend it for something that will outlast it.
~ William James, 1842-1910 ~

True happiness, we are told, consists in getting out of oneself, but the point is not only to get out – you must stay out; and to stay out you must have some absorbing errand.
~ Henry James, 1843-1916 ~
Roderick Hudson, 1876

He who has a why to live can bear almost any how.
~ Friedrich Nietzsche, 1844-1900 ~

Not every end is a goal. The end of a melody is not its goal; but nevertheless, if the melody had not reached its end it would have not have reached its goal either.
~ Nietzsche ~

We are here to add what we can to life, not to get what we can from it.
~ William Osler, 1849-1919 ~

To be what we are and to become what we are capable of becoming is the only end of life.
~ Robert Louis Stevenson, 1850-1894 ~
Familiar Studies of Men and Books, 1882

You are not here merely to make a living. You are here in order to enable the world to live more amply, with greater vision, with a finer spirit of hope and achievement. You are here to enrich the world, and you impoverish yourself if you forget the errand.
~ Woodrow Wilson, 1856-1924 ~

Arriving at one goal is the starting point to another.
~ John Dewey, 1859-1952 ~

If a man with an ideal makes a thousand mistakes, I am sure that the man without an ideal makes fifty thousand. Therefore, it is better to have an ideal. And this ideal we must hear about as much as we can, till it enters into our hearts, into our brains, into our very veins, until it tingles in every drop of our blood and permeates every pore in our body.
~ Vivekananda, 1863-1902 ~
The Complete Works of Swami Vivekananda, 1984-1987, 2:152

When a man forgets his ideals he may hope for happiness, but not till then.
~ John Oliver Hobbes, 1867-1906 ~

Every true man, sir, who is a little above the level of beasts and plants, lives so as to give a meaning and a value to his life.
~ Luigi Pirandello, 1867-1936 ~

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The goal ever recedes from us. The greater the progress the greater the recognition of our unworthiness. Satisfaction lies in the effort, not in the attainment. Full effort is full victory.
~ Mahatma Gandhi, 1869-1948 ~
in Eknath Easwaran, *Gandhi, The Man*, 1997

For one human being to love another human being: that is perhaps the most difficult of all our tasks, the ultimate, the last test and proof, the work for which all other work is but preparation.
~ Rainer Maria Rilke, 1875-1926 ~
Letters to a Young Poet, M. D. Herter Norton, tr., 1982

The full-grown modern human being ... is conscious of touching the highest pinnacle of fulfillment ... when he is consumed in the service of an idea, in the conquest of the goal pursued.
~ Robert Briffault, 1876-1948 ~

In this life we get only those things for which we hunt, for which we strive, and for which we are willing to sacrifice.
~ George Matthew Adams, 1878-1962 ~

Life is not an easy matter ... You cannot live through it without falling into frustration and cynicism unless you have before you a great idea which raises you above personal misery, above weakness, above all kinds of perfidy and baseness.
~ Leon Trotsky, 1879-1940 ~

The idea that there is a goal ... is wrong. We *are* the goal; we are always at peace. To get rid of the idea that we are not at peace is all that is required.
~ Ramana Maharshi, 1879-1950 ~
in A. Devaraja Mudaliar & Sri Ramanasramam, *Day by Day with Bhagavan*, 1977

The only useful purpose of this birth is to turn within and realize. There is nothing else to do.
~ Maharshi ~

If we would only give, just once, the same amount of reflection to what we want to get out of life that we give to the question of what to do with a two weeks' vacation, we would be startled at our false standards and the aimless procession of our busy days.
~ Dorothy Canfield Fisher, 1879-1958 ~

It is when things go hardest, when life becomes most trying, that there is greatest need for having a fixed goal. When few comforts come from without, it is all the more necessary to have a fount to draw on from within.
~ B. C. Forbes, 1880-1954 ~

Before you begin a thing, remind yourself that difficulties and delays quite impossible to see are ahead. If you could see them clearly, naturally you could do a great deal to get rid of them but you can't. You can only see one thing clearly and that is your goal. Form a mental vision of that and cling to it through thick and thin.
~ Kathleen Norris, 1880-1966 ~
Hands Full of Living, 1931

To live means to have ... a mission to fulfill – and in the measure in which we avoid setting our life to something, we make it empty.
~ José Ortega y Gasset, 1883-1955 ~

You are here for no other purpose than to realize your inner divinity and manifest your innate enlightenment.
~ Morihei Ueshiba, 1883-1969 ~
The Art of Peace, John Stevens, tr., 1992

The living self has one purpose only: to come into its own fullness of being, as a tree comes into full blossom, or a bird into spring beauty, or a tiger into luster.
~ D. H. Lawrence, 1885-1930 ~
Selected Essays, 1950

Ideals are an imaginative understanding of that which is desirable in that which is possible.
~ Walter Lippmann, 1889-1974 ~
in John Wilson, *A Preface to Morality*, 1988

Apathy can be overcome by enthusiasm, and enthusiasm can only be aroused by two things: first, an ideal, with takes the imagination by storm, and second, a definite intelligible plan for carrying that ideal into practice.
~ Arnold Toynbee, 1889-1975 ~

It must be borne in mind that the tragedy in life doesn't lie in not reaching your goal. The tragedy lies in having no goal to reach. It isn't a calamity to die with dreams unfulfilled, but it is a calamity not to dream ... It is not a disgrace not to reach the stars, but it is a disgrace to have no stars to reach for. Not failure, but low aim is sin.
~ Benjamin Mays, 1895-1984 ~

One of the sources of pride in being a human being is the ability to bear present frustrations in the interests of longer purposes.
~ Helen Merrell Lynd, 1896-1982 ~

Your own self is your ultimate teacher. The outer teacher is merely a milestone. It is only your inner teacher that will walk with you to the goal, for he is the goal.
~ Nisargadatta, 1897-1981 ~

There is no question of your trying to do anything. You cannot try to be your Self, because you are your Self. There is no question of going anywhere, arriving anywhere, or doing anything; you are there already.
~ Nisargadatta ~

You have a purpose only as long as you are not complete; until then, completeness, perfection, is the purpose. But when you are complete in yourself, fully integrated within and without, then you enjoy the universe; you do not labor at it.
~ Nisargadatta ~

When we set goals, we are in command. Clearly understood goals bring our lives into focus just as a magnifying glass focuses a beam of light into a burning point. Without goals our efforts may be scattered and unproductive.
~ Ezra Taft Benson, 1899-1994 ~

Man's main task in life is to give *birth* to himself.
~ Erich Fromm, 1900-1980 ~
Man for Himself, 1947

Never let the odds keep you from pursuing what you know in your heart you were meant to do.
~ Satchel Paige, 1900-1982 ~

A person should set his goals as early as he can and devote all his energy and talent to getting there. With enough effort, he may achieve it. Or he may find something that is even more rewarding. But in the end, no matter what the outcome, he will know he has been alive.
~ Walt Disney, 1901-1966 ~

The true purpose is to see things as they are, to observe things as they are, and to let everything go as it goes.
~ Shunryu Suzuki, 1905-1971 ~

Everyone has his own specific vocation or mission in life; everyone must carry out a concrete assignment that demands fulfillment. Therein he cannot be replaced, nor can his life be repeated. Thus, everyone's task is as unique as is his specific opportunity to implement it.
~ Viktor Frankl, 1905-1998 ~

Goals are absolutely essential, for goals give meaning to life.
~ Frankl ~

Of course you have work to do in this world. Your first job is to awaken your own divine nature. You can do that by putting yourself into inspirational circumstances and looking within and waiting in receptive silence for answers from within.
~ Peace Pilgrim, 1908-1981 ~
Peace Pilgrim: Her Life and Work in Her Own Words, 1982

Man cannot live without some knowledge of the purpose of life. If he can find no purpose in life, he creates one in the inevitability of death.
~ Chester Himes, 1909-1984 ~
Beyond the Angry Black, 1966

Injustice, poverty, slavery, ignorance – these may be cured by reform or revolution. But men do not live only by fighting evils. They live by positive goals, individual and collective, a vast variety of them, seldom predictable, at times incompatible.
~ Isaiah Berlin, 1909-1997 ~
Four Essays on Liberty, 1969

There is a simple answer to the question "What is the purpose of our individual lives?" – they have whatever purpose we succeed in putting into them.
~ A. J. Ayer, 1910-1989 ~
in *The Sunday Times*, 1957

I wasn't concerned about the hardships because I always felt I was doing what I had to do, what I wanted to do, and what I was destined to do.
~ Katherine Dunham, 1910- ~

The need for devotion to something outside ourselves is even more profound than the need for companionship. If we are not to go to pieces or wither away, we all must have some purpose in life; for no man can live for himself alone.
~ Ross Parmenter, 1912-1999 ~
"The Doctor and the Cleaning Woman," *The Plant in My Window*, 1949

Not having a goal is more to be feared than not reaching a goal.
~ Robert H. Schuller, 1926- ~

An effective goal focuses primarily on results rather than activity. It identifies where you want to be, and, in the process, helps you determine where you are. It gives you important information on how to get there, and it tells you when you have arrived. It unifies your efforts and energy. It gives meaning and purpose to all you do.
~ Stephen Covey, 1932- ~
The 7 Habits of Highly Effective People, 1989

What you get by achieving your goals is as important as what you become by achieving your goals.
~ Zig Ziglar, 1926- ~

To have a good life, it is not enough to remove what is wrong with it. We also need a positive goal, otherwise why keep going? ... Each person must discover ultimate purpose on his or her own. Through trial and error, through intense cultivation, we can straighten out the tangled skein of conflicting goals, and choose the one that will give purpose to action.
~ Mihaly Csikszentmihalyi, 1934- ~
Flow: The Psychology of Optimal Experience, 1990

Here's a test to find whether your mission on earth is finished: if you're alive, it isn't.
~ Richard Bach, 1936- ~
Illusions: The Adventures of a Reluctant Messiah, 1997

Goals too clearly defined can become blinkers.
~ Catherine Bateson, 1939- ~
Composing a Life, 1989

A goal is not always meant to be reached, it often serves simply as something to aim at.
~ Bruce Lee, 1940-1973 ~

The function and duty of a quality human being is the sincere and honest development of one's potential.
~ Lee ~

We may run, walk, stumble, drive, or fly, but let us never lose sight of the reason for the journey, or miss a chance to see a rainbow on the way.
~ Gloria Gaither, 1942- ~

You've got to get to the stage in life where going for it is more important than winning or losing.
~ Arthur Ashe, 1943-1993 ~

I don't continually question my reason to live. It's just a state of being. The real question is what you're doing with the living you're doing, and what you want to do with that living.
~ Mick Jagger, 1943- ~

You must take action now that will move you toward your goals. Develop a sense of urgency in your life.
~ Les Brown, 1945- ~

Whether or not you reach your goals in life depends entirely on how well you prepare for them and how badly you want them.
~ Ronald McNair, 1950-1986 ~

Purpose begins with the individual, and the sum total of all individuals' purposes creates the community's purpose. The community thus takes upon itself the responsibility of nurturing and protecting the individual, because the individual, knowing her or his purpose, will then invest energy in sustaining the community ... The community exists, in part, to safeguard the purpose of each person within it and to awaken the memory of that purpose by recognizing the unique gifts each individual brings to the world.
~ Malidoma Somé, 1956- ~
The Healing Wisdom of Africa, 1999

Set a small, yet challenging goal, and then keep going until you achieve it. Suddenly, momentum is on your side. Put that momentum to use by taking on a project that's slightly more ambitious. And the momentum grows even stronger.
~ Ralph Marston, 1961- ~

Make your life a mission – not an intermission.
~ Arnold H. Glasgow ~

The major reason for setting a goal is for what it makes of you to accomplish it. What it makes of you will always be the far greater value than what you get.
~ Jim Rohn ~

Goals are simply tools to focus your energy in positive directions; they can be changed as your priorities change, new ones added and others dropped.
~ O. Carl Simonton ~

The reason most people never reach their goals is that they don't define them, or ever consider them as believable or achievable.
~ Denis Waitley ~

GOODNESS / VIRTUE

Related States & Conditions: Conscience, Ethics/Morality, Love-Agape, Meaning, Perspective, Possibility/Potential, Relativity, Seeking, Shadow, Trust, Value/Worth

Syntonic: Commitment/Dedication, Conviction/Principle, Diligence, Discipline, Faith, Forgiveness, Optimism/Positivism, Patience, Practice, Reciprocity/Reflection, Release, Renewal, Restraint, Tolerance

Dystonic: Attachment, Avoidance/Denial/Refusal, Conformity, Criticism/Judgment, Defeat, Deferment/Delay, Dependence, Depression/Despair/Distress, Fault, Guilt, Inaction, Limitation, Regret, Revenge, Vice, War/Aggression/Violence, Worry

The higher the sun ariseth, the less shadow doth he cast; even so the greater is the goodness, the less doth it covet praise; yet cannot avoid its rewards in honors.
~ Akhenaton, c. 1385-c. 1355 BCE ~

What is a good man but a bad man's teacher?
What is a bad man but a good man's job?
If you don't understand this, you will get lost, however intelligent you are.
~ Laozi, 570-490 BCE ~
Tao Te Ching: A New English Version, Stephen Mitchell, tr., 1988

A truly good person is not aware of his goodness,
And is therefore good.
A foolish person tries to be good,
And is therefore not good.
~ Laozi ~
The Tao Te Ching, Gia-Fu Feng & Jane English, tr., 1972

Virtue is not left to stand alone. He who practices it will have neighbors.
~ Kongfuzi, c. 551-c. 479 BCE ~
Analects

When men speak ill of you, live so as nobody may believe them.
~ Plato, c. 427-347 BCE ~

One should seek virtue for its own sake and not from hope or fear, or any external motive. It is in virtue that happiness consists, for virtue is the state of mind which tends to make the whole of life harmonious.
~ Zeno of Citium, c. 335-264 BCE ~

Virtue is a habit of mind consistent with nature and moderation and reason.
~ Cicero, 106-43 BCE ~

He that does good to another does good also to himself.
~ Seneca, c. 4 BCE-65 CE ~

Though ambition in itself is a vice, yet it is often the parent of virtues.
~ Quintillian, c. 35-c. 100 CE ~

We ought to do good to others as simply as a horse runs, or a bee makes honey, or a vine bears grapes season after season without thinking of the grapes it has borne.
~ Marcus Aurelius, 121-180 ~

We are to practice virtue, not possess it.
~ Meister Eckhart, 1260-1327 ~
Meister Eckhart: A Modern Translation, Raymond Bernard Blakney, 1941

Who sows virtue reaps honor.
~ Leonardo da Vinci, 1452-1519 ~
Notebooks

Goodness needeth not to enter into the soul, for it is there already, only it is unperceived.
~ *Theologia Germanica*, 1516 ~

There is a sort of gratification in doing good which makes us rejoice in ourselves.
~ Michel de Montaigne, 1533-1592 ~

Assume a virtue, if you have it not.
~ William Shakespeare, 1564-1616 ~

A good action is never lost; it is a treasure laid up and guarded for the doer's need.
~ Pedro Calderón de la Barca, 1600-1681 ~

The strength of a man's virtue should not be measured by his special exertions, but by his habitual acts.
~ Blaise Pascal, 1623-1662 ~

By virtue and power I understand the same thing; that is, that virtue, with respect to man, is his very essence or nature insofar as he has the power of bringing about certain things, which can be understood through the laws of his nature alone.
~ Baruch de Spinoza, 1632-1677 ~
A Spinoza Reader: The Ethics and Other Works, The Ethics, IV, D8, Edwin Curley, ed. & tr., 1994

Do all the good you can,
By all the means you can,
In all the ways you can,
In all the places you can,
At all the times you can,
To all the people you can,
As long as ever you can.
~ John Wesley, 1703-1791 ~

The greatest pleasure I know is to do a good action by stealth and have it found out by accident.
~ Charles Lamb, 1775-1834 ~

Virtue, perhaps, is nothing more than politeness of soul.
~ Honoré de Balzac, 1799-1850 ~

Goodness is the only investment that never fails.
~ Henry David Thoreau, 1817-1862 ~

Seek always to do some good, somewhere. Every man has to seek in his own way to realize his true worth. You must give some time to your fellow man. Even if it's a little thing, do something for those who need help, something for which you get no pay but the privilege of doing it.
~ Albert Schweitzer, 1875-1965 ~

Virtue has always been conceived of as victorious resistance to one's vital desire.
~ James Branch Cabell, 1879-1958 ~

An act of goodness is of itself an act of happiness. No reward coming after the event can compare with the sweet reward that went with it.
~ Maurice Maeterlinck, 1862-1949 ~

Virtue is insufficient temptation.
~ George Bernard Shaw, 1856-1950 ~

A self-realized being cannot help benefiting the world. His very existence is the highest good.
~ Ramana Maharshi, 1879-1950 ~

There is more in you of good than you know ... some courage and some wisdom blended in measure.
~ J. R. R. Tolkien, 1892-1973 ~
The Hobbit, or, There and Back Again, 1937

Excess of virtue is a vice.
~ Lin Yutang, 1895-1976 ~
Looking Beyond, 1955

People are unreasonable, illogical, and self-centered.
Love them anyway.
If you do good, people may accuse you of selfish motives.
Do good anyway.
If you are successful, you may win false friends and true enemies.
Succeed anyway.
The good you do today may be forgotten tomorrow.
Do good anyway.
Honesty and transparency make you vulnerable.
Be honest and transparent anyway.
What you spend years building may be destroyed overnight.
Build anyway.
People who really want help may attack you if you help them.
Help them anyway.
Give the world the best you have and you may get hurt.
Give the world your best anyway.
~ Mother Teresa, 1910-1997 ~
"Meditations from a Simple Path"

Vitality is also virtue. Or, rather, it makes one important form of virtue – a largeness of spirit or generosity – possible, even easy, and because it can seem so easy, it can also seem natural. That naturalness makes the generous gesture even more appealing and admirable.
~ Tuan Yi-Fu, 1930- ~
Who Am I? An Autobiography of Emotion, Mind, and Spirit, 1999

In the beginning, love, in the end, love, in the middle, we have to cultivate virtues.
~ Gurumayi Chidvilasananda, 1955- ~

GREED

Related States & Conditions: Appearance/Form, Desire, Distraction/Diversion, Having/Possessing, Indulgence/Temptation, Seeking, Shadow, Value/Worth, Wealth/Prosperity

Syntonic: Appreciation, Connection/Interbeing/Interdependence, Conscience, Detachment, Discipline, Equanimity, Ethics/Morality, Faith, Forgiveness, Giving/Serving, Little, Love-Agape, Moderation, Optimism/Positivism, Patience, Reciprocity/Reflection, Release, Restraint, Simplicity

Dystonic: Attachment, Dependence, Depression/Despair/Distress, Fault, Fear, Guilt, Habit, Insecurity/Risk, Jealousy/Envy, Limitation, Regret, Revenge, Vice, War/Aggression/Violence, Worry

If you want to have perfect conduct, to be free from evil, then above all guard against the vice of greed. Greed is a grievous sickness that has no cure … Greed is a compound of all the evils, a bundle of all hateful things.
~ Khemetic Saying ~
Temt Tchaas: Egyptian Proverbs, Muata Ashaya Ashby, ed., 1994

Do not be greedy in the division of things. Do not covet more than your share. Do not be greedy toward your relatives.
~ Ibid.

An immoderate desire for riches is a poison lodged in the mind. It contaminates and destroys everything that was good in it. It is no sooner rooted there than all virtue, all honesty, all natural affection, fly before the face of it.
~ Ibid.

The transgressor of laws is punished, although the greedy person overlooks this. Baseness may obtain riches, yet crime never lands its wares on the shore.
~ Ptahotep, c. 2350 BCE ~
The Teachings of Ptahhotep: The Oldest Book in the World
Asa Hilliard, L. Williams and N. Damali, eds., 1987

Do not strain to seek increase,
What you have, let it suffice you.
If riches come to you by theft,
They will not stay the night with you.
They made themselves wings like geese,
And flew away to the sky.
~ Amenemope, c. 11th C. BCE~
The Instruction of Amenemope, Ch. 7, Miriam Lichtheim, tr.

Greed lessens what is gathered.
~ Arab Saying ~

Form no covetous desire, so that the demon of greediness may not deceive thee, and the treasure of the world may not be tasteless to thee.
~ Zoroaster, c. 628-551 BCE ~

There is no calamity greater than lavish desires.
There is no greater guilt than discontentment.
And there is no greater disaster than greed.
He who is contented with contentment is always contented.
~ Laozi, 570-490 BCE ~

The avaricious man is like the barren sandy ground of the desert which sucks in all the rain and dew with greediness, but yields no fruitful herbs or plants for the benefit of others.
~ Zeno of Citium, c. 335-264 BCE ~

From covetousness anger proceeds; from covetousness lust is born; from covetousness come delusion and perdition. Covetousness is the cause of sin.
~ Vishnu Sharma, c. 200 BCE ~
"Hitopadesa," *Panchatantra*

What has been created more greedy than the eye?
Therefore it sheds tears from every face.
~ Joshua ben Sira, 2nd C. BCE ~
in *Apocrypha*, Sirach (Ecclesiasticus) 31:13, RSV 1957

He who is greedy is always in want.
~ Horace, 65-8 BCE ~

The miser is as much in want of what he has as of what he has not.
~ Publilius Syrus, c. 42 BCE ~

The lust of avarice has so seized upon mankind that their wealth seems rather to possess them

than they possess their wealth.
~ Pliny the Elder, 23-79 ~

No gain satisfies a greedy mind.
~ Latin Saying ~

When you seek what is not your own, you lose what actually is your own.
~ Epictetus, 50-120 ~

If you seize too much, you are left with nothing. If you take less you may retain it.
~ *Babylonian Talmud*, 2nd-5th C. CE ~
Rosh Hashanah 4b

Perhaps we'll claim that by our wealth we live,
And living, gather merit, dissipating evil.
But if we're ruthless for the sake of gain,
It's evil we will gather, dissipating merit.
~ Shantideva, 7th C. ~
The Way of the Boddhisattva, Padmakara, tr., 1997

The greedy man is incontent with a whole world set before him.
~ Moslih Sa'adi, 1184-1291 ~

If you would be free of greed, first you have to leave egotism behind. The best mental exercise for relinquishing egotism is contemplating impermanence.
~ Eihei Dogen, 1200-1253 ~
in *The Pocket Zen Reader*, Thomas Cleary, ed., 1999

If you pour the whole sea into a jug,
will it hold more than one day's store?
The greedy eye, like the jug, is never filled.
~ Jalaluddin Rumi, 1207-1273 ~
"Song of the Reed," Mathnawi I
The Pocket Rumi Reader, Kabir Helminski, ed., 2001

With one greedy thought, years of integrity can be corrupted. A greedy thought is the seed of fear and confusion. It will grow wildly. The material gain that a greedy act brings is a small gain indeed. To act without greed and lose some material benefit is also, therefore a small loss. But to lose one's integrity! That is an immense loss!
~ Hanshan Deqing, 1546-1623 ~
Journey to Dreamland, Jy Din Shakya, tr., 1998

Who covets more is evermore a slave.
~ Robert Herrick, 1591-1674 ~

If books, the lives of the saints, spiritual intercourse, bring us no peace it means that we are not surrendering ourselves to the duty of the present moment, and that we are stuffing our minds out of mere greed.
~ Jean-Pierre de Caussade, 1675-1751 ~
The Sacrament of the Present Moment, 1989

A greedy person and a pauper are practically one and the same.
~ Swiss Saying ~

The greedy search for money or success will almost always lead men into unhappiness. Why? Because that kind of life makes them depend upon things outside themselves.
~ André Maurois, 1885-1967 ~

Greed is a bottomless pit which exhausts the person in an endless effort to satisfy the need without ever reaching satisfaction.
~ Erich Fromm, 1900-1980 ~

Callous greed grows pious very fast.
~ Lillian Hellman, 1905-1984 ~

Gluttony is an emotional escape, a sign something is eating us.
~ Peter de Vries, 1910-1993 ~
Comfort Me With Apples, 1956

The life of sensation is the life of greed; it requires more and more. The life of the spirit requires less and less; time is ample and its passage sweet.
~ Annie Dillard, 1945- ~
The Writing Life, 1989

Greed is the absence of the knowledge that you have the power to create all that you need out of your own ideas. Greed is the absence of the knowledge that you are complete and whole. If you truly *know* that you can have what you think, that you can have all you need, that you are complete and whole, you do not feel greed.
~ Tae Yun Kim, 1946- ~
Seven Steps to Inner Power, 1991

Just as the fearful mind is the source of promiscuity and sex is merely the vehicle through which it is expressed, so money is not the source of greed. The mind is the source of greed, and money is one of the places where it expresses itself.
~ Marianne Williamson, 1952- ~
A Return to Love, 1992

The bird of paradise alights only upon the hand that does not grasp.
~ John Berry ~

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GRIEF / SORROW

Related States & Conditions: Attachment, Death/Dying, Dependence, Depression/Despair/Distress, Impermanence, Regret, Suffering

Syntonic: Acceptance, Appreciation, Composure/Peace/Tranquility, Connection/Interbeing/Interdependence, Continuity, Courage, Detachment, Equanimity, Faith, Flexibility/Flow/Flux, Forgiveness, Humor/Laughter, Love-Agape, Optimism/Positivism, Patience, Release, Restraint, Retreat/Withdrawal

Dystonic: Avoidance/Denial/Refusal, Conformity, Delusion, Fault, Fear, Guilt, Limitation, Revenge, War/Aggression/Violence, Worry

The soul would have no rainbow if the eyes had no tears.
~ Indian Saying ~

One joy scatters a hundred griefs.
~ Chinese Saying ~

The greatest griefs are those we cause ourselves.
~ Sophocles, c. 496-406 BCE ~
Oedipus Rex

Waste not fresh tears over old griefs.
~ Euripides, c. 485-406 BCE ~

Excess of grief for the deceased is madness; for it is an injury to the living, and the dead know it not.
~ Xenophon, 435-355 BCE ~

Your sorrow is sheer delusion.
Wise men do not grieve
for the dead or for the living.
~ *Bhagavad Gita*, c. 400 BCE ~
Chapter 2, Stephen Mitchell, tr., 2000

For that which is born death is certain, and for the dead birth is certain. Therefore grieve not over that which is unavoidable.
~ Ibid.

Let no life be mourned here on earth;
he is a fool who mourns for them,
pursuing vanity upon vanity;
for grief brings only more grief.
~ Vishnu Sharma, c. 200 BCE ~
Panchatantra, I.333, Chandra Rajan, tr., 1993

Let tears flow of their own accord; their flowing is not inconsistent with inward peace and harmony.
~ Seneca, c. 4 BCE-65 CE ~

Weeping may endure for a night, but joy cometh in the morning.
~ *The Bible*, c. 367 CE ~
Psalms 30:5

Break not your heart; sorrow will roll away like the mists at sunrise.
~ Sotho (Lesotho/Botswana) Saying ~

All wordly pursuits have but one unavoidable and inevitable end, which is sorrow: acquisitions end in dispersion; buildings, in destruction; meetings, in separation; births, in death.
~ Milarepa, 1040-1123 ~
in W. Y. Evans-Wentz, *Tibet's Great Yogi Milarepa*, 1928

Sorrow pulls up the rotten root
that was hidden from sight.
Whatever sorrow takes away
or causes the heart to sacrifice,
it puts something better in its place –
especially for one who is certain
that sorrow is the servant of the intuitive.
~ Jalaluddin Rumi, 1207-1273 ~
"The Guest House," Mathnawi V, 3682-83
The Pocket Rumi Reader, Kabir Helminski, ed., 2001

I saw grief drinking a cup of sorrow.
It's sweet, isn't it?
Grief said, You put me out of business.
How can I sell grief
When you know it's sweet?
~ Rumi ~

Truly, it is in the darkness that one finds the light, so when we are in sorrow, then this light is nearest of all to us.
~ Meister Eckhart, 1260-1327 ~

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Give sorrow words: the grief that does not speak,
Whispers the o'erfraught heart and bids it break.
~ William Shakespeare, 1564-1616 ~

What's gone and what's past help
Should be past grief.
~ Shakespeare ~
The Winter's Tale, III.ii, 1611

While grief is fresh, every attempt to divert only irritates. You must wait till it be digested, and then amusement will dissipate the remains of it.
~ Samuel Johnson, 1709-1784 ~

Grief drives men to serious reflection, sharpens the understanding and softens the heart.
~ John Adams, 1735-1826 ~

The pleasure that is in sorrow is sweeter than the pleasure that is in pleasure itself.
~ Percy Bysshe Shelley, 1792-1822 ~
A Defence of Poetry, 1822

The bitterest tears shed over graves are for words left unsaid and deeds left undone.
~ Harriet Beecher Stowe, 1811-1896 ~
Little Foxes, 1865

Nothing that grieves us can be called little: by the eternal laws of proportion a child's loss of a doll and a king's loss of a crown are events of the same size.
~ Mark Twain, 1835-1910 ~
in Julia Cameron, *Transitions: Prayers and Declarations for a Changing Life*, 1999

Nothing is more salutary for those who are afflicted than to become consolers.
~ Maurice d'Hulst, 1841-1896 ~
in Henri Nouwen, *The Way of the Heart*, 1981

There are times when sorrow seems to be the only truth.
~ Oscar Wilde, 1856-1900 ~
De Profundis, 1905

Moments of grief very often bring out a better spiritual realization. As if for a while the clouds withdraw and the sun of truth shines out.
~ Vivekananda, 1863-1902 ~
The Complete Works of Swami Vivekananda, 1984-1987, 6:392, 1926

Griefs, at the moment when they change into ideas, lose some of their power to injure our heart.
~ Marcel Proust, 1871-1922 ~

Happiness is beneficial for the body, but it is grief that develops the powers of the mind.
~ Proust ~
Remembrance of Things Past: The Past Recaptured, 1927

The groundwork of life is sorrow. But that once established, one can start to build. And until that is established, one can build nothing: no life of any sort.
~ D. H. Lawrence, 1885-1930 ~
Selected Letters of D. H. Lawrence, Diana Trilling, ed., 1958

Sorrow fully accepted brings its own gifts. For there is alchemy in sorrow. It can be transmuted into wisdom, which, if it does not bring joy, can yet bring happiness.
~ Pearl S. Buck, 1892-1973 ~

Between grief and nothing I will take grief.
~ William Faulkner, 1897-1962 ~

Part of every misery is, so to speak, the misery's shadow or reflection: the fact that you don't merely suffer but have to keep on thinking about the fact that you suffer. I not only live each endless day in grief, but live each day thinking about living each day in grief.
~ C. S. Lewis, 1898-1963 ~

Don't cry because it's over. Smile because it happened.
~ Dr. Seuss, 1904-1991 ~

The pain of leaving those you grow to love is only the prelude to understanding yourself and others.
~ Shirley MacLaine, 1934- ~

Grief is the rope burns left behind when what we have held to most dearly is pulled out of reach, beyond our grasp.
~ Stephen Levine, 1937- ~
Guided Meditations, Explorations, and Healings

In my experience there is no way around grief – there's only through to the other side.
~ Beth Nielsen Chapman, 1956- ~

Resistance solidifies grief. We can allow our griefs to dissolve through releasing them to the healing rain of tears. As we weep with loss, our spiritual landscape is made anew. All change carries gain as well as loss.
~ Julia Cameron ~
Transitions: Prayers and Declarations for a Changing Life, 1999

GROWTH / EXPANSION

Related States & Conditions: Age/Ageing, Breakthrough/Epiphany/Turning Point, Continuity, Exploration, Goal/Ideal/Purpose, Introspection/Self-Knowledge, Journey/Path, Learning, Possibility/Potential

Syntonic: Acceptance, Action/Effort, Appreciation, Autonomy/Control, Beginning/Endeavour, Commitment/Dedication, Courage, Creativity/Discovery/Innovation, Daring/Challenge, Determination/Persistence/Resolve, Dreams/Dreaming, Expectation/Hope, Focus/Intention, Flexibility/Flow/Flux, Initiative, Openness/Receptivity, Opportunity, Patience, Preparation/Readiness, Release, Responsibility, Self-Reliance, Vision/Visualization

Dystonic: Avoidance/Denial/Refusal, Complacency, Conformity, Defeat, Deferment/Delay, Distraction/Diversion, Fear, Inaction, Laziness, Limitation, War/Aggression/Violence, Worry

Times of growth are beset with difficulties. They resemble a first birth. But these difficulties arise from the very profusion of all that is struggling to attain form. Everything is in motion: therefore if one perseveres there is a prospect of great success.
~ *Yi Jing*, c. 1150 BCE ~

Continuing, cultivate
And nourish yourself
To enact maturity
And achieve stability.
If you accord everywhere
With thorough clarity
And cut off sharp corners
Without dependence
On doctrines, you can
Be called a complete person.
~ Hongzhi Zhengjue, 1091-1157 ~

Just get to the root, don't worry about the branches, for someday you will come to have them naturally. If you have not attained the basis, even if you consciously study you cannot attain the outgrowths either.
~ Yangshan Huiji, 803-887 ~
in *Zen Essence: The Science of Freedom*, Thomas Cleary, tr. & ed., 1989

Little by little wean yourself. This is the gist of what I have to say. From an embryo, whose nourishment comes in the blood, move to an infant drinking milk, to a child on solid food, to a searcher after wisdom, to a hunter after more invisible game.
~ Jalaluddin Rumi, 1207-1273 ~
in *The Enlightened Mind: An Anthology of Sacred Prose*, Stephen Mitchell, ed., 1991

Be not afraid of growing slowly, be afraid only of standing still.
~ Chinese Saying ~

There is no stopping place in this life, – no, nor was there ever for any man no matter how far along his way he'd gone. This, above all, then, be ready at all times for the gifts of God, and always for new ones.
~ Meister Eckhart, 1260-1327 ~
in Lawrence LeShan, *How to Meditate*, 1974

It is necessary to try to surpass oneself always; this occupation ought to last as long as life.
~ Christina of Sweden, 1629-1689 ~

A mere machine is evidently incapable of thinking … whereas in man there exists something perpetually prone to expand, and to burst the chains by which it is confined.
~ Jean-Jacques Rousseau, 1712-1778 ~

Every mind was made for growth, for knowledge, and its nature is sinned against when it is doomed to ignorance.
~ William Ellery Channing, 1789-1842 ~

The great law of culture is: Let each become all that he was capable of being; expand if possible to his full growth; resisting all impediments, casting off all foreign, especially noxious adhesions; and show himself at length in his own shape and stature, be these what they may.
~ Thomas Carlyle, 1795-1881 ~

Unless you try to do something beyond what you have already mastered, you will never grow.
~ Ralph Waldo Emerson, 1803-1882 ~

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A man's mind stretched by a new idea can never go back to its original dimensions.
~ Oliver Wendell Holmes, 1809-1894 ~

The strongest principle of growth lies in human choice.
~ George Eliot, 1819-1880 ~

Our consciousness rarely registers the beginning of a growth within us any more than without us; there have been many circulations of the sap before we detect the smallest sign of the bud.
~ Eliot ~
Silas Marner, 1861

This secret spoke Life herself unto me: "Behold," said she, "I am that which must ever surpass itself."
~ Friedrich Nietzsche, 1844-1900 ~

I dread success. To have succeeded is to have finished one's business on earth, like the male spider, who is killed by the female the moment he has succeeded in his courtship. I like a state of continual becoming, with a goal in front and not behind.
~ George Bernard Shaw, 1856-1950 ~

We must not stay as we are, doing always what was done last time; or we shall stick in the mud.
~ Shaw ~

To exist is to change, to change is to mature, to mature is to go on creating oneself endlessly.
~ Henri Bergson, 1859-1941 ~

It seems to me I have lived not one life, but several, each one bearing its own character and insignia. I find that, old as I am, in a certain sense I have not stopped growing. While my intellect is an organ of narrow limitations, my inner world – of feeling, of instinct – expands.
~ Henrietta Szold, 1860-1945 ~

Slow growth is the surest guarantee of success. For the perfect fruit, we need a slow ripening – sunshine as well as rain, failure as well as success.
~ Szold ~

Freedom is the only condition of growth; take that off, the result is degeneration.
~ Vivekananda, 1863-1902 ~
The Complete Works of Swami Vivekananda, 1984-1987, 5:23, 1926

Happiness is neither virtue nor pleasure nor this thing nor that but simply growth. We are happy when we are growing.
~ William Butler Yeats, 1865-1939 ~

Inner growth, a change of being, depends entirely upon the work which a man must do on himself.
~ George Gurdjieff, 1877-1949 ~

I do only want to advise you to keep growing quietly and seriously throughout your development; you cannot disturb it more rudely than by looking outward and expecting from outside replies to questions that only your inmost feeling in your quietest hours can perhaps answer.
~ Rainer Maria Rilke, 1875-1926 ~
Letters to a Young Poet, 1992

The soul walks not upon a line, neither does it grow like a reed.
The soul unfolds itself, like a lotus of countless petals.
~ Khalil Gibran, 1883-1931 ~
The Prophet, 1923

Then after the axiom that happiness is the chief end of man, the next truth of natural ethics is that the chief way to be happy is to grow.
~ Max Eastman, 1883-1969 ~
Enjoyment of Living, 1948

Life is growth. If we stop growing, technically and spiritually, we are as good as dead.
~ Morihei Ueshiba, 1883-1969 ~
The Art of Peace, John Stevens, tr., 1992

People grow through experience if they meet life honestly and courageously. This is how character is built.
~ Eleanor Roosevelt, 1884-1962 ~

The desire to grow, the right to live and to blossom is stronger than filial love and consideration … terrible conflict.
~ Katharine Hathaway, 1890-1942 ~
The Journals and Letters of the Little Locksmith, 1946

The struggle is to synchronize the potential being with the actual being, to make a fruitful liaison between the man of yesterday and the man of tomorrow. It is the process of growth which is painful, but unavoidable. We either grow or we die, and to die while alive is a thousand times worse than to "shuffle off this mortal coil."
~ Henry Miller, 1891-1980 ~
The Cosmological Eye, 1939

All growth is a leap in the dark, a spontaneous unpremeditated act without benefit of experience.
~ Miller ~
"The Absolute Collective," *The Wisdom of the Heart*, 1941

Growth itself contains the germ of happiness.
~ Pearl S. Buck, 1892-1973 ~
To My Daughters With Love, 1967

Every human being on this earth is born with a tragedy, and it isn't original sin. He's born with the tragedy that he has to grow up ... a lot of people don't have the courage to do it.
~ Helen Hayes, 1900-1993 ~
in Roy Newquist, *Showcase*, 1966

The purpose of learning is growth, and our minds, unlike our bodies, can continue growing as we continue to live.
~ Mortimer Adler, 1902-2001 ~

We do not grow absolutely, chronologically. We grow sometimes in one dimension, and not in another, unevenly. We grow partially. We are relative. We are mature in one realm, childish in another. The past, present, and future mingle and pull us backward, forward, or fix us in the present. We are made up of layers, cells, constellations.
~ Anaïs Nin, 1903-1977 ~
The Diary of Anaïs Nin, Vol. IV, Gunther Stuhlmann, ed., 1971

Is life so wretched? Isn't it rather your hands which are too small, your vision which is muddied? You are the one who must grow up.
~ Dag Hammarskjöld, 1905-1961 ~
Markings, 1964

Becoming an ego is painful. Hardly anyone finds his ego prior to the middle of his life. Then most people remain stuck in it and become hardened in it. The still more painful process of ego-transcendence with all its crises and relapses is accomplished by only a few. But it is just this ego-transcendence that is the decisive task of human life.
~ Jean Gebser, 1905-1973 ~
Diary, 1955

Live according to what you are and you will grow. To grow in one direction when we should be growing in another is an altogether bogus growth.
~ Hubert Van Zeller, 1905- ~

The great thing about life is that as long as we live we have the privilege of growing.
~ Joshua Liebman, 1907-1948 ~

The human being is so constructed that he presses toward fuller and fuller being and this means pressing toward what most people would call good values, toward serenity, kindness, courage, honesty, love, unselfishness, and goodness.
~ Abraham Maslow, 1908-1970 ~

There are two ways in which we can grow and learn. One way is by our own mistakes. The other way is to simply be willing to do the harmonious thing without being pushed into it.
~ Peace Pilgrim, 1908-1981 ~
Peace Pilgrim: Her Life and Work in Her Own Words, 1982

Is it not the conflict between every human being's need to struggle toward enlarged self-awareness, maturity, freedom and responsibility, and his tendency to remain a child and cling to the protection of parents or parental substitutes?
~ Rollo May, 1909-1994 ~

If we seek transcendence, we may have many visions, but we will surely end where we started. If we opt for growth, we may have our moments of transcendence, but they will be peak experiences along the steady road to a richer and more secure self.
~ Alexander Lowen, 1910- ~

It takes a deep commitment to change and an even deeper commitment to grow.
~ Ralph Ellison, 1914-1994 ~

The growth of the human mind is still high adventure, in many ways the highest adventure on earth.
~ Norman Cousins, 1915-1990 ~

Don't go through life, grow through life.
~ Eric Butterworth, 1916-2003 ~

The thing about happiness is that it doesn't help you to grow; only unhappiness does that. So I'm grateful that my bed of roses was made up equally of blossoms and thorns.
~ Lana Turner, 1920-1995 ~

Change and growth take place when a person has risked himself and dares to become involved with experimenting with his own life.
~ Herbert Otto, 1922- ~

Growing is the reward of learning.
~ Malcolm X, 1925-1965 ~

Most people don't really grow up. What they do is grow old, they grow tiresome even and self-righteous maybe, for it is very hard to grow. Because it means they must give up something. Usually their ignorance.
~ Maya Angelou, 1928- ~
in *New York Newsday*, 1993 January 12

How I wish I could pigeon-hole myself and neatly fix a label on! But self-knowledge comes too late! By the time I've known myself I am no longer what I was.
~ Mabel Segun, 1930- ~

The nature of a cell, just like what we call "human nature," is not something that *is*, but something that is forever in the process of *becoming*. It is not wholly determined, but plays a great part in determining itself. As the human recapitulates the same series of events that take place in the life of a cell, his behavior depends on the alternatives available for growth. If the conditions for nutrition and feedback permit new growth patterns, the result will be creative and responsible behavior.
~ George Thomas Lock Land, 1933- ~
Grow or Die, 1973

Whenever we stop growing, we start deteriorating.
~ Louis Farrakhan, 1934- ~

Growing up is the act of taking a fearful leap into the unknown, undetermined, unsafe, insecure, unsanctified, and unpredictable. It is a leap that many people never really take in their lifetimes.
~ M. Scott Peck, 1936-2005 ~
The Road Less Travelled, 1978

If we don't change, we don't grow. If we don't grow, we are not really living. Growth demands a temporary surrender of security. It may mean a giving up of familiar but limiting patterns, safe but unrewarding work, values no longer believed in, relationships that have lost their meaning.
~ Gail Sheehy, 1937- ~

Grow or get left behind.
~ Tom Peters, 1942- ~
Tom Peters Seminar, 1994

Growth is a process of experimentation, a series of trials, errors and occasional victories. The *failed* experiments are as much a part of the process as the experiments that work.
~ Cherie Carter-Scott, 1949- ~
If Life Is a Game, These Are the Rules, 1998

Growth is usually considered positive, but nothing can grow forever. If growth, of whatever kind, were to go on and on, it would eventually become monstrous and destructive. Dissolution is needed for new growth to happen. One cannot exist without the other.
~ Eckhard Tolle, 1948- ~
The Power of Now: A Guide to Spiritual Enlightenment, 1999

The self is on its climb up the basic structures of existence, matter to body to mind to soul to spirit. The psychoneuroses stand at that great branch point where consciousness starts to move from a generally bodily existence to a generally mental existence, with all the rewards, and all the conflicts, that entails.
~ Ken Wilber, 1949- ~
Transformations of Consciousness, 1986

The first "dream of success" is a part of our youth. To start over after failing the initial dream is a part of our maturing process.
~ Kathleen de Azevedo, 1955- ~

Growth is a spiral process, doubling back on itself, reassessing and regrouping.
~ Julia Cameron ~

Who you are is a necessary step to being who you will be.
~ Emmanuel ~

Growth means becoming more of who we already are, not what others want us to be. Growth means evolving and waking up, not remaining asleep in the illusion of the learned self.
~ Brenda Schaffer ~

Once a profound truth has been seen, it cannot be "unseen." There's no "going back" to the person you were. Even if such a possibility did exist … why would you want to?
~ Dave Sim ~

It is through hearing – and obeying – the demands to make a life adjustment that the ability to face oneself grows. In fact, many abilities grow along with self-trust … As each correction is made, the bond between self and Self grows stronger, thus giving more power to the voice of Self, more clarity and purpose to the individual life.
~ Marsha Sinetar ~
Ordinary People As Monks and Mystics, 1986

GUILT

Related States & Conditions: Cost, Criticism/Judgment, Ethics/Morality, Failure/Error, Fault, Introspection/Self-Knowledge, Suffering

Syntonic: Acceptance, Affirmation/Approval, Appreciation, Learning, Patience, Release, Renewal, Responsibility, Self-Reliance, Tolerance, Understanding

Dystonic: Avoidance/Denial/Refusal, Complacency, Conformity, Delusion, Distraction/Diversion, Fear, Hate, War/Aggression/Violence, Worry

Every guilty person is his own hangman.
~ Seneca, c. 4 BCE-65 CE ~

Always repenting of wrongs done
Will never bring my heart to rest.
~ Xi Kang, 223-262 ~

You can rake the muck this way, rake the muck that way – it will always be muck. Have I sinned or have I not sinned? In the time I am brooding over it, I could be stringing pearls for the delight of heaven.
~ Hasidic Saying ~

No one ever told me that grief felt so much like fear.
~ C. S. Lewis, 1898-1963 ~
A Grief Observed, 1961

If you are going to do something wrong at least enjoy it.
~ Leo Rosten, 1908-1997 ~

Live quietly with your sense of guilt. Sit beside it, as it were, and regard the frightful wound to your self-esteem as the removal of deep illusions which existed before and which this chance has torn.
~ Iris Murdoch, 1919-1999 ~
"The Prodigal Son," *The Good Apprentice*, 1985

Guilt is the price we pay willingly for doing what we are going to do anyway.
~ Isabelle Holland, 1920-2002 ~

Punishment is now unfashionable ... because it creates moral distinctions among men, which, to the democratic mind, are odious. We prefer a meaningless collective guilt to a meaningful individual responsibility.
~ Thomas Szasz, 1920- ~

Without the spice of guilt, sin cannot be fully savored.
~ Alexander Chase, 1926- ~
"Perspectives," 1966

True guilt is guilt at the obligation one owes to oneself to be oneself. False guilt is guilt felt at not being what other people feel one ought to be or assume that one is.
~ R. D. Laing, 1927-1989 ~
Self and Others, 1969

One who condones evils is just as guilty as the one who perpetrates it.
~ Martin Luther King, Jr., 1929-1968 ~

Victims suggest innocence. And innocence, by the inexorable logic that governs all relational terms, suggests guilt.
~ Susan Sontag, 1933-2004 ~

I have no creative use for guilt, yours or my own. Guilt is only another way of avoiding informed action, of buying time out of the pressing need to make clear choices, out of the approaching storm that can feed the earth as well as bend the trees.
~ Audre Lorde, 1934-1992 ~
"The Uses of Anger," 1981, in *Sister Outsider*, 1984

People get into a heavy-duty sin and guilt trip, feeling that if things are going wrong, that means that they did something bad and they are being punished. That's not the idea at all. The idea of karma is that you continually get the teachings that you need to open your heart.
~ Pema Chödrön, 1936- ~

Repentance doesn't mean guilt. It means just really seeing what we've done out of our separateness; and then begins the process of being at-one-ment.
~ Charlotte Joko Beck ~

HABIT

Related States & Conditions: Complacency, Conformity, Inaction, Laziness, Limitation, Moderation, Practice, Restraint, Insecurity/Risk

Syntonic: Beginning/Endeavour, Creativity/Discovery/Innovation, Daring/Challenge, Diversity/Multiplicity, Exploration, Flexibility/Flow/Flux, Growth/Expansion, Imagination, Ingenuity, Initiative, Learning, Openness/Receptivity, Possibility/Potential, Release, Renewal, Spontaneity, Vision/Visualization, Zeal/Zest

Dystonic: Avoidance/Denial/Refusal, Defeat, Deferment/Delay, Delusion, Distraction/Diversion, Fear, Regret, Worry

Such as are your habitual thoughts, such also will be the character of your mind; for the soul becomes dyed with the color of its thoughts.
~ Marcus Aurelius, 121-180 ~

As long as you are subject
To a life bound by force of habit,
You are not free from the
Burden of the body.
~ Guishan Lingyou, 771-854 ~

The field of boundless emptiness
Is what exists from the very beginning.
You must purify, cure, grind down,
Or brush away all the tendencies
You have fabricated into apparent habits.
Then you can reside in the
Clear circle of brightness.
~ Hongzhi Zhengjue, 1091-1157 ~

Habituation puts to sleep the eye of our judgment.
~ Michel de Montaigne, 1533-1592 ~
"Of Custom," *Essais*, 1580

In the root and stem of your own psyche there is an accumulation of bad habits. If you cannot see through them and act independently of them, you will unavoidably get bogged down along the way.
~ Yuansou, 1578-1657 ~
in *Zen Essence: The Science of Freedom*, Thomas Cleary, tr. & ed., 1989

We first make our habits, and then our habits make us.
~ John Dryden, 1631-1700 ~

Habit is a cable; we weave a thread of it each day, and at last we cannot break it.
~ Horace Mann, 1796-1859 ~

The habit of viewing things cheerfully, and of thinking about things hopefully, may be made to grow in us like any other habits.
~ Samuel Smiles, 1812-1904 ~

As a single footstep will not make a path on the earth, so a single thought will not make a pathway in the mind. To make a deep physical path, we walk again and again. To make a deep mental path, we must think over and over the kind of thoughts we wish to dominate our lives.
~ Henry David Thoreau, 1817-1862 ~

To learn new habits is everything, for it is to reach the substance of life. Life is but a tissue of habits.
~ Henri-Frédéric Amiel, 1821-1881 ~

Habit is habit, and not to be flung out of the window by any man, but coaxed downstairs one step at a time.
~ Mark Twain, 1835-1910 ~
The Tragedy of Pudd'nhead Wilson, 1894

To make our nervous system our ally instead of our enemy … we must make automatic and habitual, as early as possible, as many useful actions as we can, and guard against the growing into ways that are likely to be disadvantageous to us, as we should guard against the plague.
~ William James, 1842-1910 ~
The Principles of Psychology, 1890

The habit of being happy enables one to be freed, or largely freed, from the domination or outward conditions.
~ Robert Louis Stevenson, 1850-1894 ~

As long as habit and routine dictate the pattern of living, new dimensions of the soul will not emerge.
~ Henry Van Dyke, 1852-1933 ~

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Habits are safer than rules; you don't have to watch them. And you don't have to keep them either; they keep you.
~ Frank Crane, 1861-1928 ~

Habit is necessary; it is the habit of having habits, of turning a trail into a rut, that must be incessantly fought against if one is to remain alive.
~ Edith Wharton, 1862-1937 ~
A Backward Glance, 1934

Have you ever fully realized that life is, after all, merely a series of habits, and that it lies entirely within one's own power to determine just what that series shall be?
~ Ralph Waldo Trine, 1866-1958 ~

We seldom get rid of an evil merely by understanding its causes ... and for all our insight, obstinate habits do not disappear until replaced by other habits.
~ Carl Jung, 1875-1961 ~

Control your mental attitude, keep it positive by exercising self-discipline, and thus prepare the mental soil in which any worthwhile plan, purpose, or desire may be planted by repeated, intense impression, with the assurance that it will grow, and find expression in its material equivalent whatever means are at hand.
~ Napoleon Hill, 1883-1970 ~
in "Napoleon Hill Revisited: On Cosmic Habit Force," *PMA Adviser*, 1986 April

Tension is a habit. Relaxing is a habit. And bad habits can be broken, good habits formed.
~ Dale Carnegie, 1888-1955 ~

Good habits, which bring our lower passions and appetites under automatic control, leave our natures free to explore the larger experiences of life. Too many of us divide and dissipate our energies in debating actions which should be taken for granted.
~ Ralph W. Sockman, 1889-1970 ~

As it may take a long time to form a bad habit of disease consciousness, similarly some time may be required to form a good habit of health consciousness.
~ Paramahansa Yogananda, 1893-1952 ~
Scientific Healing Affirmations, 1958

Habit and routine have an unbelievable power to waste and destroy.
~ Henri de Lubac, 1896-1991 ~

People allow themselves to be slaves of their bad habits and society's bad habits, but they also have free will. If they wish, they can be free.
~ Peace Pilgrim, 1908-1981 ~
Peace Pilgrim: Her Life and Work in Her Own Words, 1982

A bad habit never disappears miraculously. It's an undo-it-yourself project.
~ Abigail van Buren, 1918- ~

If you do the same thing every day at the same time for the same length of time, you'll save yourself from many a sink. Routine is a necessary condition of survival.
~ Flannery O'Connor, 1925-1964 ~

You are not your habits. You can replace old patterns of self-defeating behavior with new patterns, new habits of effectiveness, happiness, and trust-based relationships. I encourage you to open the gate of change and growth.
~ Stephen Covey, 1932- ~
The 7 Habits of Highly Effective People, 1989

We can choose our mode of participation in the world, our response to life. We can be angry, gracious, humorous, empathetic, paranoid. Once we become aware of our habitual responses, we see the ways in which we have perpetuated many of our own tribulations.
~ Marilyn Ferguson, 1938- ~
The Aquarian Conspiracy, 1980

Bad habits are just the worn-out ruts of the mind, paths that once led to freedom because they opened up new thoughts, but now lead nowhere.
~ Deepak Chopra, 1947- ~
Journey Into Healing: Awakening the Wisdom Within You, 1994

Habits have been given for your strengthening, but they cease to be purposeful when you become subservient to them ... No one is a master who is slave to his own inventions.
~ Alan Cohen, 1950 ~

Most of our failings are habits we have allowed ourselves to form and keep. We will probably never be perfect, but we can be less imperfect.
~ *The Twelve Steps and Twelve Traditions of the Al-Anon Groups*, 1980 ~

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HAPPINESS / CONTENTMENT

Related States & Conditions: Actualization/Fulfillment, Appreciation, Composure/Peace/Tranquility, Desire, Enjoyment/Pleasure, Friendship, Humor/Laughter, Indulgence/Temptation, Lila/Leisure, Optimism/Positivism, Presence

Syntonic: Forgiveness, Liberation/Liberty/Freedom, Openness/Receptivity, Release, Renewal, Spontaneity, Zeal/Zest

Dystonic: Anger, Attachment, Avoidance/Denial/Refusal, Conflict/Opposition, Conformity, Criticism/Judgment, Defeat, Deferment/Delay, Delusion, Depression/Despair/Distress, Fault, Fear, Greed, Grief/Sorrow, Guilt, Hate, Jealousy/Envy, Limitation, Regret, Restraint, Suffering, War/Aggression/Violence, Worry

There is no way to happiness; happiness is the way.
~ Buddha, c. 563-483 BCE ~

Our happiness depends on wisdom all the way.
~ Sophocles, c. 496-406 BCE ~
Antigone, 422 BCE

Happiness resides not in possessions and not in gold, the feeling of happiness dwells in the soul.
~ Democritus, c. 460-c. 400 BCE ~

If man is moderate and contented, then even age is no burden; if he is not, then even youth is full of cares.
~ Plato, c. 427-347 BCE ~

Happiness is an expression of the soul in considered actions ... Happiness depends upon ourselves.
~ Aristotle, 384-322 BCE ~

If you want happiness for an hour, take a nap. If you want happiness for a day, go fishing. If you want happiness for a month, get married. If you want happiness for a year, inherit a fortune. If you want happiness for a lifetime, help someone else. If you want eternal happiness, know yourself.
~ Chinese Saying ~

Happiness is the absence of striving for happiness.
~ Zhuangzi, c. 369-c. 286 BCE ~

The happy man is not he who seems thus to others, but who seems thus to himself ... No man is happy who does not think himself so.
~ Publilius Syrus, c. 42 BCE ~

The search for happiness is one of the chief sources of unhappiness.
~ Zen Saying ~

A pleasant and happy life does not come from external things. Man draws from within himself, as from a spring, pleasure and joy.
~ Plutarch, c. 46-c. 120 ~

The secret of happiness is knowing that there are some things you can control and some things you cannot.
~ Epictetus, 50-120 ~

To live happily is an inward power of the soul.
~ Marcus Aurelius, 121-180 ~

If thou covetest riches, ask not but for contentment, which is an immense treasure.
~ Moslih Sa'adi, 1184-1291 ~

Where we cannot find contentment in ourselves it is useless to seek it elsewhere.
~ François de La Rochefoucauld, 1613-1680 ~

I am happy and content because I think I am.
~ Alain-René Lesage, 1668-1747 ~

The grand essentials to happiness in this life are something to do, something to love, and something to hope for.
~ Joseph Addison, 1672-1719 ~

True happiness is of a retired nature, and an enemy to pomp and noise; it arises in the first place, from the enjoyment of one's self, and, in the next, from the friendship and conversation of a few select friends.
~ Addison ~
The Spectator, Number 15, 1711 March 17

It is neither wealth nor splendor, but tranquility and occupation, which give happiness.
~ Thomas Jefferson, 1743-1826 ~

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The haunts of happiness are varied, but I have more often found her among little children, home firesides, and country houses than anywhere else.
~ Sydney Smith, 1771-1845 ~

Happiness, that grand mistress of the ceremonies in the dance of life, impels us through all its mazes and meanderings, but leads none of us by the same route.
~ Charles Caleb Colton, 1780-1832 ~

Happiness is reflective, like the light of heaven.
~ Washington Irving, 1783-1859 ~

All satisfaction, or what is commonly called happiness, is always really and essentially only negative, and never positive. It is not an original gratification coming to us of itself, but must always be the satisfaction of a wish. The wish, i.e., some want, is the condition which precedes every pleasure. But with the satisfaction the wish and therefore the pleasure cease.
~ Arthur Schopenhauer, 1788-1860 ~
The World as Will and Idea, 1819

Happiness belongs to those who are sufficient unto themselves. For all external sources of happiness and pleasure are, by their very nature, highly uncertain, precarious, ephemeral and subject to chance.
~ Schopenhauer ~

The supreme happiness of life is the conviction that one is loved; loved for oneself, or better yet, loved despite oneself.
~ Victor Hugo, 1802-1885 ~
Les Misérables, 1862

Happiness is a butterfly which, when pursued, is just beyond your grasp … but if you will sit down quietly, may alight upon you … Happiness in this world, when it comes, comes incidentally. Make it the object of pursuit, and it leads us a wild-goose chase, and is never attained. Follow some other object, and very possibly we may find that we have caught happiness without dreaming of it.
~ Nathaniel Hawthorne, 1804-1864 ~

One is happy as a result of one's own efforts, once one knows the necessary ingredients of happiness – simple tastes, a certain degree of courage, self-denial to a point, love of work, and, above all, a clear conscience. Happiness is no vague dream, of that I now feel certain.
~ George Sand, 1804-1876 ~

People are about as happy as they make up their minds to be.
~ Abraham Lincoln, 1809-1865 ~

Happiness is manna; it is to be gathered in grains, and enjoyed every day. It will not keep; it cannot be accumulated; nor have we got to go out of ourselves or into remote places to gather it, since it has rained down from Heaven, at our very door.
~ Tryon Edwards, 1809-1894 ~

Joy is not in things; it is in us.
~ Richard Wagner, 1813-1883 ~

Cheerfulness, it would appear, is a matter which depends fully as much on the state of things within, as on the state of things without and around us.
~ Charlotte Brontë, 1816-1855 ~

What wisdom, what warning can prevail against gladness? There is no law so strong which a little gladness may not transgress.
~ Henry David Thoreau, 1817-1862 ~

If you ever find happiness by hunting for it, you will find it, as the old woman did her lost spectacles, safe on her own nose all the time.
~ Josh Billings, 1818-1885 ~

I know well that happiness is in little things, – if anywhere, – but it is essentially within one, and being within, *seems* to fasten on little things … when I'm happy, a sparrow's chirp is delicious to me. But it is not the chirp that makes me happy, but I that make *it* sweet.
~ John Ruskin, 1819-1900 ~
Letters of John Ruskin to Charles Eliot Norton, Vol. I, 1904

If you want to be happy, be.
~ Leo Tolstoy, 1828-1910 ~

The time to be happy is now,
The place to be happy is here,
The way to be happy is to make others so.
~ Robert Ingersoll, 1833-1899 ~

How to gain, how to keep, how to recover happiness is in fact for most men at all times the secret motive of all they do, and of all they are willing to endure.
~ William James, 1842-1910 ~

Talk happiness. The world is sad enough
Without your woe. No path is wholly rough.
Look for the places

That are smooth and clear.
~ Ella Wheeler Wilcox, 1850-1919 ~

Happiness is inward and not outward; and so it does not depend on what we have, but on what we are.
~ Henry Van Dyke, 1852-1933 ~

Happiness is a habit – cultivate it.
~ Elbert Hubbard, 1856-1915 ~

We have no more right to consume happiness without producing it than to consume wealth without producing it.
~ George Bernard Shaw, 1856-1950 ~

It is not easy to find happiness in ourselves and it is not possible to find it elsewhere.
~ Agnes Repplier, 1858-1950 ~

The secret of happiness is not in doing what one likes, but in liking what one does.
~ J. M. Barrie, 1860-1937 ~

The happiest people seem to be those who have no particular reason for being happy except that they are so.
~ William R. Inge, 1860-1954 ~

Happiness begins with you, wherever you are, in whatever conditions or country or circumstances. Your happiness lies within you, not without; it is a state of mind.
~ Premananda Baba, 1861-1918 ~
in Derek Biermann, *Samadhi: Personal Journeys to Spiritual Truth*, 2000

If only we'd stop trying to be happy, we could have a pretty good time.
~ Edith Wharton, 1862-1937 ~

Happiness will never be any greater than the idea we have of it.
~ Maurice Maeterlinck, 1862-1949 ~
The Great Beyond

There is no such thing as finding true happiness by searching for it directly. It must come, if it come at all, indirectly, or by the service, the love, and the happiness we give to others.
~ Ralph Waldo Trine, 1866-1958 ~
What All the World's A-Seeking, 1896

Why should we refuse the happiness this hour gives us, because some other hour might take it away?
~ John Oliver Hobbes, 1867-1906 ~
A Bundle of Life, 1894

Happiness is when what you think, what you say, and what you do are in harmony.
~ Mahatma Gandhi, 1869-1948 ~

Derive happiness from a good day's work, from illuminating the fog that surrounds us.
~ Henri Matisse, 1869-1954 ~

Happiness is not best achieved by those who seek it directly ... Man needs, for his happiness, not only the enjoyment of this or that, but hope and enterprise and change.
~ Bertrand Russell, 1872-1970 ~

The secret of happiness is this: Let your interests be as wide as possible, and let your reactions to the things and persons that interest you be as far as possible friendly rather than hostile.
~ Russell ~

Happiness makes up in height what it lacks in length.
~ Robert Frost, 1874-1963 ~

Happiness is a how, not a what; a talent, not an object.
~ Herman Hesse, 1877-1962 ~

The happiness of solitude is not found in retreats. It may be had even in busy centers. Happiness is not to be sought in solitude or in busy centers. It is in the Self.
~ Ramana Maharshi, 1879-1950 ~
Talks with Sri Ramana Maharshi

Nearly all of mankind is more or less unhappy because nearly all do not know the true Self. Real happiness abides in Self-knowledge alone. All else is fleeting. To know one's Self is to be blissful always.
~ Maharshi ~

Now and then it's good to pause in our pursuit of happiness and just be happy.
~ Guillaume Apollinaire, 1880-1918 ~

When one door of happiness closes, another opens; but often we look so long at the closed door that we do not see the one which has been opened for us.
~ Helen Keller, 1880-1968 ~

True happiness is in the love-stream that springs from one's soul; and he who will allow this stream to run continually in all conditions of life, in all situations, however difficult, will have a happiness which truly belongs to him, whose source is not without, but within.
~ Hazrat Khan, 1882-1927 ~

Happiness often sneaks through a door you didn't know you left open.
~ John Barrymore, 1882-1942 ~

Happiness lies not in the mere possession of money; it lies in the joy of achievement, in the thrill of creative effort.
~ Franklin D. Roosevelt, 1882-1945 ~

Happiness is like perfume; you can't pour it on somebody else without getting a few drops on yourself.
~ James Van Der Zee, 1886-1983 ~

There is no end of craving. Hence contentment alone is the best way to happiness. Therefore, acquire contentment.
~ Sivananda, 1887-1963 ~

Most people ask for happiness on condition. Happiness can only be felt if you don't set any condition.
~ Artur Rubinstein, 1887-1982 ~

Happiness does not depend on outward conditions. It depends on inner conditions ... Act as if you were already happy and that will tend to make you happy.
~ Dale Carnegie, 1888-1955 ~

A happy life is one spent in learning, earning and yearning.
~ Lillian Gish, 1896-1993 ~
in *Esquire*, 1969

Nothing can make you happier than you are. All search for happiness is misery and leads to more misery. The only happiness worth the name is the natural happiness of conscious being.
~ Nisargadatta, 1897-1981 ~

When people seek excessive entertainment and amusement what are they doing but confessing their lack of happiness and their need to forget this fact?
~ Paul Brunton, 1898-1981 ~

Happiness consists not in having, but of being, not of possessing, but of enjoying. It is the warm glow of a heart at peace with itself.
~ Norman Vincent Peale, 1898-1993 ~

One of the surest ways to find happiness for yourself is to devote your energies toward making someone else happy. Happiness is an elusive, transitory thing. And if you set out in search for it, you will find it evasive. But if you try to bring happiness to someone else, then it comes to you.
~ W. Clement Stone, 1902-2002 ~

Men can only be happy when they do not assume that the object of life is happiness.
~ George Orwell, 1903-1950 ~
Critical Essays, 1945

The foolish man seeks happiness in the distance, the wise grows it under his feet.
~ J. Robert Oppenheimer, 1904-1967 ~

Happiness is not a station to arrive at, but a manner of travelling.
~ Margaret Lee Runbeck, 1905-1956 ~

It is the very pursuit of happiness that thwarts happiness.
~ Viktor Frankl, 1905-1998 ~
The Unconscious God, 1975

Happiness is not having what you want, but wanting what you have.
~ Hyman Schachtel, 1907-1990 ~
The Real Enjoyment of Living, 1954

The greatest happiness you can have is knowing that you do not necessarily require happiness.
~ William Saroyan, 1908-1981 ~

Happiness is within us, and it is ours, but we are always superimposing our own inner joy onto something outside and thinking it comes from there.
~ Paramahansa Muktananda, 1908-1982 ~

You will never be happy if you continue to search for what happiness consists of.
~ Albert Camus, 1913-1960 ~

A happiness that is sought for ourselves alone can never be found: for a happiness that is diminished by being shared is not big enough to make us

happy.
~ Thomas Merton, 1915-1968 ~
No Man Is an Island, 1955, 1983

Realize that happiness can never be found in the mere rearrangement of exterior conditions.
~ Vernon Howard, 1918-1992 ~

It is not the level of prosperity that makes for happiness but the kinship of heart to heart and the way we look at the world. Both attitudes are within the power, so that a man is happy so long as he chooses to be happy, and no one can stop him.
~ Aleksander Solzhenitsyn, 1918- ~

When what we are is what we want to be, that's happiness.
~ Malcolm S. Forbes, 1919-1990 ~

People who postpone happiness are like children who try chasing rainbows in an effort to find the pot of gold at the rainbow's end … Your life will never be fulfilled until you are happy here and now.
~ Ken Keyes, 1921-1995 ~

Happiness is here and now.
~ Thich Nhat Hanh, 1926- ~

A happy woman is one who has no cares at all; a cheerful woman is one who has cares but doesn't let them get her down.
~ Beverly Sills, 1929- ~

Happiness can be defined, in part at least, as the fruit of the desire and the ability to sacrifice what we want *now* for what we want *eventually*.
~ Stephen Covey, 1932- ~
The 7 Habits of Highly Effective People, 1989

Happiness is not something that happens. It is not the result of good fortune or random chance. It is not something that money can buy or power command. It does not depend on outside events, but, rather, on how we interpret them. Happiness, in fact, is a condition that must be prepared for, cultivated, and defended privately by each person. People who learn to control inner experience will be able to determine the quality of their lives, which is as close as any of us can come to being happy. Yet we cannot reach happiness by consciously searching for it … It is by being fully involved with every detail of our lives, whether good or bad, that we find happiness, not by trying to look for it directly.
~ Mihaly Csikszentmihalyi, 1934- ~
Flow: The Psychology of Optimal Experience, 1990

If you want *others* to be happy, practice compassion. If *you* want to be happy, practice compassion.
~ Dalai Lama, 1935- ~

Simply seek happiness and you are not likely to find it. Seek to create and love without regard to your happiness, and you will likely be happy much of the time.
~ M. Scott Peck, 1936-2005 ~
The Different Drum: Community Making and Peace, 1987

If your happiness depends on what somebody does … you do have a problem.
~ Richard Bach, 1936- ~

Happiness is like a cat. If you try to coax it or call it, it will avoid you. It will never come. But if you pay no attention to it and go about your business, you'll find it rubbing against your legs and jumping into your lap. So forget pursuing happiness. Pin your hopes on work, on family, on learning, on knowing, on loving. Forget pursuing happiness, pursue these other things, and with luck happiness will come.
~ William J. Bennett, 1943- ~

Don't wait around for other people to be happy for you. Any happiness you get you've got to make yourself.
~ Alice Walker, 1944- ~

We have been accustomed to thinking that we have to get something from outside us in order to be happy, but in truth it works the other way: we must learn to contact our inner source of happiness and satisfaction and flow it outward to share with others – not because it is virtuous to do so, but because it really feels good.
~ Shakti Gawain, 1948- ~

As long as we structure our lives in a way where our happiness is dependent upon something we cannot control, then we will experience pain.
~ Anthony J. Robbins, 1960- ~

Happiness is not in our circumstance but in ourselves. It is not something we see, like a rainbow, or feel, like the heat of a fire. Happiness is something we are.
~ John B. Sheerin ~

HASTE / IMPATIENCE

Related States & Conditions: Action/Effort, Desire, Determination/Persistence/Resolve, Direction, Dispatch, Impermanence, Passion, Time, Today, Zeal/Zest

Syntonic: Acceptance, Appreciation, Composure/Peace/Tranquility, Equanimity, Flexibility/Flow/Flux, Lila/Leisure, Moderation, Openness/Receptivity, Patience, Release, Restraint, Silence/Stillness, Tact/Discretion, Tolerance, Trust

Dystonic: Anger, Attachment, Avoidance/Denial/Refusal, Deferment/Delay, Delusion, Fault, Fear, Greed, Limitation, Presence, Regret, Worry

Nature does not hurry, yet everything is accomplished.
~ Laozi, 570-490 BCE ~

Desire to have things done quickly prevents their being done thoroughly. Looking at small advantages prevents great affairs from being accomplished.
~ Kongfuzi, c. 551-c. 479 BCE ~

Haste in every business brings failures.
~ Herodotus, c. 485-c. 425 BCE ~
Histories

What is done well is done quickly enough.
~ Augustus Caesar, 63 BCE–14 CE ~
in Suetonius, *Lives of the Caesars*

If you're going to be anxious and rush around about anything, do it first about finding the "I can" of the universe and how it straightens out your life. Line up your starting place with that of the cosmos: search and ask and boil with impatience until you find the vision.
~ Jesus of Nazareth, c. 5-38 CE ~
The Gospel of Matthew, 6:33, Peshitta Version

Wisely, and slow; they stumble that run fast.
~ William Shakespeare, 1564-1616 ~
Romeo and Juliet, II.iii, 1595

As a rule, for no one does life drag more disagreeably than for him who tries to speed it up.
~ Johann Richter, 1763-1825 ~

Most men pursue pleasure with such reckless haste that they hurry past it.
~ Søren Kierkegaard, 1813-1855 ~
Either-Or, 1959

Life is short. Be swift to love! Make haste to be kind!
~ Henri-Frédéric Amiel, 1821-1881 ~

Nobody running at full speed has either a head or a heart.
~ William Butler Yeats, 1865-1939 ~
Autobiography, 1938

There is more to life than increasing its speed.
~ Mahatma Gandhi, 1869-1948 ~

The faster you go, the more chance there is of stubbing your toe, but the more chance you have of getting somewhere.
~ Charles Kettering, 1876-1958 ~

Half our life is spent trying to find something to do with the time we have rushed through life trying to save.
~ Will Rogers, 1879-1935 ~
The Autobiography of Will Rogers, 1949

The greatest assassin of life is haste, the desire to reach things before the right time – which means over-reaching them.
~ Juan Ramón Jiménez Mantecón, 1881-1958 ~

Nobody sees a flower – really – it is so small – we haven't time – and to see takes time like to have a friend takes time.
~ Georgia O'Keefe, 1887-1986 ~
in *Life*, 1968 March 1

Plenty of people miss their share of happiness, not because they never found it, but because they didn't stop to enjoy it.
~ William Feather, 1889-1981 ~

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Going slowly does not stop one from arriving.
~ Fulfulde Saying ~
in *Black Woman's Gumbo Ya-Ya*, Terri L. Jewell, ed., 1993

Slow down and enjoy life. It's not only the scenery you miss by going too fast – you also miss the sense of where you are going and why.
~ Eddie Cantor, 1892-1964 ~

The future is something which everyone reaches at the rate of sixty minutes an hour, whatever he does, whoever he is.
~ C. S. Lewis, 1898-1963 ~

Modern man thinks he loses something – time – when he does not do things quickly. Yet he does not know what to do with the time he gains – except kill it.
~ Erich Fromm, 1900-1980 ~
The Art of Loving, 1956

Along with being forever on the move, one is forever in a hurry, leaving things inadvertently behind – friend or fishing tackle, old raincoat or old allegiance.
~ Louis Kronenberger, 1904-1980 ~

Everybody's hurrying but nobody's going anywhere. People aren't living, they're only existing. They're growing away from spiritual realities.
~ Vernon Cooper, b. 1905 ~
in Steve Wall & Harvey Arden, *Wisdomkeepers*, 1990

We haven't the time to take our time.
~ Eugène Ionesco, 1912-1994 ~
Exit the King, Donald Watson, tr., 1963

Paradoxical as it may seem, the purposeful life has no content, no point. It hurries on and on, and misses everything. Not hurrying, the purposeless life misses nothing, for it is only when there is no goal and no rush that the senses fully open to receive the world. Absence of hurry also involves a certain lack of interference with the natural course of events, especially when it is felt that the natural course follows principles which are not foreign to human intelligence.
~ Alan Watts, 1915-1973 ~
The Way of Zen, 1957

If I am incapable of washing dishes joyfully, if I want to finish them quickly so I can go and have a cup of tea, I will be equally incapable of drinking the tea joyfully. With the cup in my hands I will be thinking about what to do next, and the fragrance and the flavor of the tea, together with the pleasure of drinking it, will be lost. I will always be dragged into the future, never able to live in the present moment.
~ Thich Nhat Hanh, 1926- ~
The Sun My Heart: From Mindfulness to Insight Contemplation, Arnold Kotler, ed., 1988

Maybe I'm lucky to be going so slowly, because I may be going in the wrong direction.
~ Ashleigh Brilliant, 1933- ~

So much of growing up is an unbearable waiting. A constant longing for another time. Another season.
~ Sonia Sanchez, 1934 ~
"Graduation Notes," *From Under a Soprano Sky*, 1987

Fast ripe, fast rotten.
~ Japanese Saying ~

For fast-acting relief try slowing down.
~ Lily Tomlin, 1939- ~

The cumulative effect of eliminating one opportunity after another to catch our breath is to create a breathless society.
~ Ralph Keyes, 1945- ~
Timelock, 1991

The problem with all this speed and the frantic energy that is spent using time efficiently, is that it undermines creativity if your brain is always multi-tasking, or responding to techno-prompts, there is no time or energy for undirected mental play.
~ David Brooks, 1961- ~
"Time to do everything except think," *Newsweek*, 2001 April 20

The trouble with life in the fast lane is that you get to the other end in an awful hurry.
~ John Jensen ~

Flowers do not force their way with great strife. Flowers open to perfection slowly in the sun … Don't be in a hurry about spiritual matters. Go step by step, and be very sure.
~ White Eagle ~

One way to slow down and begin to change our perspective is to begin to measure our lives by each breath we take, rather than by each day, month, or year … It won't make a better you or a worse you. But it will reveal you.
~ Angel Kyodo Williams ~
Being Black: Zen and the Art of Living with Fearlessness and Grace, 2000

HATE

Related States & Conditions: Anger, Avoidance/Denial/Refusal, Differentiation/Division/Separation, Fault, Fear, Insanity, Jealousy/Envy, Oppression, Revenge, Suffering, War/Aggression/Violence

Syntonic: Acceptance, Appreciation, Centering, Compassion/Empathy/Kindness, Connection/Interbeing/Interdependence, Equanimity, Flexibility/Flow/Flux, Forgiveness, Introspection/Self-Knowledge, Love-Agape, Oneness/Unity/Wholeness, Openness/Receptivity, Patience, Reciprocity/Reflection, Release, Responsibility, Restraint, Retreat/Withdrawal, Tolerance, Trust, Understanding

Dystonic: Attachment, Conflict/Opposition, Criticism/Judgment, Defeat, Delusion, Greed, Limitation, Oppression, Regret, Worry

Hatred stirreth up strifes, but love covereth all sins.
~ Solomon, 10th C. BCE ~
in *The Bible*, Proverbs 10:12

Hatreds do not ever cease by hating, but by not hating; this is an eternal truth.
~ Buddha, c. 563-483 BCE ~
The Dhammapada, Thomas Cleary, tr., 1994

Men remain in ignorance as long as they hate, and they hate unjustly as long as they remain in ignorance.
~ Tertullian, c. 160-240 ~
Apology, 197

He who hates, hates himself.
~ Zulu (Southern Africa) Saying ~

I am too fond of myself to hate anyone. It would constrict … my life, which I prefer to expand over the whole universe.
~ Jean-Jacques Rousseau, 1712-1778 ~
Les rêveries du promeneur solitaire, 1782

Violent antipathies are always suspicious, and betray a secret affinity.
~ William Hazlitt, 1778-1830 ~
Table-Talk, 1821

For this is the true name of hate: it is neither pursuit nor reproach nor fury – it is separation.
~ Ernest Hello, 1828-1885 ~
L'homme, la vie – la science – l'art, 1903

We never get to love by hate, least of all by self-hatred.
~ Basil W. Maturin, 1847-1915 ~
in Maisie Ward, *Father Maturin*, 1920

Every vicious thought will rebound, every thought of hatred which you may have thought, in a cave even, is stored up, and will one day come back to you with tremendous power in the form of some misery here. If you project hatred and jealousy, they will rebound on you with compound interest.
~ Vivekananda, 1863-1902 ~
The Complete Works of Swami Vivekananda, 1984-1987, 1:262, 1926

Fear of something is at the root of hate for others and hate within will eventually destroy the hater.
~ George Washington Carver, 1864-1943 ~
George Washington Carver: Man of God, 1954

Hate the sin and not the sinner is a precept which, though easy enough to understand, is rarely practiced, and that is why the poison of hatred spreads in the world.
~ Mahatma Gandhi, 1869-1948 ~

Few people can be happy unless they hate some other person, nation, or creed.
~ Bertrand Russell, 1872-1970 ~

Hate is consuming and weakening. Hateful thinking breeds negative actions. There is no sense in hate: it comes back to you; therefore make your history so laudable, magnificent, and untarnished that another generation will not seek to repay your seeds for the sins inflicted upon their fathers.
~ Marcus Garvey, 1887-1940 ~

When we hate our enemies, we are giving them power over us: power over our sleep, our appetites, our blood pressure, our health and our happiness. Our enemies would dance with joy if only they knew how they were worrying us, lacerating us,

and getting even with us! Our hate is not hurting them at all, but our hate is turning our days and nights into a hellish turmoil.
~ Dale Carnegie, 1888-1955 ~

Hatred is an expression of incompetence.
~ Lin Yutang, 1895-1976 ~
The Gay Genius, 1947

You lose a lot of time hating people.
~ Marian Anderson, 1897-1993 ~

Hate is a prolonged form of suicide.
~ Douglas V. Steere, 1901-1995 ~
Dimensions of Prayer, 1963

We fear something before we hate it. A child who fears noises becomes a man who hates noise.
~ Cyril Connolly, 1903-1974 ~
in *The Faber Book of Aphorisms*, 1964

There is no hate without fear. Hate is crystallized fear, fear's dividend, fear objectivized. We hate what we fear and so where hate is, fear is lurking. Thus we hate what threatens our person, our liberty, our privacy, our income, popularity, vanity and our dreams and plans for ourselves. If we can isolate this element in what we hate we may learn to cease from hating.
~ Connolly ~
The Unquiet Grave, 1944

In hatred as in love, we grow like the thing we brood upon. What we loathe, we graft into our very soul.
~ Mary Renault, 1905-1983 ~

Hate has no room in people who are universal in thinking.
~ Yousuf Karsh, 1908-1995 ~
The Image, 1973

Realise how careful one must be with hate –
For you become what you hate too much.
~ Lawrence Durrell, 1912-1990 ~
"The Reckoning," *Collected Poems 1931-1974*, James A. Brigham, ed., 1971

Always remember, others may hate you. Those who hate you don't win unless you hate them. And then you destroy yourself.
~ Richard Nixon, 1913-1994 ~

No one is born hating another person because of the color of his skin, or his background or his religion. People must learn to hate, and if they can learn to hate, they can be taught to love, for love comes more naturally to the human heart than its opposite.
~ Nelson Mandela, 1918- ~
Long Walk to Freedom, 1994

Hatred, which could destroy so much, never failed to destroy the man who hated and this is an immutable law … Remember, to hate, to be violent, is demeaning. It means you're afraid of the other side of the coin – to love and be loved.
~ James Baldwin, 1924-1987 ~

I imagine one of the reasons people cling to their hates so stubbornly is because they sense, once the hate is gone, that they will be forced to deal with pain.
~ Baldwin ~
Notes of a Native Son, 1958

Hatred and bitterness can never cure the disease of fear; only love can do that. Hatred paralyzes life; love releases it. Hatred confuses life; love harmonizes it. Hatred darkens life; love illuminates it.
~ Martin Luther King, Jr., 1929-1968 ~

The price of hating other human beings is loving oneself less.
~ Eldridge Cleaver, 1935-1998 ~
"On Becoming," *Soul on Ice*, 1968

If you harbor hatred or ill feelings toward (a) person, the feeling does not hurt the enemy. It only harms your own peace of mind and eventually your own health.
~ Dalai Lama, 1935- ~
The Buddha Nature: Death and Eternal Soul in Buddhism, 1997

In the end you become part of everything you hate, basically.
~ Ray Davies, 1944- ~

If you start to hate you can never stop. You can burn yourself from inside. To retain one's personality, to survive, simply to keep common sense, one has to kill hatred, immediately.
~ Irina Ratushinskaya, 1954- ~

The answer is there for all to see: not who is right but what is right … Hate does more harm to the hater than to the hated because it makes you ineffective in dealing with the cause of hatred.
~ Margaret Tucker ~
If Everyone Cared, 1977

HAVING / POSSESSING

Related States & Conditions: Appearance/Form, Attachment, Cost, Desire, Differentiation/Division/Separation, Distraction/Diversion, Diversity/Multiplicity, Enjoyment/Pleasure, Experience, Greed, Growth/Expansion, Impermanence, Indulgence/Temptation, Legacy, Little, Manifestation, Opportunity, Possibility/Potential, Power, Seeking, Success, Synthesis, Value/Worth, Wealth/Prosperity

Syntonic: Acceptance, Appreciation, Detachment, Equanimity, Giving/Serving, Moderation, Preparation/Readiness, Release, Responsibility, Restraint

Dystonic: Avoidance/Denial/Refusal, Conflict/Opposition, Criticism/Judgment, Defeat, Delusion, Dependence, Fault, Fear, Guilt, Habit, Jealousy/Envy, Limitation, Oppression, Regret, War/Aggression/Violence, Worry

Learn that the advantage lieth not in possessing good things but in knowing the use of them.
~ Khemetic Saying ~
Temt Tchaas: Egyptian Proverbs, Muata Ashaya Ashby, ed., 1994

Have little and gain;
Have much and be confused.
~ Laozi, 570-490 BCE ~
Daode jing

"I have sons, I have wealth" – the fool suffers thinking thus. Even one's self is not one's own; how then sons, how then wealth?
~ Buddha, c. 563-483 BCE ~
The Dhammapada, Thomas Cleary, tr., 1994

Do not spoil what you have by desiring what you have not; but remember that what you now have was once among the things only hoped for.
~ Epicurus, 341-270 BCE ~

Property is the greatest cause of human troubles.
~ Seneca, c. 4 BCE-65 CE ~

He is a wise man who does not grieve for the things he has not, but rejoices for those which he has.
~ Epictetus, 50-120 ~

An object in possession seldom retains the same charm that it had in pursuit.
~ Pliny the Younger, c. 61-c. 112 ~

What a person possesses is not stronger than him or herself.
~ Kanuri (Northern Nigeria) Saying ~

Look then at the material objects of life, and consider how short-lived they are and how often they are owned by scoundrels and thieves ... I can hardly imagine finding anything worthy of serious pursuit, much less anything of value.
~ Marcus Aurelius, 121-180 ~
The Spiritual Teachings of Marcus Aurelius, Mark Forstater, tr., 2000

A man shouldn't prize things that do not belong inherently to mankind. They're not needed by a man; for his nature doesn't promise them and isn't fulfilled by them. Man's ultimate purpose doesn't lie in things, and they don't represent the "good," which is the means to that end.
~ Ibid.

The more you have the more you are hounded.
The more you have the more you have to defend;
and you will have no time for appreciation and joy.
~ *The Bible*, c. 367 CE ~
Ecclesiastes 5:11
Vying for more and more diverts you until you go to the tombs.
~ *Qur'an*, 610-622 ~

The trouble guarding what we have, the pain of losing all!
See the endless hardships brought on us by wealth!
Those distracted by their love of riches
Never have a moment's rest from sorrows of existence.
They indeed, possessed of many wants,
Will suffer many troubles, all for very little.
~ Shantideva, 7th C. ~
The Way of the Boddhisattva, Padmakara, tr., 1997

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When we can't have what we love we must love what we have.
~ Roger de Bussy-Rabutin, 1618-1693 ~

We are the slaves of objects around us.
~ Johann von Goethe, 1749-1832 ~
Conversations With Goethe, Johann Peter Eckermann, ed., 1839

A man builds a fine house; and now he has a master, and a task for life; he is to furnish, watch, show it, and keep it in repair, the rest of his days.
~ Ralph Waldo Emerson, 1803-1882 ~
Society and Solitude, 1870

Every increased possession loads us with a new weariness.
~ John Ruskin, 1819-1900 ~
The Eagle's Nest, 1883

To have what we want is riches, but to be able to do without is power.
~ George MacDonald, 1824-1905 ~

Few rich men own their own property. The property owns them.
~ Robert Ingersoll, 1833-1899 ~
Address, 1896

All that we possess is qualified by what we are.
~ John Lancaster Spalding, 1840-1916 ~
Education and the Higher Life, 1890

Possessions are usually diminished by possession.
~ Friedrich Nietzsche, 1844-1900 ~

Possession kills desire; realization slays fantasy and transforms the wonderful into the commonplace.
~ Wilhelm Stekel, 1868-1940 ~
The Depths of the Soul, 1922

Complete possession is proved only by giving. All you are unable to give possesses you.
~ André Gide, 1869-1951 ~
Pretexts, Justin O'Brien, ed., Angelo P. Bertocci, tr., 1959

So often we think in a superior and lordly manner of our possessions, when, as a matter of fact, we do not really possess them, they possess us.
~ David Grayson, 1870-1946 ~
The Friendly Road, 1913

If you give up *possession*, if you give up trying to possess what attracts you, a lovely, thrilling happiness flows through you and you feel you're in touch with the secret of everything. There are only two mortal sins in the world; one of these is to be cruel and the other is *to possess*, and they are both destructive of happiness.
~ John Cowper Powys, 1872-1963 ~
A Glastonbury Romance, 1932

It is preoccupation with possession, more than anything else, that prevents man from living freely and nobly.
~ Bertrand Russell, 1872-1970 ~

A man can hope for satisfaction and fulfillment only in what he does not yet possess; he cannot find pleasure in something of which he has already too much.
~ Carl Jung, 1875-1961 ~
Modern Man in Search of a Soul, 1933

Life is one long struggle to disinter oneself, to keep one's head above the accumulations, the ever deepening layers of objects ... which attempt to cover one over, steadily, almost irresistibly, like falling snow.
~ Rose Macaulay, 1881-1958 ~

For what are your possessions but things you keep and guard for fear you may need them tomorrow? And what is fear of need but need itself?
~ Khalil Gibran, 1883-1931 ~
The Prophet, 1923

There is no doubt that the acquisitive impulse is especially damaging to human felicity. As soon as it becomes a predominating obsession, evil and misery are everywhere present.
~ Llewelyn Powys, 1884-1939 ~
Earth Memories, 1934

Success is getting what you want; happiness is wanting what you get.
~ Dale Carnegie, 1888-1955 ~

Let the moment come when nothing is left but life, and you will find that you do not hesitate over the fate of material possessions.
~ Edward Rickenbacker, 1890-1973 ~

Man imagines there are numberless things he wants. It is not true. He wants them only because he does not have them; when he has them, he does not want them. Pleasures grow stale. So far as material well-being and happiness are concerned, there are only a few things.
~ Lin Yutang, 1895-1976 ~
Looking Beyond, 1955

How could there be any question of acquiring or possessing, when the one thing needful for a man is to *become* – to *be* at last, and to die in the fullness of his being.
~ Antoine de Saint-Exupéry, 1900-1944 ~
The Wisdom of the Sands, 1948, Stuart Gilbert, tr.

If I am what I have and what I have is lost, who then am I?
~ Erich Fromm, 1900-1980 ~

People have had to make up for their spiritual impoverishment by accumulating material things. When spiritual blessings come, material blessings seem unimportant ... As long as we desire material things this is all we receive, and we remain spiritually impoverished.
~ Peace Pilgrim, 1908-1981 ~
Peace Pilgrim: Her Life and Work in Her Own Words, 1982

How soon will you realize that the only thing you don't have is the direct experience, that there's nothing you need that you don't have? ... To be upset over what you don't have is to waste what you do have ... We always have enough to be happy if we are enjoying what we do have – and not worrying about what we don't have.
~ Ken Keyes, 1921-1995 ~
Handbook to Higher Consciousness, 1975

In actuality, no man possesses anything but himself ... One can hold on to nothing or no one.
~ Leo Buscaglia, 1924-1998 ~
Love, 1972

My riches consist not in the extent of my possessions, but in the fewness of my wants.
~ J. Brotherton, 1927- ~

To accumulate possessions is to deliver pieces of oneself to dead things. Possessions can absorb an emotional cathexis, but unlike personal relationships they feed nothing back.
~ Philip Slater, 1927- ~
The Pursuit of Loneliness, 1970

The more things accumulate the more life is wasted because they have to be purchased at the cost of life.
~ "Osho" Rajneesh, 1931-1990 ~
The Mustard Seed: Reflections on the Sayings of Jesus, 1978

When we start deceiving ourselves into thinking not that we want something or need something, not that it is a pragmatic necessity for us to have it, but that it is a *moral imperative* that we have it, then is when we join the fashionable madmen, and then is when the thin whine of hysteria is heard in the land, and then is when we are in big trouble.
~ Joan Didion, 1934- ~
Slouching Towards Bethlehem, 1956

If you look to find meaning in owning things, you'll find that your things are never good enough and that the things end up owning you. You begin to compare your stuff with other people's stuff, and you decide your stuff isn't as good as their stuff, so you want better stuff. Then you need more money and a bigger house. That's why materialism is acid soil for the roots of your happiness.
~ Famous Amos, 1937- ~
Watermelon Magic, 1996

We may also discover that "ownership" is in some sense an illusion, that holding onto things can keep us from freely enjoying them. Greater awareness may give us new appreciation for simple things.
~ Marilyn Ferguson, 1938- ~
The Aquarian Conspiracy, 1980

Awakened man conjugates the verb *to be*. Most of us conjugate the verb *to have* ... we commit ourselves to the way of innumerable struggles and servitudes.
~ Robert Linssen, 1940- ~

You can live without anything you weren't born with, and you can make it through on even half of that.
~ Gloria Naylor, 1950- ~

If your capacity to acquire has outstripped your capacity to enjoy, you are on the way to the scrap heap.
~ Glen Buck ~

You can't have what you want until you want what you have.
~ Horace Harris ~

Often people attempt to live their lives backwards: they try to have more things, or more money, in order to do more of what they want so that they will be happier. The way it actually works is the reverse. You must first be who you are, then, do what you need to do, in order to have what you want.
~ Margaret Young ~

HEALTH / HEALING

Related States & Conditions: Actualization/Fulfillment, Appearance/Form, Experience, Growth/Expansion, Integrity, Manifestation, Possibility/Potential, Power, Presence, Spirituality, Strength, Value/Worth, Zeal/Zest

Syntonic: Acceptance, Appreciation, Attention/Awareness, Balance, Celebration, Centering, Composure/Peace/Tranquility, Enjoyment/Pleasure, Equanimity, Forgiveness, Giving/Serving, Humor/Laughter, Lila/Leisure, Meditation, Moderation, Practice, Preparation/Readiness, Release, Responsibility, Restraint, Vision/Visualization

Dystonic: Anger, Attachment, Avoidance/Denial/Refusal, Conflict/Opposition, Conformity, Criticism/Judgment, Defeat, Delusion, Dependence, Depression/Despair/Distress, Fault, Fear, Greed, Guilt, Habit, Haste/Impatience, Jealousy/Envy, Limitation, Regret, Revenge, Suffering, War/Aggression/Violence, Worry

What health is to the body, even that is honesty to the soul. Develop your spirit that it may gain strength to control the body and follow the natural laws of nutrition and hygiene.
~ Khemetic Saying ~
Temt Tchaas: Egyptian Proverbs, Muata Ashaya Ashby, ed., 1994

The body becomes what the foods are, as the spirit becomes what the thoughts are.
~ Ibid.

A cheerful heart is good medicine, but a downcast spirit dries up the bones.
~ Solomon, 10th C. BCE ~
in *The Bible*, Proverbs 17:22

The secret of health for both mind and body is not to mourn for the past, not to worry about the future, or not to anticipate troubles, but to live in the present moment wisely and earnestly.
~ Buddha, c. 563-483 BCE ~

To keep the body in good health is a duty … otherwise we shall not be able to keep our mind strong and clear.
~ Buddha ~

The physician who teaches people to sustain their health is the superior physician. The physician who waits to treat people until after their health is lost is considered to be inferior. This is like waiting until one's family is starving to begin to plant seeds in the garden.
~ *Yellow Emperor's Classic on Internal Medicine* ~
500 BCE, Chinese Medical Text

He who has health has hope; and he who has hope has everything.
~ Arab Saying ~

Whatever notion is firmly held concerning the body, that it becomes.
~ *Yoga Vasistha* ~

If you want to see what your body will look like tomorrow, look at your thoughts today.
~ Navajo Saying ~

Natural forces within us are the true healers of disease.
~ Hippocrates, c. 460-357 BCE ~
Aphorisms

Let your food be your medicine and your medicine your food.
~ Hippocrates ~

The cure of the part should not be attempted without the cure of the whole.
~ Plato, c. 427-347 BCE ~

Thou shouldst eat to live, not live to eat.
~ Cicero, 106-43 BCE ~

He who can believe himself well, will be well.
~ Ovid, c. 43 BCE–17 CE ~

It is part of the cure to want to be cured.
~ Seneca, c. 4 BCE-65 CE ~

There are some remedies worse than the disease.
~ Publilius Syrus, c. 42 BCE ~
Moral Sayings

Simple Presence is the artery through which health pulses;
Simple Contact is the vein that restores universal healing.
~ Jesus of Nazareth, c. 5-38 CE ~
The Gospel of John, 15:1, Peshitta Version
in *Desert Wisdom: Sacred Middle Eastern Writings from the Goddess Through the Sufis*, Neil Douglas-Klotz, tr., 1995

Your medicine is in you, and you do not observe it. Your ailment is from yourself, and you do not register it.
~ Hazrat Ali, 599-661 ~

The physician does not work the cure. He does but prepare and clear the path for nature, the real healer ... If you can carry out your treatment effectively with diet or with healing foods, then do not use drugs, for most of them are enemies and antagonists of nature, especially the purgatives ... Do not despise any cure of which you hear, for often results may be achieved by simple means which you could not accomplish with a multiplicity of prescriptions and medicines.
~ Isaac Israeli, d. c. 932 ~
in Bernard Lewis, *A Middle East Mosaic*, 2000

True medicine only arises from the creative knowledge of the last and deepest powers of the whole universe; only he who grasps the innermost nature of man can cure him in earnest.
~ Paracelsus, 1493-1541 ~

The main reason for healing is love.
~ Paracelsus ~

Illness tells us what we are.
~ Italian Saying ~

Despise no new accident in your body, but ask opinion of it ... There is a wisdom in this beyond the rules of physic. A man's observation, what he finds good of and what he finds hurt of, is the best physic to preserve health.
~ Francis Bacon, 1561-1626 ~

A man too busy to take care of his health is like a mechanic too busy to take care of his tools.
~ Spanish Saying ~

'Tis in ourselves that we are thus or thus.
Our bodies are our gardens to the which our wills are gardeners.
~ William Shakespeare, 1564-1616 ~
Othello, I.iii, 1605

The root of all health is in the brain.
The trunk of it is in emotion.
The branches and leaves are the body.
The flower of health blooms
when all parts work together.
~ Kurdish Folk Wisdom

Nearly all men die of their medicines, and not of their illnesses.
~ Jean-Baptiste Moliére, 1622-1673 ~
Le malade imaginaire, 1673

Better to hunt in fields, for health unbought,
Than fee the doctor for a nauseous draught.
The wise, for cure, on exercise depend;
God never made his work, for man to mend.
~ John Dryden, 1631-1700 ~
To John Driden of Chesterton, 1700

Health is not valued till sickness comes.
~ Thomas Fuller, 1608-1661 ~

The best doctors in the world are Doctor Diet, Doctor Quiet and Doctor Merryman.
~ Jonathan Swift, 1667-1745 ~

Health and cheerfulness mutually beget each other.
~ Joseph Addison, 1672-1719 ~

Everyone should be his own physician. We ought to assist and not force nature. Eat with moderation what agrees with your constitution. Nothing is good for the body but what we can digest. What medicine can produce digestion? Exercise. What will recruit strength? Sleep. What will alleviate incurable ills? Patience.
~ François-Marie Voltaire, 1694-1778 ~

To lengthen thy life, lessen thy meals.
~ Benjamin Franklin, 1706-1790 ~
Poor Richard's Almanac, 1733

An ounce of prevention is worth a pound of cure.
~ Franklin ~

To live by medicine is to live horribly.
~ Linnaeus, 1707-1778 ~
Diaeta Naturalis, 1734

He who does not mind his belly will hardly mind anything else.
~ Samuel Johnson, 1709-1784 ~

Healing without medicine is a good thing.
~ Madagascan Saying ~

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The surest road to health, say what they will,
Is never to suppose we shall be ill.
Most of those evils we poor mortals know
From doctors and imagination flow.
~ Charles Churchill, 1731-1764 ~

When the people are even mildly enlightened, oppression of the body and mind will disappear.
~ Thomas Jefferson, 1743-1826 ~

Tell me what you eat and I will tell you what you are.
~ Jean Anthelme Brillat-Savarin, 1755-1826 ~
Physiologie de Goût, 1825

Always laugh when you can. It is cheap medicine.
~ Lord Byron, 1788-1824 ~

Man is made of opinions – of truth and error; and his life is a warfare like all other lives before him ... Man goes on developing error upon error till he is buried in his own belief ... It is the office of wisdom to explain the phenomena in man called disease, to show how it is made, and how it can be unmade. This is as much a science as it is to know how to decompose a piece of metal ... One thing is certain: the time will come when the opinions of priests and doctors must give way to the science of life; for their opinions lead to death and misery, and the science of life is health and happiness.
~ Phineas Quimby, 1802-1866 ~
in Annetta Gertude Dresser, *The Philosophy of P. P. Quimby*, 1895

It may seem strange to those in health that our beliefs affect us. The fact is, there is nothing of us but belief. It is the whole capital and stock in trade of man. It is all that can be changed, and embraces everything man has made or ever will make.
~ Ibid.

The best part of health is a fine disposition.
~ Ralph Waldo Emerson, 1803-1882 ~

When a man loses his health, then he first begins to take good care of it.
~ Josh Billings, 1818-1885 ~
His Works Complete, 1876

Health is not a condition of matter, but of Mind; nor can the material senses bear reliable testimony on the subject of health.
~ Mary Baker Eddy, 1821-1910 ~

Belief kills and belief cures.
~ Jamaican Saying ~

Our body is a machine for living. It is geared towards it; it is its nature. Let life go on in it unhindered and let it defend itself; it will be more effective than if you paralyze it by encumbering it with remedies.
~ Leo Tolstoy, 1828-1910 ~
War and Peace, 1869

Illnesses which occur because of physical causes should be treated by doctors with medical remedies; those which are due to spiritual causes disappear through spiritual means. Thus an illness caused by affliction, fear, nervous impressions, will be healed more effectively by spiritual rather than by physical treatment. Hence, both kinds of treatment should be followed; they are not contradictory.
~ 'Abdu'l-Bahá, 1844-1921 ~
Selections from the Writings of 'Abdu'l-Bahá, No. 133, 1978

The doctor of the future will give no medicines, but will interest his patients in the care of the human frame, in diet, and in the causes and prevention of disease.
~ Thomas Edison, 1847-1931 ~

One of the first duties of the physician is to educate the masses not to take medicine ... Soap and water and common sense are the best disinfectants.
~ William Osler, 1849-1919 ~

Use your health, even to the point of wearing it out. That is what it is for. Spend all you have before you die; and do not outlive yourself.
~ George Bernard Shaw, 1856-1950 ~
The Doctor's Dilemma, 1906

All sorts of bodily diseases are produced by half-used minds.
~ Shaw ~
On the Rocks, 1934

When the imagination is very powerful, the object becomes visualized. Therefore by it we can bring our bodies to any state of health or disease ... There is only one power to cure the body, and that is in every man ... Disease is only the manifest struggle of that power to throw off the poison which has entered the body. Although the power to overthrow poison may be roused by medicine, it may be more permanently roused by the force of thought. Imagination must hold to the thought of health and strength in order that in case of illness

the memory of the ideal of health may be roused … The tendency of the body is to follow the brain.
~ Vivekananda, 1863-1902 ~
The Complete Works of Swami Vivekananda, 1984-1987, 6:133-34, 1926

The time will come when the work of the physician will not be to treat and attempt to heal the body, but to heal the mind, which in turn will heal the body. In other words, the true physician will be a teacher; his work will be to keep people well, instead of attempting to make them well after sickness and disease comes on; and still beyond this there will come a time when each will be his own physician.
~ Ralph Waldo Trine, 1866-1958 ~
In Tune With the Infinite, 1897

When the mind has been thoroughly cleansed, the body also will be all right. There is a saying that if the mind is pure the Ganga flows at your door-step. In other words, if the mind is steady and *sattvic* the body must become so.
~ Mahatma Gandhi, 1869-1948 ~
Letter to Kamala Sharma, *The Essential Writings of Mahatma Gandhi*, Raghavan Iyer, ed., 1993

Healing comes only from that which leads the patient beyond himself and beyond his entanglements with ego.
~ Carl Jung, 1875-1961 ~

Each patient carries his own doctor inside him. They come to us not knowing this truth. We are at our best when we give the doctor who resides within each patient a chance to go to work … It is the primary role of the physician, whether the African witch doctor or the modern doctor, to entertain the patient while secretly waiting for nature to heal the disease.
~ Albert Schweitzer, 1875-1965 ~

We doctors do nothing. We only help and encourage the doctor within … We are at best when we give the doctor who resides within each patient a chance to go to work.
~ Schweitzer ~

Keep the mental attitude constructive. Do not belittle. Do not condemn. Do not give vent to *any* activity that is not creative, constructive. Healing must come from within. The healing must be in the mind and the soul if the body will be clean.
~ Edgar Cayce, 1877-1945 ~
Reading No. 2764-1

Health is a perfect condition of rhythm and tone. And what is music? Music is rhythm and tone. When the health is out of order it means that the music is out of order, that the music in ourselves is not right … it is regulation through rhythm and tone that make for proper health … The existence of illness in the body may no doubt be called a shadow of the true illness which is held by man in his mind. By the power of music the mind may become so exalted that it rises above the thought of illness; then the illness is forgotten.
~ Hazrat Khan, 1882-1927 ~
The Mysticism of Sound and Music, 1991

Much of your pain is self-chosen.
It is the bitter potion by which the physician within you heals your sick self.
~ Khalil Gibran, 1883-1931 ~

Hate and fear can poison the body as surely as any toxic chemicals.
~ Joseph Krimsky, 1883-1971 ~

The cure for anything is salt water – sweat, tears, or the sea.
~ Isak Dinesen, 1885-1962 ~

Fortunately, analysis is not the only way to resolve inner conflicts. Life itself remains a very effective therapist.
~ Karen Horney, 1885-1962 ~
Our Inner Conflicts, 1945

The cause is within us. The cure is within us. When we know this our concept of disease is no longer that of something fixed upon the body cells which must be purged, cut or burned away. It is not something coming in from the outside which we cannot prevent. Rather it is a change from within, and we must find the reason why the body changes its perfect pattern to vibrate to discord rather than to harmony.
~ Rebecca Beard, b. 1885 ~
Everyman's Search, 1951

Almost every shape and condition of illness has been in some way or other related to our pattern of thinking, a pattern of thinking that apparently is contradictory to the spiritual pattern of a perfect and healthy body. But is there not a larger implication—the extent and degree of our negative thought patterns that block the expression in us of the perfect spiritual pattern which created us to begin with and which seeks to maintain and sustain us? With every pill we have prescribed for

us we should also be given a creative prayer, a suggested way to correct our destructive patterns of thought. We must get ourselves and our limited human thinking out of the way so that the divine pattern of perfection can fully express itself in us … We must turn from all our worries, anxieties, and fears about our body and know that there is a normal pattern of health, an organizing factor that knows what to do and how to do it, a perfect idea that exists and will express and manifest in us, as us, when we recognize it and accept it as doing so. The doctor can assist the body mechanically through surgery and medication; we can assist by the way we think and act.
~ Ernest Holmes, 1887-1960 ~
"Health Is Normal"

You don't get ulcers from what you eat. You get them from what's eating you.
~ Vicki Baum, 1888-1960 ~

The great majority of us are required to live a life of constant duplicity. Your health is bound to be affected if, day after day, you say the opposite of what you feel, if you grovel before what you dislike, and rejoice at what brings you nothing but misfortune. Our nervous system isn't just a fiction, it's a part of our physical body, and our soul exists in space, and is inside us, like the teeth in our mouth. It can't be forever violated with impunity.
~ Boris Pasternak, 1890-1960 ~
Doctor Zhivago, Max Hayward & Manya Harari, ed., 1958

The fact that the mind rules the body is, in spite of its neglect by biology and medicine, the most fundamental fact which we know about the process of life.
~ Franz Alexander, 1891-1964 ~

During the physical curing process, the attention should be not on the disease, lest one's faith be dampened, but on the infinite powers of the mind. During mental overcoming of fear, anger, bad habits, and so on, one's concentration should be on the opposite quality; that is, the cure for fear is the consciousness of bravery; for anger, peace; for weakness, strength; for sickness, health … When a man has destroyed the mental bacteria of intolerance, rage, and fear, and has freed his soul from ignorance, he is unlikely to suffer from physical disease or mental lack.
~ Paramahansa Yogananda, 1893-1952 ~
Scientific Healing Affirmations, 1958

In the use of thought as medicine, you should be careful that you are not neutralizing right thoughts by wrong thoughts. To be active and successful, a thought must be impregnated with such willpower that it will resist the opposition of contrary thoughts.
~ Ibid.

Love cures people – both the ones who give it and the ones who receive it.
~ Karl Menninger, 1893-1990 ~

It is this intangible thing, love, love in many forms, which enters into every therapeutic relationship. It is an element of which the physician may be the carrier, the vessel. And it is the element which binds and heals, which comforts and restores, which works what we have to call – for now – miracles.
~ Menninger ~
The Vital Balance: The Life Process in Mental health and Illness, 1963

If one's bowels move, one is happy; and if they don't move, one is unhappy. That is all there is to it.
~ Lin Yutang, 1895-1976 ~
The Importance of Living, 1937

It is astonishing how much one can accomplish by being regular.
~ Lin ~
The Pleasures of a Nonconformist, 1962

To get the body in tone, get the mind in tune.
~ Zachary T. Bercovitz, 1895-1984 ~

Most of the time we think we're sick, it's all in the mind.
~ Thomas Wolfe, 1900-1938 ~

Avoid fried meats, which angry up the blood. If your stomach disputes you, lie down and pacify it with cool thoughts. Keep the juices flowing by jangling around gently as you move. Go very light on the vices, such as carrying on in society – the social ramble ain't restful.
~ Satchel Paige, 1900-1982 ~
Formula for Staying Young, 1953

The mechanisms of *vis medicatrix naturae* – the healing power of nature – are so effective that most diseases are self-terminating.
~ René Dubos, 1901-1982 ~

If you want to live, you must walk. If you want to live long, you must run.
~ Jinabhai Navik, b. 1902- ~
in *Time*, 1980 June 16

Problems linked to illness, such as psychic crises, but also pains of a physiological nature … can be assumed to be just so many initiatory trials. Uncovering the religious significance of illness and physical pain constitutes in effect shamanism's essential contribution to the history of the spirit.
~ Mircea Eliade, 1907-1986 ~
Journals

Doctors don't know everything really. They understand matter, not spirit. And you and I live in the spirit.
~ William Saroyan, 1908-1981 ~

Health is nothing more than united purpose – if the body is brought under the purpose of the mind, it becomes whole because the mind's purpose is one. Apart from the mind, the body has no purpose at all.
~ Helen Schucman, 1910-1981 ~
Course in Miracles, 1975

A person who doesn't breathe deeply reduces the life of his body. If he doesn't move freely, he restricts the life of his body. If he doesn't feel fully, he narrows the life of his body. And if his self-expression is constricted, he limits the life of his body.
~ Alexander Lowen, 1910- ~

The great secret of medicine, known to doctors but still hidden from the public, is that most things get better by themselves.
~ Lewis Thomas, 1913-1993 ~

Over the years, medical science has identified the primary systems of the human body: the circulatory system, digestive system, endocrine system, autonomic nervous system and the immune system. But two other systems that are central to the proper functioning of a human being need to be emphasized. The healing system and the belief system. The two work together.
~ Norman Cousins, 1915-1990 ~
Human Options, 1981

Positive attitudes and emotions can enhance the environment of effective medical care. Patients who have confidence in themselves and their physicians may be better able to make use of medical treatment than those who go into treatment with attitudes of despair or defeat.
~ Cousins ~

The greatest force in the human body is the natural drive of the body to heal itself – but that force is not independent of the belief system, which can translate expectations into physiological change.
~ Cousins ~

Belief becomes biology.
~ Cousins ~
Anatomy of an Illness as Perceived by the Patient: Reflections on Healing and Regeneration, 1979

Drugs are not always necessary, (but) belief in recovery always is.
~ Ibid. ~

The marvelous pharmacy that was designed by nature and placed into our being by the universal architect produces most of the medicines we need.
~ Cousins ~

Time of itself doesn't heal; your mind must see things differently. By using your mind properly, you can leave a painful experience behind you at once, with no emotional wounds whatsoever. Think what this means!
~ Vernon Howard, 1918-1992 ~

The miracle of self-healing occurs when the inner patient yields to the inner physician.
~ Howard ~
The Power of Your Supermind, 1967

In seventy-five percent of all cases the usefulness of prescribed medication is not the active principles but in the *faith* that the patients have in technology. In other ages people *believed* in miracles; today they *believe* in science, and so the medical ritual takes on the appropriate guise.
~ André Gorz, 1924- ~
Ecology as Politics, 1980

The healing process is made up of unconditional love, forgiveness, and letting go of fear.
~ Gerald Jampolsky, 1925- ~
Love Is Letting Go of Fear, 1979

Every day we touch what is wrong, and, as a result, we are becoming less and less healthy. That is why we have to learn to practice touching what is not wrong – inside us and around us. When we get in touch with our eyes, our heart, our liver, our

breathing, and our non-toothache and really enjoy them, we see that the conditions for peace and happiness are already present.
~ Thich Nhat Hanh, 1926- ~
Touching Peace: Practicing the Art of Mindful Living, 1992

Disease is not so much the effect of noxious, external forces – the "bugs," both literal and figurative, in our lives – as it is the faulty effort of our minds and bodies to deal with them.
~ Blair Justice, 1927- ~
Who Gets Sick: Thinking and Health, 1987

As soon as healing takes place, go out and heal somebody else.
~ Maya Angelou, 1928- ~

Foods are the perfect preventive medicine agents. They provide a steady, but low-level amount of non-toxic therapeutic factors over a lifetime ... varieties of factors that prevent many diseases simultaneously ... As a disease preventive, a whole food is often better than individual compounds squeezed out of it ... a food is a complex bundle of some ten thousand chemicals, breaking it down may simply dissipate its powers.
~ John Naisbitt, 1929- ~
"The Healing Power of Food," *New Age*, 1988 Sept/Oct

In the ultimate depth of being, we find ourselves no longer separate but, rather, part of the unity of the universe. That unity includes the sufferer and the suffering, and the healer and that which heals. Therefore, all acts of healing are ultimately our selves healing our Self.
~ Ram Dass, 1931- ~

Our Creator has given us five senses to help us survive threats from the external world, and a sixth sense, our healing system, to help us survive internal threats.
~ Bernie Siegel, 1932- ~

What the placebo effect suggests to us is that we may be able to change what takes place in our bodies by changing our state of mind. Therefore, when we experience mind-altering processes – for example, meditation, hypnosis, visualization, psychotherapy, love and peace of mind – we open ourselves to the possibility of change and healing.
~ Siegel ~
Peace, Love & Healing, 1989

I am convinced that unconditional love is the most powerful known stimulant of the immune system. If I told patients to raise their blood levels of immune globulins or killer T cells, no one would know how. But if I can teach them to love themselves and others fully, the same changes happen automatically. The truth is: love heals.
~ Siegel ~
Love, Medicine & Miracles, 1986

The body knows only what the mind tells it. To accept some of the responsibility for disease, to realize that one has participated, is actually a very positive step. If one has taken part in getting sick, one can also take part in getting well.
~ Ibid.

Health and disease don't just happen to us. They are active processes issuing from inner harmony or disharmony, profoundly affected by our states of consciousness, our ability or inability to flow with experience. This recognition carries with it implicit responsibility and opportunity. If we are participating, however unconsciously, in the process of disease, we can choose health instead.
~ Marilyn Ferguson, 1938- ~
The Aquarian Conspiracy, 1980

Our minds possess the power of healing pain and creating joy. If we use that power along with proper living, a positive attitude, and meditation, we can heal not only our mental and emotional afflictions, but even physical problems.
~ Tulku Thondup, 1939- ~
Healing Meditations, 1998

The space-time view of health and disease tells us that a vital part of the goal of every therapist is to help the sick person toward a reordering of his world view. We must help him realize that he is a *process* in space-time, not an isolated entity who is fragmented from the world of the healthy and who is adrift in flowing time, moving slowly toward extermination.
~ Larry Dossey, 1940- ~
Space, Time & Medicine, 1982

The body ... has incredible potential for self-diagnosis, for repair, for regeneration ... at best, treatment facilitates healing, it impinges on natural healing mechanisms of the body, unblocks them, it allows them to operate.
~ Andrew T. Weil, 1942- ~

Whatever we can do to facilitate learning on the one hand and loving on the other is important, because those are the most healing forces we have

available to us.
~ Na'im Akbar, 1944- ~
Interview by Jill Nelson, *Essence*, 1989 February

The message that underlies healing is simple yet radical: We are already whole ... Underneath our fears and worries, unaffected by the many layers of our conditioning and actions, is a peaceful core. The work of healing is peeling away the barriers of fear that keep us unaware of our true nature of love, peace, and rich interconnection with the web of life. Healing is the rediscovery of who we are and who we have always been.
~ Joan Borysenko, 1945- ~
Minding the Body, Mending the Mind, 1987

Nothing bolsters the immune system and lowers the incidence of cardiovascular disease like feeling supported and loved by others and being able to extend nurturance and support in return.
~ Borysenko ~

Healing is far more than a return to a former condition. True healing means drawing the circle of our being larger and becoming more inclusive, more capable of loving. In this sense, healing is not for the sick alone, but for all humankind ... In the end, healing must be a ceaseless process of relationship and rediscovery, moment by moment. The more we "know" about healing, the more we are simultaneously carried toward something unknowable. For this reason all healing is in essence spiritual.
~ Richard Moss, 1946- ~

Most psychologists treat the mind as disembodied, a phenomenon with little or no connection to the physical body. Conversely physicians treat the body with no regard to the mind or the emotions. But the body and mind are not separate, and we cannot treat one without the other. Research has shown that the body can and must be healed through the mind and the mind can and must be healed through the body.
~ Candace Pert, 1946- ~
Molecules of Emotion: The Science Behind Mind-Body Medicine, 1997

There are some things that require no work, and healing is one of them. You don't have to work to achieve a silent mind; you don't have to work to find the old wounds. All these things are a given, once they are uncovered. The uncovering begins wherever you are now, but its goal is always the same – the revelation of wholeness that unites body, mind, and spirit as one.
~ Deepak Chopra, 1947- ~
Journey Into Healing: Awakening the Wisdom Within You, 1994

To live without love, compassion, or any other spiritual value creates a state of such severe imbalance that every cell yearns to correct it. Ultimately, that is what lies behind the onset of disease: the body is sending a message that something lacking in the present – an imbalance existing somewhere – has given rise to highly visible, unarguable, physical symptoms.
~ Ibid.

Before the art of medicine comes the art of belief.
~Ibid.

Life is like a tree and its root is consciousness. Therefore, once we tend the root, the tree as a whole will be healthy. Nature controls healing from this deeper level already, for every cell participates in the body's inner intelligence, responding to the patient's thoughts, emotions, desires, beliefs, and self-image.
~ Chopra ~

Sad or depressing thoughts ... produce changes in brain chemistry that have a detrimental effect on the body's physiology. Likewise, happy thoughts of all kinds, loving thoughts, thoughts of peace and tranquility, of compassion, friendliness, kindness, generosity, affection, warmth and intimacy each produce a corresponding state of physiology via the flux of neurotransmitters and hormones in the central nervous system.
~ Chopra ~
Creating Health: Beyond Prevention, Toward Perfection, 1987

We have a pharmacy inside us that is absolutely exquisite. It makes the right medicine, for the precise time, for the right target organ – with no side effects.
~ Chopra ~
Journey Into Healing: Awakening the Wisdom Within You, 1994

In general, vegetarian diets are healthier, however don't force yourself. Just listen to your body, eat in silence and see what feels good and you will spontaneously choose the foods that are beneficial to you.
~ Chopra ~

Personal healing on all levels – physical, emotional, mental, and spiritual – comes when we get in touch with our disowned energies. As we begin to

accept them as vital parts of ourselves, we begin to find safe, constructive modes of expression. Once we get to know these parts of ourselves, we find they are not as scary as we had imagined. In fact, when they are expressed and integrated, they take their place as important facets of our nature. Through integrating all aspects of ourselves, we become whole.
~ Shakti Gawain, 1948- ~
Return to the Garden: A Journey of Discovery, 1989

When we begin to trust ourselves more, the body begins to renew itself and becomes healthy and filled with life energy.
~ Gawain ~

Every contact with another human being (or with an animal, plant, and perhaps any aspect of nature) has the potential for healing or harm. Our very presence can be a healing help and positive influence on those we care about.
~ Kenneth S. Cohen, 1952- ~
The Way of Qigong: The Art and Science of Chinese Energy Healing, 1997

Poor health is not caused by something you don't have; it's caused by disturbing something that you already have. Healthy is not something that you need to get, it's something you have already if you don't disturb it.
~ Dean Ornish, 1953- ~

Methods of healing must take into account the energetic or spiritual condition that is in turmoil, thereby affecting the physical condition. If you focus only on the physical translation of the underlying energetic disorder, then you are ignoring the source of the physical illness ... If you instead address the energy of the mind and Spirit, whose status is affecting the physical body, then you are likely to heal truly.
~ Malidoma Somé, 1956- ~
The Healing Wisdom of Africa, 1999

Healing comes when the individual remembers his or her identity – the purpose chosen in the world of ancestral wisdom – and reconnects with that world of Spirit.
~ Ibid.

We will no longer be focused on only the reduction of symptoms or the removal of something negative, and instead begin to understand health and well-being as the presence of something positive.
~ Brendan O'Regan, d. c. 1992 ~

Talk to Your cells. Praise your body. Tell your cells you believe in them and have confidence in them, and in their ability to do their work ... The body is sensitive. It registers every thought and feeling. Be tender with it.
~ Ibid.

Illness is the result of imbalance. Imbalance is a result of forgetting who you are. Forgetting who you are creates thoughts and actions that lead to an unhealthy lifestyle and eventually to illness ... Illness can thus be understood as a lesson you have given yourself to help you remember who you are.
~ Barbara Brennan ~
Hands of Light: A Guide to Healing Through the Human Energy Field, 1987

A profound and inspiring idea is only so much fantasy until the beholder of the idea takes action. In the case of health enhancement and self-healing, very small actions produce major results. This is like getting a pound of cure for the cost of a single ounce of prevention.
~ Roger Jahnke ~
The Healer Within, 1997

People with diseases like AIDS and cancer feel an urgency in straightening out their lives, examining their purpose, and confronting the reality of death. Ironically, in spite of the physical and emotional pain they experience, many of these patients express gratitude for this opportunity. The encounter with their own mortality changes their priorities in life, their values and aspirations. For many, it makes them truly cherish life and the ability to give and receive love.
~ Jeff Seibert ~

You can learn to follow the inner self, the inner physician that tells you where to go. Healing is simply attempting to do more of those things that bring joy and fewer of those things that bring pain.
~ O. Carl Simonton ~

The more I can love everything – the trees, the land, the water, my fellow men, women, and children, and myself – the more health I am going to experience and the more of my real self I am going to be.
~ Simonton ~

Complete health and awakening are really the same.
~ Tarthang Tulku ~

HUMILITY / MODESTY

Related States & Conditions: Appearance/Form, Centering, Compassion/Empathy/Kindness, Complacency, Conformity, Conscience, Deferment/Delay, Equanimity, Integrity, Little, Love-Agape, Moderation, Presence, Respect, Restraint, Simplicity, Sincerity/Authenticity, Spirituality, Submission/Surrender, Tact/Discretion, Value/Worth

Syntonic: Acceptance, Appreciation, Attention/Awareness, Balance, Composure/Peace/Tranquility, Forgiveness, Giving/Serving, Openness/Receptivity, Practice, Release, Responsibility, Retreat/Withdrawal, Tolerance

Dystonic: Anger, Attachment, Avoidance/Denial/Refusal, Conflict/Opposition, Criticism/Judgment, Defeat, Delusion, Dependence, Depression/Despair/Distress, Fault, Fear, Greed, Guilt, Habit, Haste/Impatience, Jealousy/Envy, Limitation, Loneliness, Revenge, Suffering, War/Aggression/Violence, Worry

Humility is a greater virtue than defying death; it triumphs over vanity and conceit; conquer them in yourself first.
~ Khemetic Saying ~
Temt Tchaas: Egyptian Proverbs, Muata Ashaya Ashby, ed., 1994

Be not arrogant because of your knowledge, but confer with the ignorant man as with the learned.
~ Ptahotep, c. 2350 BCE ~

Modesty nourishes virtue. Even dangerous and difficult tasks can be undertaken when attended to directly and simply. One's inner nature is reflected in outward modesty. Remain firm and correct and others will be influenced. Avoid difficulties by remaining modest, even when accomplishments have been great ...Take care not to use false modesty as an excuse to decline responsibility ... Modesty is expressed in self-discipline. Act only to assert what is right; and then only within one's own set of circumstances.
~ *Yi Jing*, c. 1150 BCE ~
"Ch'ien: Modesty," in *The Photographic I Ching*, Dhiresha McCarver, tr., 1997

As low ground forms the
Foundation for the high,
So does humility
Form the foundation of regard.
~ Laozi, 570-490 BCE ~

When useful admonitions come unasked
To those with skill in counselling their fellows,
Let them welcome them with humble gratitude,
And always strive to learn from everyone.
~ Shantideva, 7th C. ~
The Way of the Boddhisattva, Padmakara, tr., 1997

An adept can't be fooled at all.
Mountains are mountains,
And rivers are rivers.
Without artifice and
Without clinging thoughts;
Like the sun and moon
Moving through the sky
Without ever stopping and
Without saying,
"I have this rank
And am called like that."
The sage is like the sky
Everywhere covering,
Like the earth
Everywhere supporting;
Since they have no mind,
They bring up and nurture
Myriad beings without saying,
"I have so many accomplishments."
~ Yunmen Wenyan, 864-949 ~

Where there is humility and patience, there is neither anger nor vexation.
~ Francis of Assisi, c. 1181-1226 ~

Modesty is a sweet song-bird no open cage-door can tempt to flight.
~ Shamseddin Hafiz, 1320-1390 ~

Make the least ado about your greatest gifts. Be content to act, and leave the talking to others.
~ Baltasar Gracián y Morales, 1601-1685 ~
Oráculo manual y arte de prudentia, 1647

Modesty is to merit, what shade is to figures in a picture; it gives it strength and makes it stand out.
~ Jean de La Bruyère, 1645-1696 ~

Humility should be sweet and tranquil, without self-contempt, or annoyance with ourselves or others, without despondency or voluntary vexation.
~ Jean-Pierre de Caussade, 1675-1751 ~

Be wiser than other people, if you can, but do not tell them ... Pocket all your knowledge with your watch and never pull it out in company unless desired.
~ Lord Chesterfield, 1694-1773 ~

To be humble to superiors is duty, to equals courtesy, to inferiors nobleness.
~ Benjamin Franklin, 1706-1790 ~

Have the courage to be ignorant of a great number of things, in order to avoid the calamity of being ignorant of everything.
~ Sydney Smith, 1771-1845 ~

At least I have the modesty to admit that lack of modesty is one of my failings.
~ Hector Berlioz, 1803-1869 ~

Extremes meet and there is no better example than the haughtiness of humility.
~ Ralph Waldo Emerson, 1803-1882 ~

Humility like darkness reveals the heavenly lights.
~ Henry David Thoreau, 1817-1862 ~
Walden, 1854

You have a good many little gifts and virtues, but there is no need of parading them, for conceit spoils the finest genius. There is not much danger that real talent or goodness will be overlooked long, and the great charm of all power is modesty.
~ Louisa May Alcott, 1832-1888 ~
in *Words of Women Quotations for Success*, 1997

The true way to be humble is not to stoop until you are smaller than yourself, but to stand at your real height against some higher nature that will show you what the real smallness of your greatness is.
~ Phillips Brooks, 1835-1893 ~

Humility cannot be an observance by itself. For it does not lend itself to being deliberately practised.
~ Mahatma Gandhi, 1869-1948 ~
The Essential Writings of Mahatma Gandhi, 130, Raghavan Iyer, ed., 1993

Peace and joy come not to the skeptic or to him who is proud of his intellect or learning. It is reserved only for the humble in spirit, who bring to her worship a fullness of faith and an undivided singleness of mind.
~ Gandhi ~
in Eknath Easwaran, *Gandhi, The Man*, 1997

Early in life I had to choose between honest arrogance and hypocritical humility. I chose honest arrogance and have seen no occasion to change.
~ Frank Lloyd Wright, 1869-1959 ~
in *The World's Best Thoughts on Life & Living*, Eugene Raudsepp, ed., 1981

It is always the secure who are humble.
~ G. K. Chesterton, 1874-1936 ~

I have often wished I had the time to cultivate modesty – but I am too busy thinking about myself.
~ Edith Sitwell, 1887-1964 ~

True humility is intelligent self-respect which keeps us from thinking too highly or too meanly of ourselves ... it makes us modest by reminding us how far we have come short of what we can be.
~ Ralph W. Sockman, 1889-1970 ~
Arkansas Methodist

Humility is just as much the opposite of self-abasement as it is of self-exaltation. To be humble is *not to make comparisons*. Secure in its reality, the self is neither better nor worse, bigger nor smaller, than anything else in the universe. It *is* – is nothing, yet at the same time one with everything.
~ Dag Hammarskjöld, 1905-1961 ~
Markings, 1964

In the intellectual order, the virtue of humility is nothing more nor less than the power of attention.
~ Simone Weil, 1909-1943 ~
Gravity and Grace, 1947

Those who do not love feel superior to everyone else. Those who love feel equal to everyone else. Those who love much gladly take the lower place.
~ Carlo Caretto, 1910-1988 ~
In Search of the Beyond, 1975

A humble man can do great things with uncommon perfection because he is no longer concerned about ... his own interests and his own reputation, and therefore he no longer needs to waste his efforts defending them.
~ Thomas Merton, 1915-1968 ~

HUMOR / LAUGHTER

Related States & Conditions: Appreciation, Celebration, Compassion/Empathy/Kindness, Distraction/Diversion, Enjoyment/Pleasure, Friendship, Happiness/Contentment, Health/Healing, Presence, Spontaneity, Zeal/Zest

Syntonic: Acceptance, Attention/Awareness, Giving/Serving, Openness/Receptivity, Paradox, Practice, Release, Tolerance

Dystonic: Anger, Conflict/Opposition, Conformity, Criticism/Judgment, Defeat, Delusion, Depression/Despair/Distress, Fault, Fear, Guilt, Jealousy/Envy, Limitation, Loneliness, Oppression, Regret, Revenge, Suffering, War/Aggression/Violence, Worry

Mingle some brief folly with your wisdom.
~ Horace, 65-8 BCE ~

The goal of wisdom is laughter and play – not the kind that one sees in little children who do not yet have the faculty of reason, but the kind that is developed in those who have grown mature through both time and understanding. If someone has experienced the wisdom that can only be heard from oneself, learned from oneself, and created from oneself, he does not merely participate in laughter: he becomes laughter itself.
~ Philo of Alexandria, c. 20 BCE-50 CE ~
in *The Enlightened Mind: An Anthology of Sacred Prose*, Stephen Mitchell, ed., 1991

The mind ought sometimes to be amused, that it may the better return to thought, and to itself.
~ Caius Phaedrus, c. 15 BCE-50 CE ~

He deserves paradise who makes his companions laugh.
~ *Qur'an*, 610-622 ~

Since everything is but an apparition, perfect in being what it is, having nothing to do with good or bad, acceptance or rejection, one may as well burst out in laughter.
~ Long Chen Pa, 14th C. ~

One inch of joy surmounts of grief a span,
Because to laugh is proper to the man.
~ François Rabelais, c. 1494-1553 ~
"To the Reader," *Pantagruel*, 1532

Live merrily as thou canst, for by honest mirth we cure many passions of the mind.
~ Democritus Junior, 1577-1640 ~

What soap is to the body, laughter is to the soul.
~ Yiddish Saying ~

Mirth is like a flash of lightning that breaks through a gloom of clouds and glitters for a moment; cheerfulness keeps up a kind of daylight in the mind, and fills it with a steady and perpetual serenity.
~ Joseph Addison, 1672-1719 ~

Life is a jest; and all things show it.
I thought so once; but now I know it.
~ John Gay, 1685-1732 ~

The most wasted of all days is the day one did not laugh.
~ Sébastien Chamfort, 1741-1794 ~
Maximes et pensées, 1796

There is nothing in which people more betray their character than in what they laugh at.
~ Johann von Goethe, 1749-1832 ~

Honest good humor is the oil and wine of a merry meeting, and there is no jovial companionship equal to that where the jokes are rather small and the laughter abundant.
~ Washington Irving, 1783-1859 ~

No man who has once heartily and wholly laughed can be altogether irreclaimably bad.
~ Thomas Carlyle, 1795-1881 ~
Sartor Resartus, 1834

True humor springs not more from the head than from the heart. It is not contempt; its essence is love. It issues not in laughter, but in still smiles, which lie far deeper.
~ Carlyle ~

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Time spent laughing is time spent with the gods.
~ Japanese Saying ~

Laughter gives confidence; its absence causes dispute.
~ Tamashek Saying ~

Always laugh when you can. It is cheap medicine.
~ Lord Byron, 1788-1824 ~

Laughter is the sun that drives the winter from the human face.
~ Victor Hugo, 1802-1885 ~

Wit makes its own welcome and levels all distinctions.
~ Ralph Waldo Emerson, 1803-1882 ~
"The Comic," *Letters and Social Aims*, 1876

The world belongs to the cheerful ... The soul's highest duty is to be of good cheer.
~ Emerson ~

Humor is a mixture of love and wit.
~ William Makepeace Thackeray, 1811-1863 ~

A person without a sense of humor is like a wagon without springs – jolted by every pebble in the road.
~ Henry Ward Beecher, 1813-1887 ~

A sense of humor keen enough to show a man his own absurdities, as well as those of other people, will keep him from the commission of all sins, or nearly all, save those that are worth committing.
~ Samuel Butler, 1835-1902 ~

The human race has one really effective weapon, and that is laughter ... Against the assault of laughter nothing can stand.
~ Mark Twain, 1835-1910 ~

Humor is a great thing, the saving thing, after all. The minute it crops up, all our hardnesses yield, all our irritations and resentments flit away, and a sunny spirit takes their place.
~ Twain ~

Nothing like a little judicious levity.
~ Robert Louis Stevenson, 1850-1894 ~
The Wrong Box, 1889

Laughter is not at all a bad beginning for a friendship, and it is far the best ending for one.
~ Oscar Wilde, 1856-1900 ~

Life does not cease to be funny when people die any more than it ceases to be serious when people laugh.
~ George Bernard Shaw, 1856-1950 ~
The Doctor's Dilemma, V, 1906

If you lose the power to laugh, you lose the power to think.
~ Clarence Darrow, 1857-1938 ~

On the preservation of the comic spirit depends in some measure the ultimate triumph of civilization ... Humor brings insight and tolerance. Irony brings a deeper and less friendly understanding.
~ Agnes Repplier, 1858-1950 ~

We cannot really love anybody with whom we never laugh.
~ Repplier ~

The burden of the self is lightened when I laugh at myself.
~ Rabindranath Tagore, 1861-1941 ~

Laughter has something in it common with the ancient words of faith and inspiration; it unfreezes pride and unwinds secrecy; it makes men forget themselves in the presence of something greater than themselves.
~ G. K. Chesterton, 1874-1936 ~

Impropriety is the soul of wit.
~ W. Somerset Maugham, 1874-1965 ~
The Moon and Sixpence, 1919

There are those who suffer greatly and they go their way full of suffering. But if they meet someone whose face is bright with laughter, he can quicken them with gladness.
~ Martin Buber, 1878-1965 ~

Human life is basically a comedy. Even its tragedies often seem comic to the spectator, and not infrequently they actually have comic touches to the victim. Happiness probably consists largely in the capacity to detect and relish them.
~ H. L. Mencken, 1880-1956 ~

Laughter is wine for the soul – laughter soft, or loud and deep, tinged through with seriousness ... the hilarious declaration made by man that life is worth living.
~ Sean O'Casey, 1880-1964 ~

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Humor … is rarely malicious … but laughs its way into the heart. Unlike the poisoned dart of satire and the killing point of wit, humor is healing … recreative, and rejuvenating.
~ Louis Untermeyer, 1885-1977 ~

A wise man laughs and smiles through his eyes … The smile and laughter through the eyes influence people tremendously. No energy leaks if you smile through the eyes.
~ Sivananda, 1887-1963 ~

To be wildly enthusiastic, or deadly serious – both are wrong. Both pass. One must keep ever present a sense of humor. It depends entirely on yourself how much you see or hear or understand. But the sense of humor I have found of use in every single occasion of my life.
~ Katherine Mansfield, 1888-1923 ~
The Journal of Katherine Mansfield, J. Middleton Murry, ed., 1927

A sense of humor is part of the art of leadership, of getting along with people, of getting things done.
~ Dwight Eisenhower, 1890-1969 ~

Take bad things to make jokes.
~ Jamaican Saying ~

To err is bestial, but to laugh at our errors is human.
~ Lin Yutang, 1895-1976 ~
Asia, 1946

There are things that are so serious that you can only joke about them.
~ Werner Heisenberg, 1901-1976 ~

Like a welcome summer rain, humor may suddenly cleanse and cool the earth, the air and you.
~ Langston Hughes, 1902-1967 ~

Humor simultaneously wounds and heals, indicts and pardons, diminishes and enlarges; it constitutes inner growth at the expense of outer gain, and those who possess and honestly practice it make themselves more through a willingness to make themselves less.
~ Louis Kronenberger, 1904-1980 ~

I like nonsense, it wakes up the brain cells. Fantasy is a necessary ingredient in living. It's a way of looking at life through the wrong end of a telescope. Which is what I do. And that enables you to laugh at life's realities.
~ Dr. Seuss, 1904-1991 ~

Among those whom I like or admire, I can find no common denominator, but among those whom I love, I can; all of them make me laugh.
~ W. H. Auden, 1907-1973 ~

Humor is something that thrives between man's aspirations and his limitations. There is more logic in humor than in anything else. Because, you see, humor is truth … Laughter is the shortest distance between two people.
~ Victor Borge, 1909-2000 ~

I think the next best thing to solving a problem is finding some humor in it.
~ Frank A. Clark, 1911- ~

We should tackle reality in a slightly jokey way, otherwise we miss its point.
~ Lawrence Durrell, 1912-1990 ~

Humor is an affirmation of dignity, a declaration of man's superiority to all that befalls him.
~ Romain Gary, 1914-1980 ~
Promise at Dawn, 1961

Holiness is the life of spontaneity and self-abandonment *with humor*, which includes the wisdom of serpents as well as the gentleness of doves, because humor is nothing other than perfect self-awareness. It is the delighted self-recognition of one's own absurdity, and a loving cynicism with respect to one's own pretensions … Humor is the transformation of anxiety into laughter: the same trembling, but with a different meaning.
~ Alan Watts, 1915-1973 ~
Beyond Theology, 1964

Illness is not a laughing matter. Perhaps it ought to be. Laughter is a form of internal jogging. It moves your internal organs around. It enhances respiration. It is an igniter of great expectation.
~ Norman Cousins, 1915-1990 ~
Anatomy of an Illness as Perceived by the Patient: Reflections on Healing and Regeneration, 1979

There is something funny about the human condition and civilized intelligence makes fun of its own ideas.
~ Saul Bellow, 1915-2005 ~

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A keen sense of humor helps us to overlook the unbecoming, understand the unconventional, tolerate the unpleasant, overcome the unexpected, and outlast the unbearable.
~ Billy Graham, 1918- ~

Seven days without laughter makes one weak ... Laughter is the brush that sweeps away the cobwebs of the heart.
~ Mort Walker, 1923- ~

We respect a person with a sense of humor because a sense of humor means you are in control of a situation. If something can be going terribly wrong and you can find humor in it, it means you are not intimidated by it, and the inference is you can handle it.
~ Robert Orben, 1927- ~

You repossess your life when you laugh at the things that try to destroy you.
~ Toni Morrison, 1931- ~
in *The Washington Post*, 1993 October 10

Humor's most important psychological function is to jolt us out of our habitual frame of mind and promote new perspectives. Psychologists have long noted that one of the best measures of mental health is the ability to laugh at oneself in a gently mocking way.
~ Bernie Siegel, 1932- ~
Love, Medicine & Miracles, 1986

I realize that a sense of humor isn't for everyone. It's only for people who want to have fun, enjoy life and feel alive.
~ Anne Schaef, 1934- ~

Anyone who takes himself too seriously always runs the risk of looking ridiculous; anyone who can consistently laugh at himself does not.
~ Václav Havel, 1936- ~

You can turn painful situations around through laughter. If you can find humor in anything – even poverty – you can survive it.
~ Bill Cosby, 1937- ~

At the height of laughter the universe is flung into a kaleidoscope of new possibilities. High comedy, and the laughter that ensues, is an evolutionary event. Together they evoke a biological response that drives the organism to higher levels of organization and integration. Laughter is the loaded latency given us by nature as part of our native equipment to break up the stalemates of our lives and urge us on to deeper and more complex forms of knowing.
~ Jean Houston, 1939- ~

A person who believes too earnestly in his own convictions can be dangerous to others, for absence of humor signals a failure in basic humanity. The laughter of the holy sage is the beginning of wisdom, and wisdom, Sophia, is deep trust joined with knowledge ... Life is a divine comedy, and until we discover how those two words go together, we will be condemned to spiritual depression and severity.
~ Thomas Moore, 1940- ~
Original Self, 2000

Humor is one of the most serious tools we have for dealing with impossible situations (like divorce).
~ Erica Jong, 1942- ~

A sense of humor and a taste for the absurd can help a nominally powerless person behave like one with clout.
~ Tom Peters, 1942- ~

Humor – the ability to laugh at life – is right at the top, with love and communication, in the hierarchy of our needs. Humor has much to do with pain; it exaggerates the anxieties and absurdities we feel, so that we gain distance and, through laughter, relief.
~ Sara Davidson, 1947- ~
"A Funny Man for This Season," *New York Times Magazine*, 1971

Laughter lifts us over high ridges and lights up dark valleys in a way that makes life so much easier. It is a priceless gem, a gift of release and healing direct from Heaven.
~ Alan Cohen, 1950- ~

Comic vision often leads to serious solutions.
~ Malcolm L. Kushner, 1952- ~

One who doesn't have a sense of humor about what they are doing cannot possibly be awakened.
~ Robert Ennis ~

Laughter is a tranquilizer with no side effects.
~ Arnold H. Glasgow ~

He who laughs, lasts.
~ Mary Pettibone Poole ~

IDEA / OPINION

Related States & Conditions: Belief/Religion, Communication, Creativity/Discovery/Innovation, Delusion, Disclosure/Veracity, Expression, Influence/Effect, Insight/Instinct/Intuition, Learning, Logos, Meaning, Mind, Paradox, Perspective, Questioning/Doubt, Thinking/Thought, Truth, Value/Worth, Vision/Visualization, Wisdom

Syntonic: Attention/Awareness, Courage, Detachment, Exploration, Flexibility/Flow/Flux, Giving/Serving, Listening, Openness/Receptivity, Release, Sincerity/Authenticity, Tolerance, Understanding

Dystonic: Anger, Conflict/Opposition, Conformity, Criticism/Judgment, Defeat, Dependence, Depression/Despair/Distress, Fault, Fear, Guilt, Hate, Jealousy/Envy, Limitation, Loquacity, Oppression, Regret, War/Aggression/Violence, Worry

When an idea exclusively occupies the mind, it is transformed into an actual physical state.
~ Khemetic Saying ~
Temt Tchaas: Egyptian Proverbs, Muata Ashaya Ashby, ed., 1994

Nothing exists except atoms and empty space; everything else is opinion.
~ Democritus, c. 460-c. 400 BCE ~

Men are not worried by things, but by their ideas about things. When we meet with difficulties, become anxious or troubled, let us not blame others, but rather ourselves, that is: our ideas about things.
~ Epictetus, 50-120 ~

Turn your attention within;
Don't memorize my words.
You have been turning from light to darkness
Since before you can remember,
So the roots of your subjective ideas are deep
And hard to uproot all at once.
This is why I temporarily use expedients
To take away your coarse perceptions.
~ Yangshan Huiji, 803-887 ~

By burning Luther's books you may rid your bookshelves of him, but you will not rid men's minds of him.
~ Desiderius Erasmus, 1466-1536 ~

They that approve a private opinion, call it opinion; but they that mislike it, heresy: and yet heresy signifies no more than private opinion.
~ Thomas Hobbes, 1588-1679 ~

Mean-spirited mediocrities, especially those with a smattering of learning, are the most likely to be opinionated. Only strong minds know how to correct their opinions and abandon a bad position.
~ Madame de Sable, 1599-1678 ~
The Maxims of Madame de Sable, Arthur Chandler, tr.

Ideas often flash across our minds more complete than we could make them after much labor.
~ François de La Rochefoucauld, 1613-1680 ~
Maximes, 1664

New opinions are always suspected, and usually opposed, without any other reason but because they are not already common.
~ John Locke, 1632-1704 ~

The hours of a wise man are lengthened by his ideas.
~ Joseph Addison, 1672-1719 ~
The Spectator, 1711 June 18

When an idea is too weak to support a simple statement, it is a sign that it should be rejected.
~ Marquis de Vauvenargues, 1715-1747 ~

It often takes more courage to change one's opinion than to stick to it.
~ Georg Lichtenberg, 1742-1799 ~

Daring ideas are like chessmen moved forward. They may be beaten but they may start a winning game.
~ Johann von Goethe, 1749-1832 ~

Every new opinion, at its starting, is precisely in a minority of one.
~ Thomas Carlyle, 1795-1881 ~
Heroes and Hero Worship, 1900

An invasion of armies can be resisted, but not an idea whose time has come.
~ Victor Hugo, 1802-1885 ~
Histoire d'un Crime, 1877, 1888

It is a lesson which all history teaches wise men, to put trust in ideas, and not in circumstances.
~ Ralph Waldo Emerson, 1803-1882 ~

We can never be sure that the opinion we are endeavoring to stifle is a false opinion; and if we were sure, stifling it would be an evil still.
~ John Stuart Mill, 1806-1873 ~

It is the customary fate of new truths to begin as heresies and to end as superstitions.
~ Thomas Huxley, 1825-1895 ~
Collected Essays, Vol. 2, 1896

To an imagination of any scope the most far-reaching power is not money, it is the command of ideas.
~ Oliver Wendell Holmes, Jr., 1841-1935 ~
The Mind and Faith of Justice Holmes, Max Lerner, ed., 1943

A new idea is first condemned as ridiculous and then dismissed as trivial, until finally, it becomes what everybody knows.
~ William James, 1842-1910 ~

To die for an idea is to set a rather high price on conjecture.
~ Anatole France, 1844-1924 ~

Never, never rest contented with any circle of ideas, but always be certain that a wider one is possible.
~ Richard Jeffries, 1848-1887 ~

All great ideas are dangerous.
~ Oscar Wilde, 1856-1900 ~
De Profundis, 1905

The idea that is not dangerous is not worthy of being called an idea at all.
~ Elbert Hubbard, 1856-1915 ~

If you have an apple and I have an apple and we exchange these apples then you and I will still each have one apple. But if you have an idea and I have an idea and we exchange these ideas, then each of us will have two ideas.
~ George Bernard Shaw, 1856-1950 ~

Each work has to pass through these stages – ridicule, opposition, and then acceptance. Each man who thinks ahead of his time is sure to be misunderstood. So opposition and persecution are welcome, only I have to be steady and pure and must have immense faith in God, and all these will vanish.
~ Vivekananda, 1863-1902 ~
The Complete Works of Swami Vivekananda, 1984-1987, 5:91, 1926

Ideas emerge from facts; they also emerge from conversations, chance occurrences, theaters, visits, strolls, the most ordinary books. Everything holds treasures, because everything is in everything, and a few laws of life and of nature govern all the rest.
~ Antonin G. Sertillanges, 1863-1948 ~
The Intellectual Life: Its Spirit, Conditions, Methods, Mary Ryan, tr., 1987

Nothing is more dangerous than an idea when it is the only one you have.
~ Alain Chartier, 1868-1951 ~
Propos sur la religion, 1938

An idea is salvation by imagination.
~ Frank Lloyd Wright, 1869-1959 ~
The Future of Architecture, 1953

Serious people have few ideas. People with ideas are never serious.
~ Paul Valéry, 1871-1945 ~
Mauvaises pensées et autres, 1942

No idea is so antiquated that it was not once modern. No idea is so modern that it will not some day be antiquated ... To seize the flying thought before it escapes us is our only touch with reality.
~ Ellen Glasgow, 1873-1945 ~
Address to the Modern Language Association, 1936

No idea is so outlandish that it should not be considered with a searching but at the same time steady eye.
~ Winston Churchill, 1874-1965 ~

Only the ideas that we really live have any value.
~ Herman Hesse, 1877-1962 ~

A single idea, if it is right, saves us the labor of an infinity of experiences.
~ Jacques Maritain, 1882-1973 ~

Ideas shape the course of history.
~ John Maynard Keynes, 1883-1946 ~

The difficulty lies, not in the new ideas, but in escaping from the old ones, which ramify, for those brought up as most of us have been, into every corner of our minds.
~ Keynes ~
Preface, *The General Theory of Employment, Interest, and Money*, 1936

To create a concept, you must leave the sensuous multiplicity of reality behind.
~ José Ortega y Gasset, 1883-1955 ~

We need not fear the expression of ideas – we do need to fear their suppression.
~ Harry S. Truman, 1884-1972 ~

Great ideas have such radiant strength. They cross space and time like avalanches: they carry along with them whatever they touch. They are the only riches that one shares without ever dividing them.
~ Georges Duhamel, 1884-1966 ~
The Heart's Domain, Eleanor Stimson Brooks, tr., 1919

An idea isn't worth much until a man is found who has the energy and ability to make it work.
~ William Feather, 1889-1981 ~
The Business of Life, 1949

The vast majority of human beings dislike and even dread all notions with which they are not familiar ... Hence it comes about that at their first appearance innovators have ... always been derided as fools and madmen.
~ Aldous Huxley, 1894-1963 ~

Ideas, as distinguished from events, are never unprecedented.
~ Hannah Arendt, 1906-1975 ~
in *Faber Book of Aphorisms*, 1964

How often in history it is the bastard ideas, whose paternity the author firmly denies, that shake the world.
~ R. H. S. Crossman, 1907-1974 ~

Idealism springs from deep feelings, but feelings are nothing without the formulated idea that keeps them whole.
~ Jacques Barzun, 1907-2005 ~
The House of Intellect, 1959

Let's trace the birth of an idea. It's born as rampant radicalism, then it becomes progressivism, then liberalism, then it becomes moderate, conservative, outmoded, and gone.
~ Adam Clayton Powell, Jr., 1908-1972 ~

I can't understand why people are frightened of new ideas. I'm frightened of the old ones.
~ John Cage, 1912-1992 ~

Great ideas come into the world as gently as doves. Perhaps then, if we listen attentively, we shall hear, amid the uproar of empires and nations, a faint flutter of wings, the gentle stirrings of life and hope.
~ Albert Camus, 1913-1960 ~

Individual ideas, like breaths, are waiting to be drawn from unlimited supply.
~ Margaret Danner, 1915-1984 ~

A man may die, nations may rise and fall, but an idea lives on. Ideas have endurance without death.
~ John F. Kennedy, 1917-1963 ~
Address, 1963

You can have brilliant ideas, but if you can't get them across, your ideas won't get you anywhere.
~ Lee Iacocca, 1924- ~

The need to be right all the time is the biggest bar to new ideas. It is better to have enough ideas for some of them to be wrong than to be always right by having no ideas at all.
~ Edward de Bono, 1933- ~

Ideas are the real substance of human life. Ideas guide our actions and even control our movements. It is just as well to put them in order first and then to display their anatomy.
~ Jonathan Miller, 1934- ~
Plays & Players, 1970

Ideas are the beginning of all achievement.
~ Bruce Lee, 1940-1973 ~

No material picture is the final statement, because the material picture is not the original reality. Ideas are the only real, enduring reality. As we express ideas, they may take many forms. Ideas are the cause. Material forms are the effects.
~ Tae Yun Kim, 1946- ~
Seven Steps to Inner Power, 1991

Ideas, like individuals, live and die. They flourish, according to their nature, in one soil or climate and droop in another. They are the vegetation of the mental world.
~ Ajahn Dhiravamsa ~
in Norman Cousins, *Human Options*, 1981

IDENTITY

Related States & Conditions: Actualization/Fulfillment, Being/Essence/Soul, Belief/Religion, Character, Connection/Interbeing/Interdependence, Engagement/Integration/Involvement, Expression, Integrity, Introspection/Self-Knowledge, Logos, Meaning, Mind, Perspective, Presence, Seeking, Self, Transformation, Vision/Visualization

Syntonic: Acceptance, Affirmation/Approval, Attention/Awareness, Courage, Detachment, Exploration, Flexibility/Flow/Flux, Liberation/Liberty/Freedom, Openness/Receptivity, Reciprocity/Reflection, Release, Sincerity/Authenticity, Tolerance, Understanding, Value/Worth

Dystonic: Anger, Conflict/Opposition, Conformity, Criticism/Judgment, Delusion, Dependence, Depression/Despair/Distress, Fault, Fear, Guilt, Hate, Jealousy/Envy, Limitation, Oppression, Regret, War/Aggression/Violence, Worry

When I do not know who I am, I serve you.
When I know who I am, I am you.
~ Indian Saying ~

The depth of Identity is the gatekeeper for a vast variety of possible and impossible experience.
~ Jesus of Nazareth, c. 5-38 CE ~
The Gospel of John, 10:9, Peshitta Version
in *Desert Wisdom: Sacred Middle Eastern Writings from the Goddess Through the Sufis*, Neil Douglas-Klotz, tr., 1995

The depth of Identity illuminates what's ahead, liberates choice, and connects us to nature's power.
~ Ibid. 14:6

It is not what I call you, it's what you answer to: but if you don't know who you are, anyone can name you. If anybody can name you, you will answer to anything.
~ African Saying ~

If you label me and define me then you starve yourself of yourself. Nail me down in a box with a cold word and that box will be your coffin because I do not know who I am. I'm your own voice echoing off the walls of God.
~ Jalaluddin Rumi, 1207-1273 ~

We are to ourselves just what we think we are.
~ Phineas Quimby, 1802-1866 ~

The real man is a maze of a million notes: the label is all one note.
~ Hilaire Belloc, 1870-1953 ~
A Conversation with an Angel, 1928

We are born, so to speak, provisionally, it doesn't matter where; it is only gradually that we compose, within ourselves, our true place of origin, so that we may be born there retrospectively.
~ Rainer Maria Rilke, 1875-1926 ~

God made us in his own image, and he had some purpose when he thus created us; then why should we seek to destroy our identity?
~ Marcus Garvey, 1887-1940 ~

If you wish to be successful you must identify with success. The law of identity is a definite thing. That with which you mentally identify yourself sets up an image of thought in your consciousness which tends to attract the situations with which you are mentally identified.
~ Ernest Holmes, 1887-1960 ~
This Thing Called You, 1948

We are dominated by everything with which our self becomes identified. We can dominate and control everything from which we disidentify ourselves.
~ Roberto Assagioli, 1893-1974 ~

I saw well why the gods do not speak to us openly, nor let us answer ... How can they meet us face to face till we have faces?
~ C. S. Lewis, 1898-1963 ~
Till We Have Faces, 1956

Man is made in such a way that he continually has to define himself and continually escape his own definitions.
~ Witold Gombrowicz, 1904-1969 ~
in *Contemporary Artists*, 1977

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Do you want to know who you are? Don't ask. Act! Action will delineate and define you.
~ Gombrowicz ~

Going back a mere five hundred years: you and I each have a pedigree including some 100,000 forebears. A thousand years ago, it numbered some hundred million humans! The proud male-transmitted "family-name" adorned perhaps 0.01% of our legitimate ancestors. Related to every single being that lives on earth, our identity is: to be Human ... no more, no less, and even that only potentially! All self-labelling, ethnic, religious, national is pitifully ludicrous.
~ Frederick Franck, 1909- ~
A Little Compendium on That Which Matters, 1993

We are all largely fictitious, even to ourselves.
~ Rayner Heppenstall, 1911-1981 ~
in *Contemporary Novelists*, 1976

If you do not know your own identity, who is going to identify you? ... If you want to identify me, ask me not where I live, or what I like to eat, or how I comb my hair, but ask me what I am living for, in detail, and ask me what I think is keeping me from living fully for the thing I want to live for.
~ Thomas Merton, 1915-1968 ~

We must not allow other people's limited perceptions to define us.
~ Virginia Satir, 1916-1988 ~

If you don't identify with youth, you will enjoy your older years. When you refuse to identify with your career, you will be completely unconcerned if it falls apart. If you don't identify with crowds, it is impossible to ever be lonely.
~ Vernon Howard, 1918-1992 ~

In the animal kingdom, the rule is, eat or be eaten; in the human kingdom, define or be defined.
~ Thomas Szasz, 1920- ~
The Second Sin, 1973

Identity is simply a kind of negotiation individuals make with other individuals to give each other the illusion of separate independence.
~ Chandler Brossard, 1922-1993 ~
in *Contemporary Novelists*, 1976

Identity would seem to be the garment with which one covers the nakedness of the self, in which case, it is best that the garment be loose, a little like the robes of the desert, through which one's nakedness can always be felt, and, sometimes, discerned.
~ James Baldwin, 1924-1987 ~

Others tell one who one is. Later one endorses, or tries to discard, the way others have defined one. It is difficult not to accept their story. One may try not to be what one "knows" one is, in one's heart of hearts ... But all too often, we learn to be whom we are told we are.
~ R. D. Laing, 1927-1989 ~
Self and Others, 1969

And she had nothing to fall back on; not maleness, not whiteness, not ladyhood, not anything. And out of profound desolation of her reality she may very well have invented herself.
~ Toni Morrison, 1931- ~

The ego neuroses that once preoccupied me haven't all gone away. What has gone is my identification with them. Now they are merely quaint and fascinating ... a passing show ... More and more I am just awareness.
~ Ram Dass, 1931- ~
Journey of Awakening: A Meditator's Guidebook, 1978

You move from somebodiness to nobodiness; when you are nobody you are free to be everybody and everything.
~ Ibid.

My curiosity spread in all directions. Every exploration, every book, added to my knowledge, qualified my earlier idea of myself and the world.
~ V. S. Naipaul, 1932- ~

We turn to the company of those who share our most intimate and forbidden identity, and there we begin to find ourselves as persons.
~ Theodore Roszak, 1933- ~

Through struggle and suffering the new identity will begin to emerge and the self will be able to shout out with joy: "I am." This new identity does not eliminate either the original culture of the parents or the culture of the new country. On the contrary, it enriches both by opening up each to the possibilities of the other.
~ Virgil P. Elizondo, 1935- ~
The Future Is Mestizo: Life Where Cultures Meet, 1988

You must forge for yourself an identity before you can give it up.
~ M. Scott Peck, 1936-2005 ~
The Road Less Travelled, 1978

Know yourself, and your neighbor will not mistake you.
~ Scottish Saying ~

Each person somehow succumbs to a profane trivialization of his inherent humanity, and to utilitarianism. In everyone there is some willingness to merge with the anonymous crowd and to flow comfortably along with it down the river of pseudo-life. This is much more than a simple conflict between two identities. It is something far worse: it is a challenge to the very notion of identity itself.
~ Václav Havel, 1936- ~
"The Power of the Powerless," *Open Letters: Selected Writings, 1965-1990*, 1992

Many people have trouble separating what they do and what happens to them from who they are. They think they are their behavior. You are not your behavior. You are separate from and more than your behavior. Who you are is much more important than how you behave. When you begin to appreciate the fantastic being that you are, you will also begin to see a change in your behavior.
~ Famous Amos, 1937- ~
Watermelon Magic, 1996

When alone I am not aware of my race or my sex, both in need of social contexts for definition.
~ Maxine Hong Kingston, 1940- ~

Once you know who you are, you don't have to worry any more ... She knows who she is because she knows who she isn't.
~ Nikki Giovanni, 1943- ~

... to use the metaphor from quantum physics of the particle and the wave. Consciousness, the sacred, the mystical: these are wave-like. But I am a particle. Actually, I am a continuum between the fluid, wave state of pure consciousness on the one hand and my specific, particulate, physical identity on the other. Between those two extremes of being – the wave and the particle – is a very dynamic intermediate state, which has elements of both particle and wave to it, of being an identity and of being something much more cosmic or universal. It is these states that the shamanic and the Western magical traditions explore: the intermediate state between undifferentiated oneness and the specificity of our particular nature. These approaches help an individual go beyond ordinary consciousness, but they do not dissolve into a purely mystical union of oneness. Some differentiation is maintained; some boundaries are maintained, but they become highly permeable.
~ David Spangler, 1945- ~
"Between Order and Chaos: The Dynamic Realm between Individualism and Mystical Unity," Interview by Robert Gilman in *In Context*, No. 34, Winter 1993

The most common ego identifications have to do with possessions, the work you do. Social status and recognition, knowledge and education, physical appearance, special abilities, relationships, personal and family history, belief systems, and often also political, nationalistic, racial, religious, and other collective identifications. None of these is you ... all of these things you will have to relinquish sooner or later.
~ Eckhard Tolle, 1948- ~
The Power of Now: A Guide to Spiritual Enlightenment, 1999

I wanted freedom to invent and reinvent myself. You have to tell the world, "I define myself. I will not be defined."
~ Bill T. Jones, 1952- ~
in *Metro Weekly*, 2002 February 7

The Medusa Syndrome: It's really about freezing people in their identities by looking at them. Real identities have a kind of historical flexibility. A lot of cultural preservationists who purport to be respecting people in their identities are really just insisting that they stay the way they were.
~ K. Anthony Appiah, 1954- ~
Interview by Drake Bennett, *Boston Globe*, 2005 February 6

Never be bullied into silence. Never allow yourself to be made a victim. Accept no one's definition of your life; define yourself.
~ Harvey Fierstein, 1954- ~

We can't rely on anyone but ourselves to define our existence, to shape the image of ourselves.
~ Spike Lee, 1957- ~

You're born naked. The rest is drag.
~ RuPaul, 1960- ~
"On Being Almost Seven Feet Tall Without Shoes," *New York Times*, 1993 July 11

But an accurate definition of the self is impossible. You are more than you realize, more than you can define. And the more time you spend trying to nail down the definition, the less time you spend living right now ... Your past is not your identity ... You, living now, is your identity.
~ George Lawrence-Ell ~
The Invisible Clock, 2001

IMAGINATION

Related States & Conditions: Appearance/Form, Art, Cause, Creativity/Discovery/Innovation, Dreams/Dreaming, Expression, Insight/Instinct/Intuition, Logos, Manifestation, Meaning, Mind, Perspective, Possibility/Potential, Seeking, Shadow, Skill/Talent/Resources, Thinking/Thought, Vision/Visualization, Wonder/Mystery

Syntonic: Acceptance, Actualization/Fulfillment, Affirmation/Approval, Attention/Awareness, Balance, Detachment, Exploration, Flexibility/Flow/Flux, Initiative, Inspiration, Liberation/Liberty/Freedom, Openness/Receptivity, Release, Renewal, Sincerity/Authenticity, Understanding, Value/Worth

Dystonic: Anger, Conflict/Opposition, Conformity, Criticism/Judgment, Delusion, Dependence, Depression/Despair/Distress, Fault, Fear, Guilt, Hate, Insanity, Jealousy/Envy, Limitation, Oppression, Regret, War/Aggression/Violence, Worry

The world of reality has its limits; the world of imagination is boundless.
~ Jean-Jacques Rousseau, 1712-1778 ~

There is a boundary to men's passions when they act from feelings; but none when they are under the influence of imagination.
~ Edmund Burke, 1729-1797 ~

Fantasy, abandoned by reason, produces impossible monsters; united with it, she is the mother of the arts and the origin of marvels.
~ Francisco Goya, 1746-1828 ~

Imagination is the eye of the soul.
~ Joseph Joubert, 1754-1824 ~

What is now proved was once, only imagin'd.
~ William Blake, 1757-1827 ~
The Marriage of Heaven and Hell, 1793

The primary imagination I hold to be the living power and prime agent of all human perception, and as a repetition in the finite mind of the eternal act of creation in the infinite I AM. The secondary imagination … dissolves, diffuses, dissipates, in order to recreate; or where this process is rendered impossible, yet still at all events it struggles to idealize and to unify.
~ Samuel Taylor Coleridge, 1772-1834 ~
Biographia Literaria, 1817

The mind can make
Substance, and people planets of its own
With beings brighter than have been, and give
A breath to forms which can outlive all flesh.
~ Lord Byron, 1788-1824 ~

The Imagination may be compared to Adam's dream – he awoke and found it truth … I am certain of nothing but of the holiness of the Heart's affections and the truth of Imagination – What the Imagination seizes as Beauty must be truth – whether it existed before or not.
~ John Keats, 1795-1821 ~
Letter to Benjamin Bailey, 1817 November 22

The quality of the imagination is to flow, and not to freeze … Science does not know its debt to imagination.
~ Ralph Waldo Emerson, 1803-1882 ~

If you have built castles in the air, your work need not be lost; that is where they should be. Now put foundations under them.
~ Henry David Thoreau, 1817-1862 ~

You can't depend on your eyes when your imagination is out of focus.
~ Mark Twain, 1835-1910 ~

To treat your facts with imagination is one thing, to imagine your facts is another.
~ John Burroughs, 1837-1921 ~
The Heart of Burroughs' Journals, 1928

To know is nothing at all. To imagine is everything.
~ Anatole France, 1844-1924 ~

A man to carry on a successful business must have imagination. He must see things as in a vision, a dream of the whole thing.
~ Charles Schwab, 1862-1939 ~

Without imagination of the one kind or the other, mortal existence is indeed a dreary and prosaic business … Illumined by the imagination, our life – whatever its defeats and despairs – is a never-ending, unforeseen strangeness and adventure and mystery.
~ Walter de la Mare, 1873-1956 ~
Pleasures and Speculations, 1940

Imagination grows by exercise and contrary to common belief is more powerful in the mature than in the young.
~ W. Somerset Maugham, 1874-1965 ~
The Summing Up, 1938

All the works of man have their origin in creative fantasy. What right have we then to depreciate imagination?
~ Carl Jung, 1875-1961 ~
Modern Man in Search of a Soul, 1933

I am enough of an artist to draw freely upon my imagination. Imagination is more important than knowledge. Knowledge is limited. Imagination encircles the world. For while knowledge defines all we currently know and understand, imagination points to all we might yet discover and create.
~ Albert Einstein, 1879-1955 ~
"What Life Means to Einstein: An Interview by George Sylvester Viereck," *The Saturday Evening Post*, 1929

Logic will get you from A to B. Imagination will take you everywhere … When I examine myself and my methods of thought, I come to the conclusion that the gift of fantasy has meant more to me than my talent for absorbing positive knowledge. (Reading this makes me wonder how much sooner man could have walked on the moon … had we listened to a child's fantasies. It is truly a pity that so many lose their gift of imagination to the steady hum of the status quo.)
~ Einstein ~

Everything you can imagine is real.
~ Pablo Picasso, 1881-1973 ~

If the winds of fortune are temporarily blowing against you, remember that you can harness them and make them carry you toward your definite purpose, through the use of your imagination.
~ Napoleon Hill, 1883-1970 ~

The proper use of the imagination is to give beauty to the world. For as in the moral life human intelligence is used to convert the world into a place of contentment for human existence, so in the artistic life, the gift of imagination is used to cast over the commonplace workaday world a veil of beauty and make it throb with our esthetic enjoyment.
~ Lin Yutang, 1895-1976 ~
My Country and My People, 1935

Once you know with abundant certainty that nothing can trouble you but your own imagination, you come to disregard your desires and fears, concepts and ideas, and live by truth alone.
~ Nisargadatta, 1897-1981 ~

Imagination and fiction make up more than three quarters of our real life. Rare indeed are the true contacts with good and evil.
~ Simone Weil, 1909-1943 ~
Gravity and Grace, 1947

There is only one admirable form of the imagination; the imagination that is so intense that it creates a new reality, that it makes things happen, whether it be a political thing, or a social thing or a work of art.
~ Seán O'Faoláin, 1900-1991 ~
The Bell

Your imagination is the instrument, the means, whereby your redemption from slavery, sickness, and poverty is effected. If you refuse to assume the responsibility of the incarnation of a new and higher concept of yourself, then you *reject the means, the only means, whereby your redemption – that is, the attainment of your ideal – can be effected.* Imagination is the only redemptive power in the universe.
~ Neville, 1905-1972~
The Power of Awareness, 1952

The first of our senses which we should take care never to let rust through disuse is that sixth sense, the imagination … I mean the wide-open eye which leads us always to see truth more vividly, to apprehend more broadly, to concern ourselves more deeply, to be, all our life long, sensitive and awake to the powers and responsibilities given to us as human beings.
~ Christopher Fry, 1907-2005 ~

Fantasy is revealing; it is a method of cognition: everything that is imagined is true; nothing is true if it is not imagined.
~ Eugène Ionesco, 1912-1994 ~
in Martin Esslin, *The Theatre of the Absurd*, 1961

Imagination is a good horse to carry you over the ground – not a flying carpet to set you free from probability.
~ Robertson Davies, 1913-1995 ~

A lot of living is done in the imagination.
~ Ralph Ellison, 1914-1994 ~

Imagination has the creative task of making symbols, joining things together in such a way that they throw new light on each other and on everything around them. The imagination is the discovering faculty, a faculty for seeing relationships, for seeing meanings that are special and even quite new.
~ Thomas Merton, 1915-1968 ~
Contemplation in a World of Action, 1971

If you kill imagination, that is a kind of long-term suicide.
~ Pierre Boulez, 1925- ~
The Observer, 1971

If one is lucky, a solitary fantasy can totally transform one million realities.
~ Maya Angelou, 1928- ~

It is above all by the imagination that we achieve perception and compassion and hope.
~ Ursula Le Guin, 1929- ~

Live out of your imagination, not your history.
~ Stephen Covey, 1932- ~

Nothing we ever imagined is beyond our powers, only beyond our present self-knowledge.
~ Theodore Roszak, 1933- ~

Those who lack imagination have no choice but to base their conclusions on the reality they see around them. But on the other hand, those who are imaginative have a tendency to build fortified castles they have designed themselves, and to seal off every window in them.
~ Yukio Mishima, 1935-1970 ~
Spring Snow, Michael Gallagher, tr., 1972

Maybe we should develop a Crayola bomb as our next secret weapon. A happiness weapon. A Beauty Bomb. And every time a crisis developed, we would launch one. It would explode high in the air – explode softly – and send thousands, millions, of little parachutes into the air. Floating down to earth – boxes of Crayolas. And we wouldn't go cheap, either – not little boxes of eight. Boxes of sixty-four, with the sharpener built right in. With silver and gold and copper, magenta and peach and lime, amber and umber and all the rest. And people would smile and get a little funny look on their faces and cover the world with imagination.
~ Robert Fulghum, 1937- ~

It all exists, even if it's in your mind. Who's to say that dreams and nightmares aren't as real as the here and now? Reality leaves a lot to the imagination.
~ John Lennon, 1940-1980 ~

Fact is an illusion, because every fact is part of a story and is riddled with imagination. Imagination is real because every perception of the world around us is absolutely colored by the narrative or image-filled lens through which we perceive.
~ Thomas Moore, 1940- ~
Original Self, 2000

A man who has no imagination has no wings.
~ Muhammad Ali, 1942- ~

The imagination is a persistent demon; the world would be black and white without it.
~ Isabel Allende, 1942- ~
Aphrodite: A Memoir of the Senses, Margaret Sayers Peden, tr., 1998

Operate out of your imagination, not your memory.
~ Les Brown, 1945- ~

The universe is a figment of its own imagination.
~ DNA Adams, 1952-2001 ~

The human capacity to imagine is an example of our connection with remote fields of energy. If human consciousness is able to capture, and thereby understand, these realities, then imagination and visionary consciousness are linking us to other types of realties, directly or otherwise.
~ Malidoma Somé, 1956- ~
The Healing Wisdom of Africa, 1999

We ought to spend more time "wondering" than "doubting whether." Wondering is the key to progress.
~ Gerald Horton Bath ~

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IMPERMANENCE

Related States & Conditions: Age/Ageing, Appearance/Form, Change, Death/Dying, Dreams/Dreaming, Flexibility/Flow/Flux, Manifestation, Shadow, Time, Today

Syntonic: Acceptance, Attention/Awareness, Being/Essence/Soul, Centering, Continuity, Detachment, Enlightenment/Realization/Transcendence, Equanimity, Faith, Growth/Expansion, Legacy, Meaning, Oneness/Unity/Wholeness, Presence, Release, Renewal, Self, Spirituality, Understanding, Value/Worth

Dystonic: Anger, Attachment, Avoidance/Denial/Refusal, Defeat, Deferment/Delay Delusion, Dependence, Depression/Despair/Distress, Distraction/Diversion, Fault, Fear, Grief/Sorrow, Haste/Impatience, Inaction, Jealousy/Envy, Limitation, Regret, Struggle, Worry

Come in peace, enjoy life on earth but do not become attached to it; it is transitory.
~ Khemetic Saying ~
from the Stele of Abu, in *Temt Tchaas: Egyptian Proverbs*, Muata Ashaya Ashby, ed., 1994

I know that what's called treasure is impermanent,
For by things unstable the Stable cannot be obtained.
~ *Katha Upanishad*, c. 1400-c. 800 BCE ~
II.10, *Hindu Scriptures*, R. C. Zaehner, tr., 1966

The childish go after outward pleasures;
they walk into the net of widespread death.
But the wise, knowing immortality,
Seek not the stable among things which are unstable here.
~ *Upanishads* ~

Thunder over the lake
Thus the superior person
Understands the transitory
In the light of eternity of the end.
~ *Yi Jing*, c. 1150 BCE ~

What is born will die,
What has been gathered will be dispersed,
What has been accumulated will be exhausted,
What has been built up will collapse,
And what has been high will be brought low.
~ Buddha, c. 563-483 BCE ~

When one sees by insight that all conditioned states are transitory, one then wearies of misery; this is the path to purity.
~ Buddha ~
The Dhammapada, Thomas Cleary, tr., 1994

Whatever is subject to arising is subject to cessation.
~ Buddha ~

Regard this fleeting world like this: Like stars fading and vanishing at dawn, like bubbles on a fast-moving stream, like morning dewdrops evaporating on blades of grass, like a candle flickering in a strong wind, echoes, mirages, and phantoms, hallucinations, and like a dream.
~ Buddha ~

No single thing abides; but all things flow.
Fragment to fragment clings – the things thus grow
Until we know them and name them. By degrees
They melt, and are no more the things we know.
~ Lucretius, c. 95-55 BCE ~
De Rerum Natura

As the blessings of health and fortune have a beginning, they must also find an end. Everything rises but to fall, and increases but to decay.
~ Sallust, 86-c. 34 BCE ~

Live mindful of how brief your life is.
~ Horace, 65-8 BCE ~

All of present time is but a pinpoint in eternity. All things are petty, changeable, and perishable. And all things come from beyond, from that universal principle, either directly or as a secondary consequence.
~ Marcus Aurelius, 121-180 ~
The Spiritual Teachings of Marcus Aurelius, Mark Forstater, tr., 2000

In a man's life, his time is but a moment, his being a mere flux, his senses a dim glimpse, his body food

for the worms, and his soul a restless eddy … the things of the body pass like a flowing stream; life is a brief sojourn; and one's mark in this world is soon forgotten.
~ Marcus Aurelius ~
Meditations, Book 2:17 in *Two Suns Rising*, Jonathan Star, ed., 1991

The fashion of this world passeth away.
~ Paul of Tarsus, 10-67 CE ~
in *The Bible*, I Corinthians 7:31

This existence of ours is as transient as autumn clouds.
To watch the birth and death of beings is like looking at the movements of a dance.
A lifetime is like a flash of lightning in the sky.
Rushing by like a torrent down a steep mountain.
~ *Vajrachedika "The Diamond Sutra"* ~

Understand that these things are unstable which thou deemest stable. Therefore do quickly the duties in thy power to perform if thou wouldst do them at all, for the days of life are gone, and even now death is come.
~ *Naladiyar*, c. 5th-6th C. ~
1.4, F. J. Leeper, tr., 1873

Anything which can be counted is finite and will come to an end.
~ Hazrat Ali, 599-661 ~
in *Peak of Eloquence - Nahjul Balagha: Sermons and Letters of Imam Ali Ibn Abi Talib*, Sayed Ali Reza, tr., 1984

If coarseness is abandoned, subtlety assumed,
Such transition indicates impermanence.
Why then not accept that, in this way,
All things will have the character of transience?
~ Shantideva, 7th C. ~
The Way of the Boddhisattva, Padmakara, tr., 1997

You find a flower half-buried in leaves,
And in your eye its very fate resides.
Loving beauty, you caress the bloom;
Soon enough, you'll sweep petals from the floor.
Terrible to love the lovely so,
To count your own years, to say "I'm old,"
To see a flower half-buried in leaves
And come face to face with what you are.
~ Han-shan "Cold Mountain," fl. 730-850 ~
"In the Deep Woods, On My Hands and Knees," *Encounters with Cold Mountain*, Peter Stambler, tr., 1996

Impermanence, aging, and illness
Do not give people a set time.
One may be alive in the morning,
Then dead at night,
Changing worlds in an instant.
We are like the spring frost,
Like the morning dew
Suddenly gone.
~ Guishan Lingyou, 771-854 ~

There is no stability in the world; it is like a house on fire. This is not a place where you can stay for a long time. The murderous demon of impermanence is instantaneous, and it does not choose between upper and lower classes, or between old and young.
~ Linji Yixuan, d. 867 ~
in *Zen Essence: The Science of Freedom*, Thomas Cleary, tr. & ed., 1989

If we look at the world with a deluded body and mind, we will think that our self is permanent. But if we practice correctly and return to our true self, we will realize that nothing is permanent.
~ Eihei Dogen, 1200-1253 ~
"Genjokoan" (The Manifestation of Truth)
in *The Enlightened Mind: An Anthology of Sacred Prose*, Stephen Mitchell, ed., 1991

If you have known beauty in a face
or wisdom in a word,
let this counsel your heart:
what perishes is not real.
~ Jalaluddin Rumi, 1207-1273 ~
"This Body Is a Rose"
The Pocket Rumi Reader, Kabir Helminski, ed., 2001

This world
Is but
A fleeting dream
So why be alarmed
At its evanescence?
~ Ikkyu Sojun, 1394-1481 ~

The moon is a house
In which the mind is master.
Look very closely:
Only impermanence lasts.
This floating world, too, will pass.
~ Ikkyu ~

Dew evaporates
and all our world
is dew … so dear,
so refreshing, so fleeting.
~ Issa, 1763-1827 ~
in *Japanese Haiku*, 1956

Coming and going,
life and death.
A thousand villages,
a million houses.
Don't you get the point?
Moon in the water,
blossom in the sky.
~ Gizan, 1802-1878 ~
in *Zen Poems of China*, L. Stryck & T. Ikemoto, trs., 1973

Think how time dissipates to shining ether the solid actuality of facts.
~ Ralph Waldo Emerson, 1803-1882 ~

You know that whether people live in huts or in palaces, it is only as pilgrims that they dwell; both huts and palaces form our transitory home.
~ Samson Hirsch, 1808-1888 ~
"God's Protective Covering"

Life is short and we have never too much time for gladdening the hearts of those who are traveling the dark journey with us. Oh, be swift to love, make haste to be kind.
~ Henri-Frédéric Amiel, 1821-1881 ~

What is life? It is the flash of a firefly in the night. It is the breath of a buffalo in the wintertime. It is the little shadow which runs across the grass and loses itself in the sunset.
~ Crowfoot, 1830-1890 ~

These few brief days shall pass away, this present life shall vanish from our sight; the roses of this world shall be fresh and fair no more, the garden of this earth's triumphs and delights shall droop and fade. The spring season of life shall turn into the autumn of death, the bright joy of palace halls give way to moonless dark within the tomb. And therefore is none of this worth loving at all, and to this the wise will not anchor his heart.
~ 'Abdu'l-Bahá, 1844-1921 ~
Selections from the Writings of 'Abdu'l-Bahá, 1978

See a great fire, how the flames pass from shape into shape, lambent and aspirant flames, poised or waving, some open like fully-blown tulips and some pursed to a point like shut daisies, but all vanishing as soon as formed and none recurring just as it was. All experience burns away like that.
~ C. E. Montague, 1867-1928 ~
The Right Place; A Book of Pleasures, 1924

Everything here apparently needs us, this fleeting world, which in some strange way keeps calling to us. Us, the most fleeting of all.
~ Rainer Maria Rilke, 1875-1926 ~

The life of man is a dubious experiment ... it is so fleeting, so insufficient, that it is literally a miracle that anything can exist and develop at all.
~ Carl Jung, 1875-1961 ~
Memories, Dreams, Reflections, Richard & Clara Winston, trs., 1961

In the long run ... we are all dead.
~ John Maynard Keynes, 1883-1946 ~

Nothing is built on stone, all is built on sand, but we must build as if the sand were stone.
~ Jorge Luis Borges, 1899-1986 ~

Every artist wants his work to be permanent. But what is? The Aswan Dam covered some of the greatest art in the world. Venice is sinking. Great books and pictures were lost in the Florence floods. In the meantime we still enjoy butterflies.
~ Romare Bearden, 1914-1988 ~

The words and acts that proceed from myself and are accomplished outside myself are dead things compared with the hidden life from which they spring. These acts are transient and superficial. They are quickly gone, even though their effects may persist for a little while. But the soul remains. Much depends on how the soul sees itself in the mirror of its own activity.
~ Thomas Merton, 1915-1968 ~
No Man Is an Island, 1955

It came to pass. It did not come to stay.
~ Eric Butterworth, 1916-2003 ~

It is a fact of the human condition that each shall, like a meteor, a mere brief passing moment in time, flit across the human stage and pass out of existence.
~ Nelson Mandela, 1918- ~
Address to US Congress, 1990 January 26

We are what we seem to be, transient mortal creatures subject to necessity and chance ... Our destiny can be examined, but it cannot be justified or totally explained. We are simply here.
~ Iris Murdoch, 1919-1999 ~
in *Contemporary Novelists*, 1976

It's only when we truly know and understand that we have a limited time on earth – and that we have no way of knowing when our time is up – that

we begin to live each day to the fullest as if it was the only one we had.
~ Elisabeth Kübler-Ross, 1926- ~

In many cases, people who've become aware of their mortality find that they've gained the freedom to live. They are seized with an appreciation for the present: every day is my best day; this is my life; I'm not going to have this moment again. They spend more time with the things and people they love and less time on people and pastimes that don't offer love or joy. This seems like such a simple thought – shouldn't we all spend our lives that way?
~ Bernie Siegel, 1932- ~

I saw that nothing is permanent. You don't want to possess anything that is dear to you because you might lose it.
~ Yoko Ono, 1933- ~

You have to prepare for death as a life-long process. You have to be aware always of your own mortality, and that nothing is permanent. You have to be aware of the impermanence of everything on this level of existence. Seek that part of yourself that is permanent and seek that part in other people that is permanent.
~ Deepak Chopra, 1947- ~
in *A&U*, 2001 April

All conditions are highly unstable and in constant flux ... impermanence is a characteristic of every condition, every situation you will ever encounter in your life. It will change, disappear, or no longer satisfy you ... Nothing lasts in this dimension where moth and rust consume. Either it ends or it changes, or it may undergo a polarity shift. The same condition that was good yesterday or last year has suddenly or gradually turned into bad. The same condition that made you happy then makes you unhappy.
~ Eckhard Tolle, 1948- ~
The Power of Now: A Guide to Spiritual Enlightenment, 1999

Contemplation of our own impermanence reminds us of the fleeting, tenuous nature of life; it thus provides essential lessons about living in the present moment.
~ Lama Surya Das, 1950- ~
Awakening to the Sacred: Creating a Spiritual Life from Scratch, 1999

I like the stars. It's the illusion of permanence, I think. I mean, they're always flaring up and caving in and going out. But from here I can pretend ... I can pretend that things last. I can pretend that lives last longer than moments. Gods come and gods go. Mortals flicker and flash and fade. Worlds don't last; and stars and galaxies are transient, fleeting things that twinkle like fireflies and vanish into cold and dust. But I can pretend.
~ Neil Gaiman, 1960- ~
Olethros, in "Sandman"

We make every effort to keep things as they are, because human beings, alone, lament transience. Yet no matter how we grieve or protest, there is no way to impede the flow of anything. If we but see things as they are and flow with them, we may find enjoyment in transience. Because human life is transient, all manner of figures are woven into its fabric.
~ Shundo Aoyama ~
Zen Seeds: Reflectons of a Female Priest, Patricia Daien Bennage, tr., 1991

Just come to see that everything is passing on,
That nothing in your mind remains
The same for even the span of a breath.
If you see like that for even a moment,
Then for that moment you are free.
~ Ji Aoi Isshi ~

In our minds changes always equal loss and suffering. And if they come, we try to anesthetize ourselves as far as possible. We assume, stubbornly and unquestionably, that permanence provides security and impermanence does not. But, in fact, impermanence is like some people we meet in life – difficult and disturbing at first, but on deeper acquaintance far friendlier and less unnerving than we could have imagined. Reflect on this: The realization of impermanence is paradoxically the only thing we can hold onto, perhaps our only lasting possession. It is like the sky, or the earth. No matter how much everything around us may change or collapse, they endure.
~ Sogyal Rinpoche ~
The Tibetan Book of Living and Dying, 1992

Conditions change. The truth of this moment may not be the truth of the next. There is constant movement. Still, we have to honor this moment, because we do not know what the next one holds. And the truth of the past is, well, in the past.
~ Angel Kyodo Williams ~
Being Black: Zen and the Art of Living with Fearlessness and Grace, 2000

INACTION

Related States & Conditions: Complacency, Composure/Peace/Tranquility, Deferment/Delay, Equanimity, Laziness, Patience, Presence, Silence/Stillness

Syntonic: Action/Effort, Change, Dance/Movement, Diligence, Exploration, Growth/Expansion, Initiative, Practice, Release, Renewal, Zeal/Zest

Dystonic: Attachment, Avoidance/Denial/Refusal, Conformity, Criticism/Judgment, Defeat, Delusion, Dependence, Depression/Despair/Distress, Distraction/Diversion, Fault, Fear, Grief/Sorrow, Habit, Limitation, Regret, Worry

In the pursuit of knowledge,
every day something is added.
In the practices of the Tao,
every day something is dropped.
Less and less do you need to force things,
until finally you arrive at non-action.
When nothing is done,
nothing is left undone.
~ Laozi, 570-490 BCE ~
Tao Te Ching: A New English Version, Stephen Mitchell, tr., 1988

Without leaving his door
He knows everything under heaven.
Without looking out of his window
He knows all the ways of heaven.
The further one travels
The less one knows.
Therefore the sage arrives without going,
Sees all without looking,
Does nothing, achieves everything.
~ Laozi ~
Daode Jing

Beware the barrenness of a busy life.
~ Socrates, 469-399 BCE ~

The non-action of the wise person
Is not inaction.
It is not studied.
It is not shaken by anything.
The sage is quiet
Because she is not moved,
Not because she wills to be quiet.
Her quietness is the mirror
Of heaven and earth
The glass of everything.
Emptiness, stillness, tranquility,
Traceless,
Silence, non-action:
This is the level of
Heaven and earth.
This is the perfect Tao.
~ Zhuangzi, c. 369-c. 286 BCE ~

Sitting quietly, doing nothing, everything is achieved.
~ Zen Saying ~

Iron rusts from disuse, stagnant water loses its purity and in cold weather becomes frozen; even so does inaction sap the vigors of the mind.
~ Leonardo da Vinci, 1452-1519 ~
Notebooks, Vol. I.2, 1508-1518

Nobody makes a greater mistake than he who does nothing because he could only do a little.
~ Edmund Burke, 1729-1797 ~

It is an immense advantage to have done nothing, but one should not abuse it.
~ Antoine de Rivaroli, 1753-1801 ~

He who desires but acts not, breeds pestilence.
~ William Blake, 1757-1827 ~
"Proverbs of Hell," *The Marriage of Heaven and Hell*, 1793

It is the greatest of all mistakes to do nothing because you can only do a little. Do what you can.
~ Sydney Smith, 1771-1845 ~

Positively, the best thing a man can do is nothing, and, next to that, perhaps, good works.
~ Charles Lamb, 1775-1834 ~

To be happy we must keep busy. Idleness soon becomes dreary and tiresome. If you keep busy enough, you won't have time to think and worry about yourself.
~ Lord Byron, 1788-1824 ~

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If you wish a man not to do a thing you had better get him to talk about it; for the more men talk, the more likely they are to do nothing else.
~ Thomas Carlyle, 1795-1881 ~

A life uncommanded now is uncommanded; a life unenjoyed now is unenjoyed; a life not lived wisely now is not lived wisely.
~ David Grayson, 1870-1946 ~

Were it not for the leaping and twinkling of the soul, man would rot away in his great passion, idleness.
~ Carl Jung, 1875-1961 ~

Even if you are on the right track, you will get run over if you just sit there.
~ Will Rogers, 1879-1935 ~

One of the lessons of history is that nothing is often a good thing to do and always a clever thing to say.
~ Will Durant, 1885-1982 ~
in *Reader's Digest*, 1972

One must start out with a belief that there are no catastrophes in this world, and that besides the noble art of getting things done, there is a nobler art of leaving things undone. On the whole, if one answers letters promptly, the result is as good or as bad as if he had never answered them at all. After all, nothing happens, and while one may have missed a few good appointments, one may have also avoided a few unpleasant ones.
~ Lin Yutang, 1895-1976 ~
The Importance of Living, 1937

There is nothing to do. Just be. Do nothing. Be. No climbing mountains and sitting in caves. I do not even say "be yourself" since you do not know yourself. Just be.
~ Nisargadatta, 1897-1981 ~

There are times, then, when in order to keep ourselves in existence at all we simply have to sit back for a while and do nothing. And for a man who has let himself be drawn completely out of himself by his activity, nothing is more difficult than to sit still and rest, doing nothing at all. The very act of resting is the hardest and most courageous act he can perform: and often it is quite beyond his power.
~ Thomas Merton, 1915-1968 ~
No Man Is an Island, 1955, 1983

There are risks and costs to action. But they are far less than the long range risks of comfortable inaction.
~ John F. Kennedy, 1917-1963 ~

When in doubt, mumble; when in trouble, delegate; when in charge, ponder.
~ James Harlan Boren, 1925- ~

I would rather attempt to do something great and fail, than attempt to do nothing and succeed.
~ Robert H. Schuller, 1926- ~

It's never too late to do nothing at all.
~ Allen Ginsberg, 1926-1997 ~

The worst thing one can do is not to try, to be aware of what one wants and not give in to it, to spend years in silent hurt wondering if something could have materialized – and never knowing.
~ David Viscott, 1938-1996 ~

Lead, follow, or get the hell out of the way.
~ Ted Turner, 1938- ~

Be very very still and allow every new experience to take place in your life without any resistance whatsoever. You do not have to do anything, you simply have to be and let things happen.
~ Eileen Caddy ~
Footprints on the Path, 1976

Don't just do something … sit there.
~ John Heckbert ~

The worst thing one can do is not to try, to be aware of what one wants and not give in to it, to spend years in silent hurt wondering if something could have materialized – never knowing.
~ Jim Rohn ~

Instead of tackling the most important priorities that would make us successful and effective in life, we prefer the path of least resistance and do things simply that will relieve our tension, such as shuffling papers and majoring in minors.
~ Denis Waitley ~

You sit around watching all this stuff happen on TV … and the TV sits and watches us do nothing! The TV must think we're all pretty lame.
~ Shannon Wheeler ~

INDIVIDUALITY

Related States & Conditions: Actualization/Fulfillment, Autonomy/Control, Being/Essence/Soul, Centering, Character, Conscience, Conviction/Principle, Differentiation/Division/Separation, Diversity/Multiplicity, Identity, Integrity, Presence, Self, Self-Reliance

Syntonic: Attention/Awareness, Exploration, Expression, Growth/Expansion, Initiative, Introspection/Self-Knowledge, Liberation/Liberty/Freedom, Release, Renewal, Responsibility, Seeking, Silence/Stillness, Sincerity/Authenticity, Tolerance, Zeal/Zest

Dystonic: Attachment, Avoidance/Denial/Refusal, Conformity, Criticism/Judgment, Defeat, Delusion, Dependence, Depression/Despair/Distress, Fault, Fear, Habit, Limitation, Regret, Worry

When the sage has realized that he himself is in all beings, and all beings are in him, it is astonishing that the sense of individuality should be able to continue.
~ *Ashtavakra Gita* ~
3.5, John Richards, tr., 1994

The nexus of individuality reveals a secret track, scents which way to go, and spurs the adrenaline.
~ Jesus of Nazareth, c. 5-38 CE ~
The Gospel of John, 14:6, Peshitta Version
in *Desert Wisdom: Sacred Middle Eastern Writings from the Goddess Through the Sufis*, Neil Douglas-Klotz, tr., 1995

The earth is a beehive; we all enter by the same door but live in different cells.
~ Bantu (Southern Africa) Saying ~

It is an absolute perfection … to know how … to get the very most out of one's own individuality.
~ Michel de Montaigne, 1533-1592 ~

Who can say more than this rich praise, that you alone are you.
~ William Shakespeare, 1564-1616 ~

Nobody walks with another man's gait.
~ Kikuyu (Kenya) Saying ~

If God had wanted me otherwise, he would have created me otherwise.
~ Johann von Goethe, 1749-1832 ~

I am what I am, so take me as I am.
~ Goethe ~

No one can escape from his individuality.
~ Arthur Schopenhauer, 1788-1860 ~

Insist on yourself; never imitate. Your own gift you can present every moment with the cumulative force of a whole life's cultivation; but of the adopted talent of another, you have only an extemporaneous half-expression. That which each can do best none but his Maker can teach him.
~ Ralph Waldo Emerson, 1803-1882 ~

Everybody to his or her own calling and none to any other.
~ Bakongo (Zaire) Saying ~

Every individual has a place to fill in the world, and is important, in some respect, whether he chooses to be so or not.
~ Nathaniel Hawthorne, 1804-1864 ~

What is genius – but the power of expressing a new individuality?
~ Elizabeth Barrett Browning, 1806-1861 ~
Letter to Mary Russell Mitford, 1843 January 14

But society has now fairly got the better of individuality; and the danger which threatens human nature is not the excess, but the deficiency, of personal impulses and preferences.
~ John Stuart Mill, 1806-1873 ~

Whatever crushes individuality is despotism, by whatever name it may be called.
~ Mill ~
On Liberty, 1859

A true man never frets about his place in the world, but just slides into it by the gravitation of his nature, and swings there as easily as a star.
~ E. H. Chapin, 1814-1880 ~

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If a man does not keep pace with his companions, perhaps it is because he hears a different drummer. Let him keep step to the music he hears, however measured or far away.
~ Henry David Thoreau, 1817-1862 ~
Walden, 1854

Begin today! No matter how feeble the light, let it shine as best it may. The world may need just that quality of light which you have.
~ Henry C. Blinn, 1824-1905 ~

There was never yet an uninteresting life. Such a thing is an impossibility. Inside of the dullest exterior there is a drama, a comedy, and a tragedy.
~ Mark Twain, 1835-1910 ~

The white sunlight of God's truth falls through the stained glass window of the human brain and takes the color of our individuality.
~ Frances Willard, 1839-1898 ~
Address to Woman's National Council, 1891 February 22

At bottom every man knows well enough that he is a unique being, only once upon this earth; and by no extraordinary chance will such a marvelously picturesque piece of diversity in unity as he is, ever be put together a second time.
~ Friedrich Nietzsche, 1844-1900 ~

Individuality is the salt of common life. You may have to live in a crowd, but you do not have to live like it, nor subsist on its food. You may have your own orchard. You may drink at a hidden spring. Be yourself if you would serve others.
~ Henry Van Dyke, 1852-1933 ~
The School of Life, 1905

You have to realize truth and work it out for yourself according to your own nature … All must struggle to be individuals – strong, standing on your own feet, thinking your own thoughts, realizing your own Self. No use swallowing doctrines others pass on – standing up together like soldiers in jail, sitting down together, all eating the same food, all nodding their heads at the same time. Variation is the sign of life. Sameness is the sign of death.
~ Vivekananda, 1863-1902 ~
The Complete Works of Swami Vivekananda, 1984-1987, 6:65, 1926

Our greatest endeavor must be to make ourselves irreplaceable … no one else can fill the gap that will be left when we die. For in fact each man is unique and irreplaceable; there cannot be any other I; each one of us – our soul, that is, not our life – is worth the whole universe. All of us, each one of us, can and ought to give as much of himself as he possibly can – nay, to give more than he can, to exceed himself, to go beyond himself, to make himself irreplaceable.
~ Miguel de Unamuno, 1864-1936 ~
Tragic Sense of Life, J. E. Crawford Flitch, tr., 1954

What another would have done as well as you, do not do it. What another would have said as well as you, do not say it. What another would have written as well, do not write it. Be faithful to that which exists nowhere but in yourself – and thus make yourself indispensable.
~ André Gide, 1869-1951 ~

What seems different in yourself that's the one rare thing you possess, the one thing which gives each of us his worth and that's just what we try to suppress. We imitate. And we claim to love life.
~ Gide ~
The Immoralist, Dorothy Bussy, tr., 1930

Find your own way, open your treasure house, invent your own answer to the chaos.
~ Gertrude Stein, 1874-1946 ~

The shoe that fits one person pinches another; there is no universal recipe for living. Each of us carries his own life-form within him – an irrational form which no other can outbid.
~ Carl Jung, 1875-1961 ~

When people have light in themselves, it will shine out from them. Then we get to know each other as we walk together in the darkness, without needing to pass our hands over each other's faces, or to intrude into each other's hearts.
~ Albert Schweitzer, 1875-1965 ~

It is not our purpose to become each other; it is to recognize each other, to learn to see the other and honor him for what he is.
~ Herman Hesse, 1877-1962 ~

Every man is more than just himself; he also represents the unique, the very special and always significant and remarkable point at which the world's phenomena intersect, only once in this way and never again … Each represents a gamble on the part of nature in creation of the human.
~ Hesse ~
Demian, 1919

Every single person is a new thing in the world and is called upon to fulfill his or her particularity in the world.
~ Martin Buber, 1878-1965 ~
The Way of Man, 1995

If I try to be like him, who will try to be like me?
~ Yiddish Saying ~

I love men, not for what unites them, but for what divides them, and I want to know most of all what gnaws at their hearts.
~ Guillaume Apollinaire, 1880-1918 ~

Spiritual progress is individual progress: every individual in his own direction.
~ Hazrat Khan, 1882-1927 ~
The Mysticism of Sound and Music, 1991

Remember always that you have not only the right to be an individual, you have an obligation to be one. You cannot make any useful contribution in life unless you do this.
~ Eleanor Roosevelt, 1884-1962 ~

The psyche which is a total wilderness ends in the asylum or burdens its family with unhealthy emanations. The well-tended but over-conventional garden, on the other hand, may have no stamp of individuality upon it. It expresses the psyche of the mass man, and suburbia is full of them. The garden which is tended with care yet is not quite like any other garden, for it conveys the atmosphere of its owner, is like the psyche of an individual who has become a mature personality from where the scent of honeysuckle and roses and wild thyme will perfume the air for all around.
~ Irene Claremont de Castillejo, 1885-1967 ~
Knowing Woman: A Feminine Psychology 1973, 1990

Society in its full sense ... is never an entity separable from the individuals who compose it. No individual can arrive even at the threshold of his potentialities without a culture in which he participates. Conversely, no civilization has in it any element which in the last analysis is not the contribution of an individual.
~ Ruth Benedict, 1887-1948 ~

There are no precedents: You are the first You that ever was.
~ Christopher Morley, 1890-1957 ~
Inward Ho, 1923

Every man's spice box seasons his own food.
~ Zora Neale Hurston, 1891-1960 ~

Let each one turn his gaze inward and regard himself with awe and wonder, with mystery and reverence; let each one promulgate his own laws, his own theories; let each one work his own influence, his own havoc, his own miracles. Let each one as an individual, assume the roles of artist, healer, prophet, priest, king, warrior, saint. No division of labor. Let us recombine the dispersed elements of our individuality. Let us reintegrate.
~ Henry Miller, 1891-1980 ~
The Cosmological Eye, 1939

Since you are like no other being ever created since the beginning of time, you are incomparable.
~ Brenda Ueland, 1892-1985 ~

Each man is stamped with the vibratory signature of his own state of consciousness, and emanates a characteristic influence on persons and things.
~ Paramahansa Yogananda, 1893-1952 ~

There is only one of you in the world, just one. And if that is not fulfilled, then something has been lost.
~ Martha Graham, 1894-1991 ~

There is a vitality, a life force, an energy, a quickening that is transformed through you into action. And because there is only one of you in all of time, this expression is unique, and if you block it, it will never exist through any other medium, and be lost. It is not your business to determine how good it is, nor how valuable, nor how it compares with other expression ... It is your business to keep the channel open.
~ Graham ~

To be nobody but yourself in a world that's doing its best night and day to make you everybody else, means to fight the hardest battle any human can fight and never stop fighting.
~ e. e. cummings, 1894-1962 ~
A Miscellany, 1958

Freedom and constraint are two aspects of the same necessity, the necessity being the man you are, and not another. You are free to be that man, but not another.
~ Antoine de Saint-Exupéry, 1900-1944 ~

The duty to be alive is the same as the duty to become oneself, to develop into the individual one

potentially is.
~ Erich Fromm, 1900-1980 ~
Man for Himself, 1947

Nobody can be exactly like me. Sometimes even I have trouble doing it.
~ Tallulah Bankhead, 1903-1968 ~

What each must seek in his life never was on land or sea. It is something out of his own unique potentiality for experience, something that never has been and never could have been experienced by anyone else.
~ Joseph Campbell, 1904-1987 ~

This uniqueness and singleness which distinguishes each individual and gives a meaning to his existence has a bearing on creative work as much as it does on human love. When the impossibility of replacing a person is realized, it allows the responsibility which a man has for his existence and its continuance to appear in all its magnitude.
~ Viktor Frankl, 1905-1998 ~

You've nothing to give the world that anyone else can't give except yourself.
~ Quentin Crisp, 1908-1999 ~
BBC2 TV, 1980

We are designed, coded, it seems, to place the highest priority on being individuals, and we must do this first, at whatever cost, even if it means disability for the group.
~ Lewis Thomas, 1913-1993 ~
"On Committees," *The Medusa and the Snail: More Notes of a Biology Watcher*, 1979

Remember that you are needed. There is at least one important work to be done that will not be done unless you do it.
~ Charles L. Allen, 1913- ~

To be one's self, and unafraid whether right or wrong, is more admirable than the easy cowardice of surrender to conformity.
~ Irving Wallace, 1916-1990 ~
The Square Pegs, 1958

The body and the personality are important inasmuch as they are able to accurately reflect this being-in-the-process-of-becoming. Thus rather than trying to escape life because you are nothing more than the victim of circumstances, through your meditations you begin to discover instead that you are indeed a significant part of the overall plan – with an important mission and purpose to carry out.
~ Vilayat Khan, 1916-2004 ~
Awakening: A Sufi Experience, 1999

Let's dare to be ourselves, for we do that better than anyone else.
~ Shirley Briggs, 1918- ~

Like snowflakes, the human pattern is never cast twice. We are uncommonly and marvelously intricate in thought and action, our problems are most complex and, too often, silently borne.
~ Alice Childress, 1920-1994 ~
"A Candle in a Gale Wind," in Mari Evans, *Black Women Writers*, 1984

A human being is a single being. Unique and unrepeatable.
~ Pope John Paul II, 1920-2005 ~

The most important thing is to be *whatever* you are without shame.
~ Rod Steiger, 1925-2002 ~
in *Esquire*, 1969

If you understood everything I said, you'd be me.
~ Miles Davis, 1926-1991 ~

Remember: you are the only person who thinks in your mind! You are the power and authority in your world.
~ Louise Hay, 1926- ~

Being your own man does not mean taking advantage of anyone else.
~ Flip Wilson, 1933-1998 ~

You are the only person on earth who can use your ability.
~ Zig Ziglar, 1926- ~

In becoming fully human, we are called to be individuals. We are called to be unique and different. We are called to power.
~ M. Scott Peck, 1936-2005 ~
The Different Drum: Community Making and Peace, 1987

Each of us is unique and special. No two sets of fingerprints are the same. Although twins appear alike, they too are different. Out of all the billions of people since the beginning of time, there will never be another you. So enjoy and appreciate your uniqueness.
~ Famous Amos, 1937- ~
Watermelon Magic, 1996

I've always wanted to be somebody, but I see now I should have been more specific.
~ Lily Tomlin, 1939- ~

Everyone is different. When you don't mind your difference it stops being a problem and becomes your distinction.
~ Joan Alden, 1944- ~

I didn't belong as a kid, and that always bothered me. If only I'd known that one day my differentness would be an asset, then my early life would have been much easier.
~ Bette Midler, 1945- ~

You can't be nobody but who you are … that shadow wasn't nothing but you growing into yourself. You either got to grow into it or cut it down to fit you. But that's all you got to make life with. That's all you got to measure yourself against the world out there.
~ August Wilson, 1945-2005 ~

While we have the gift of life, it seems to me the only tragedy is to allow part of us to die – whether it is our Spirit, our Creativity, or our Glorious Uniqueness.
~ Gilda Radner, 1946-1989 ~

We will discover the nature of our particular genius when we stop trying to conform to our own or to other people's models, learn to be ourselves, and allow our natural channel to open.
~ Shakti Gawain, 1948- ~

To be a genuine individualist requires a great deal of strength and courage. It is never easy to chart new territory, to cross new frontiers, or to introduce subtle shadings to an established color.
~ Toller Cranston, 1949- ~

You are the only *you* that will ever exist in the history of the world. There is no other, there has been no other, and there will be no other you. You are born, you are living, you will die, and there will never ever be another you. You are a unique individual, different from every other person who has walked on the face of this earth.
~ Phillip McGraw, 1950- ~
Life Strategies: Doing What Works, Doing What Matters, 1999

Our identities are a product of our interactions from our earliest years with others. We have a dependence on relationships with others — without them, we couldn't become free selves, or selves at all. Individuality presupposes sociality.
~ K. Anthony Appiah, 1954- ~
Interview by Neir Eschel, *Daily Princetonian*, 2003 December 11

There is something about democratic individuality which is very different from rugged, ragged, rapacious individualism.
~ Cornel West, 1954- ~

Individuality, not individualism, is the cornerstone of community. Individuality is synonymous with uniqueness. This means that a person and his or her unique gifts are irreplaceable. The community loves to see all of its members flourish and function at optimum potential. In fact, a community can flourish and survive only when each member flourishes, living in the full potential of his or her purpose.
~ Malidoma Somé, 1956- ~
The Healing Wisdom of Africa, 1999

I've never understood why people find it so hard to recognize the real person inside of me.
~ RuPaul, 1960- ~

We have all been placed on this earth to discover our own path, and we will never be happy if we live someone else's idea of life.
~ James Van Praagh, 1960- ~

You have worth and unique value. You are more than enough. The world may seem to discredit you, or even oppose you, for one reason or another. Yet you have value that goes far beyond the superficial considerations of the world.
~ Ralph Marston, 1961- ~

You have two choices in life: You can dissolve into the mainstream or you can be distinct. To be distinct you must be different. To be different, you must strive to be what no one else but you can be.
~ Alan Ashley-Pitt ~

Be yourself. No one can ever tell you you're doing it wrong.
~ James Leo Kerliy ~

There has never been another you. With no effort on your part you were born to be something very special and set apart. What you are going to do in appreciation of that gift is a decision only you can make.
~ Dan Zadra ~

INDULGENCE / TEMPTATION

Related States & Conditions: Actualization/Fulfillment, Appearance/Form, Attachment, Desire, Distraction/Diversion, Enjoyment/Pleasure, Expression, Greed, Having/Possessing, Lila/Leisure, Love-Eros, Passion, Possibility/Potential, Seeking, Sensibility/Sensuality, Sex/Sexuality

Syntonic: Appreciation, Attention/Awareness, Autonomy/Control, Balance, Conscience, Discipline, Diversity/Multiplicity, Exploration, Forgiveness, Growth/Expansion, Initiative, Moderation, Release, Responsibility, Restraint, Zeal/Zest

Dystonic: Anger, Avoidance/Denial/Refusal, Criticism/Judgment, Delusion, Dependence, Fault, Fear, Guilt, Habit, Limitation, Regret, Worry

If thou wouldst preserve understanding and health to old age, avoid the allurements of Voluptuousness, and fly from her temptations ... The joy which she promiseth changeth to madness, and her enjoyments lead on to disease and death.
~ Akhenaton, c. 1385-c. 1355 BCE ~

Extreme fondness means great expense, and abundant possessions means much loss. If you know when you have enough, you will not be disgraced. If you know when to stop, you will not be endangered.
~ Laozi, 570-490 BCE ~
Daode Jing

We do not pray not to be tempted, but not to be conquered when we are tempted.
~ Origen, c. 185-255 ~
De Principiis, Book 3

Give me chastity and continence – but not yet.
~ Augustine of Hippo, 354-430 ~
Confessions, VIII, 7

The true meaning
Of the precepts
Is not just that one
Should refrain from drinking
Alcohol, but also
From getting drunk
On nirvana.
~ Bassui Zenji, 1327-1387 ~

Tasty foods can rot my bowels and decay my bones. In moderation, however, they are not very harmful. Taking pleasure in congenial activities can crush my reputation and destroy my virtue. In moderation, however, they are not cause for regret.
~ Hong Zicheng, fl. 1596 ~
Caigentan: Vegetable Roots Discourse, I.104, Robert Aitken & Daniel W. Y. Kwok, trs., 2006

If you are in full control, you can mix with the world, and your mind, though encountering temptations and desires, will not be flustered.
~ Ibid., II.105

The absence of temptation is the absence of virtue.
~ Johann von Goethe, 1749-1832 ~

Man, being reasonable, must get drunk;
The best of life is but intoxication.
~ Lord Byron, 1788-1824 ~
Don Juan, Canto II, 1819

One should always be drunk. That's the great
thing; the only question.
Not to feel the horrible burden of Time
weighing on your shoulders and bowing you to the
earth,
you should be drunk without respite.
Drunk with what?
With wine, with poetry,
with virtue, as you please.
But get drunk.
~ Charles Baudelaire, 1821-1867 ~
"Get Drunk," Louise Varese, tr., in *Paris Spleen*, 1947

It is good to be without vices, but it is not good to be without temptations.
~ Walter Bagehot, 1826-1877 ~
Biographical Studies, 1881

There is a charm about the forbidden that makes it unspeakably desirable.
~ Mark Twain, 1835-1910 ~
Notebooks

There are several good protections against temptations but the surest is cowardice.
~ Twain ~
Mark Twain at Your Fingertips, Caroline Harnsberger, ed.

The sway of alcohol over mankind is unquestionably due to its power to stimulate the mystical faculties of human nature, usually crushed to earth by the cold facts and dry criticisms of the sober hour. Sobriety diminishes, discriminates, and says no; drunkeness expands, unites, and says yes. Not through mere perversity do men run after it.
~ William James, 1842-1910 ~
The Varieties of Religious Experience, 1902

Abstainer: a weak person who yields to the temptation of denying himself a pleasure.
~ Ambrose Bierce, 1842-c. 1914 ~
The Devil's Dictionary, 1911

I tell you that there are terrible temptations that it requires strength, strength and courage, to yield to. I can resist anything except temptation.
~ Oscar Wilde, 1856-1900 ~
Lady Windermere's Fan, 1892

The only way to get rid of a temptation is to yield to it.
~ Wilde ~
The Picture of Dorian Gray, 1891

I never resist temptation, because I have found that things that are bad for me do not tempt me.
~ George Bernard Shaw, 1856-1950 ~
The Apple Cart, 1930

Spare no expense to make everything as economical as possible.
~ Samuel Goldwyn, 1882-1974 ~

Do the things you have the urge to do. Go forth expectant and put the little urge into great action.
~ Rebecca Beard, b. 1885 ~
Everyman's Search, 1951

The passions and desires, like the two twists of a rope, mutually mix one with the other, and twine inextricably round the heart; producing good if moderately indulged; but certain destruction, if suffered to become inordinate.
~ Bruce Barton, 1886-1967 ~

I generally avoid temptation unless I can't resist it.
~ Mae West, 1892-1980 ~
"My Little Chickadee," movie, 1940

Too much of a good thing can be wonderful.
~ West ~

But too much enjoyment "blunts the fine point of seldom pleasure." Unrestrained indulgence kills not merely passion, but, in the end, even amusement.
~ Aldous Huxley, 1894-1963 ~
Collected Essays, 1958

Anything is permissible so long as you call it by the wrong name.
~ Lin Yutang, 1895-1976 ~
My Country and My People, 1935

I have a simple principle for the conduct of life – never to resist an adequate temptation.
~ Max Lerner, 1902-1992 ~
The Unfinished Country, 1959

Life itself is the proper binge.
~ Julia Child, 1912-2004 ~
in *Time*, 1980

Somebody once said we never know what is enough until we know what's more than enough.
~ Billie Holiday, 1915-1959 ~
Lady Sings the Blues, 1956

Most people like to be delivered from temptation, but would like it to keep in touch.
~ Robert Orben, 1927- ~

We have become too acquainted with self-restraint, so that we don't know the holiness of indulgence.
~ Thomas Moore, 1940- ~
Original Self, 2000

Lead me not into temptation; I can find the way myself.
~ Rita Mae Brown, 1944- ~

Sometimes something worth doing is worth overdoing.
~ David Letterman, 1947- ~
CBS Late Show, 1994

It's better to have a morning after, than to have never had a night before.
~ Andy Capp ~
Cartoon character

Resist no temptation: a guilty conscience is more honorable than regret.
~ Unknown ~

INFLUENCE / EFFECT

Related States & Conditions: Action/Effort, Attitude, Cause, Change, Choice/Volition, Connection/Interbeing/Interdependence, Direction, Example, Manifestation, Perspective, Possibility/Potential, Reciprocity/Reflection, Relationship, Relativity, Transformation, Unconscious/Subconscious

Syntonic: Attention/Awareness, Compassion/Empathy/Kindness, Exploration, Humor/Laughter, Moderation, Preparation/Readiness, Prudence, Release, Responsibility, Restraint, Tact/Discretion

Dystonic: Anger, Attachment, Avoidance/Denial/Refusal, Criticism/Judgment, Delusion, Dependence, Fault, Fear, Guilt, Habit, Limitation, Regret, Worry

One cannot force another to grow beyond their capacity.
~ Khemetic Saying ~
Temt Tchaas: Egyptian Proverbs, Muata Ashaya Ashby, ed., 1994

The desire to influence is not enough. Although the intention may be good, actions undertaken out of anxiety will have no benefit. Wait patiently for the source of real influence to present itself … When one's actions are firm and correct, their influence will reach far and wide. When they are wavering and uncertain, or in any way manipulative, few will follow. When one's actions are led by the heart, and totally devoid of selfish motivation, then one is free to influence and/or be influenced by others. One must never seek to influence others through flattery and idle talk.
~ *Yi Jing*, c. 1150 BCE ~
"Hsien: Influence" in *The Photographic I Ching*, Dhiresha McCarver, tr., 1997

Thousands of candles can be lighted from a single candle, and the life of the candle will not be shortened. Happiness never decreases by being shared.
~ Buddha, c. 563-483 BCE ~

Even when walking in a party of no more than three, I can always be certain of learning from those I am with. There will be good qualities that I can select for imitation and bad ones that will teach me what requires correction in myself.
~ Kongfuzi, c. 551–c. 479 BCE ~

Employ your time in improving yourself by other men's writings, so that you shall gain easily what others have labored hard for.
~ Socrates, 469-399 BCE ~

One person's candle is light for many.
~ *Babylonian Talmud*, 2nd-5th C. CE ~
Shabbat

How much time he saves who does not look to see what his neighbor says or does or thinks.
~ Marcus Aurelius, 121-180 ~

On a long journey,
It is essential to go with
Good companions;
Purify your eyes and ears
Again and again.
When you stay somewhere
Choose your company;
Listen to what you have
Not heard time and again.
This is the basis of the saying:
"It was my parents who bore me;
it was my companions who raised me."
~ Guishan Lingyou, 771-854 ~

Companionship with the good is like walking through dew and mist; although they do not drench your clothing, in time it becomes imbued with moisture. Familiarity with the evil increases wrong knowledge and views, day and night creating evil.
~ Guishan ~

If you cannot thoroughly eradicate corrupt opinions or cure long-standing evils to your own satisfaction, that is still no reason to abandon the commonwealth, deserting the ship in a storm because you cannot control the winds. You should not din into people's ears odd and peculiar language which you know will have no effect on those who believe otherwise, but rather by

indirection you should strive and struggle as hard as you can to handle everything deftly, and if you cannot turn something to good at least make it as little bad as you can.
~ Thomas More, 1478-1535 ~
Utopia, Clarence H. Miller, tr., 2001

Man is so made that by continually telling him he is a fool he believes it, and by continually telling it to himself he makes himself believe it. For man holds an inward talk with himself, which it pays him to regulate.
~ Blaise Pascal, 1623-1662 ~

What sunshine is to flowers, smiles are to humanity. They are but trifles, to be sure, but, scattered along life's pathway, the good they do is inconceivable.
~ Joseph Addison, 1672-1719 ~

Associate yourself with men of good quality if you esteem your own reputation, for 'tis better to be alone than in bad company.
~ George Washington, 1732-1799 ~

Something in prolonged contact with rouge eventually becomes red; something in prolonged contact with soot eventually becomes black ... Good and bad people are said to be so by nature, but most become so through habit. Therefore wise people choose their associates carefully.
~ Liu Yiming, b. c. 1737 ~
Awakening to the Tao, Thomas Cleary, tr., 1988

He who wishes to exert a useful influence must be careful to insult nothing. Let him not be troubled by what seems absurd, but consecrate his energies to the creation of what is good. He must not demolish, but build. He must raise temples where mankind may come and partake of the purest pleasures.
~ Johann von Goethe, 1749-1832 ~

Show me the person you honor, and I will know what kind of person you are, for it shows me what your idea of character is, and what kind of person you long to be.
~ Thomas Carlyle, 1795-1881 ~

All natural objects make a kindred impression, when the mind is open to their influence.
~ Ralph Waldo Emerson, 1803-1882 ~

Every man, however obscure, however far removed from the general recognition, is one of a group of men impressible for good, and impressible for evil, and it is in the nature of things that he cannot really improve himself without in some degree improving other men.
~ Charles Dickens, 1812-1870 ~

Every man should use his intellect, not as he uses his lamp in the study, only for his own seeing, but as the lighthouse uses its lamps, that those afar off on the seas may see the shining, and learn their way.
~ Henry Ward Beecher, 1813-1887 ~

To affect the quality of the day, that is the highest of arts.
~ Henry David Thoreau, 1817-1862 ~

Every soul that touches yours –
Be it the slightest contact –
Gets there from some good;
Some little grace; one kindly thought;
One aspiration yet unfelt.
~ George Eliot, 1819-1880 ~

We live in a world which is full of misery and ignorance, and the plain duty of each of us is to try to make the little corner he can influence somewhat less miserable and somewhat less ignorant than it was before he entered it.
~ Thomas Huxley, 1825-1895 ~
Collected Essays, Vol. 1, 1896

Not to judge for one's neighbor, not to advise even for a friend, but rather to present grounds of judgment and advice, is often the wisest rule of personal influence.
~ Chauncey Wright, 1830-1875 ~
Letters of Chauncey Wright, James Bradley Thayer, ed., 1878

The true secret of giving advice is, after you have honestly given it, to be perfectly indifferent whether it is taken or not, and never persist in trying to set people right.
~ Hannah Whitall Smith, 1832-1911 ~
Philadelphia Quaker: The Letters of Hannah Whitall Smith, Logan Pearsall Smith, ed., 1950

Keep away from people who try to belittle your ambitions. Small people always do that, but the really great make you feel that you, too, can become great.
~ Mark Twain, 1835-1910 ~

Let no man imagine that he has no influence. Whoever he may be, and wherever he may be

placed, *the man who thinks* becomes a light and a power.
~ Henry George, 1839-1897 ~

The world is only beginning to see that the wealth of a nation consists more than anything else in the number of superior men that it harbors ... Geniuses are ferments; and when they come together, as they have done in certain lands at certain times, the whole population seems to share in the higher energy which they awaken. The effects are incalculable and often not easy to trace in detail, but they are pervasive and momentous.
~ William James, 1842-1910 ~

Act as if what you do makes a difference. It does.
~ James ~

We never know what ripples of healing we set in motion by simply smiling on one another.
~ Henry Drummond, 1851-1897 ~

Thou canst not stir a flower
Without the troubling of a star.
~ Francis J. Thompson, 1859-1907 ~
The Mistress of Vision, 1918

There is no power on earth that can neutralize the influence of a high, simple and useful life.
~ Booker T. Washington, 1856-1915 ~

Any local agitation shakes the whole universe. The distant effects are minute, but they are there.
~ Alfred North Whitehead, 1861-1947 ~
Modes of Thought, 1938

There are two ways of spreading light: to be the candle or the mirror that reflects it.
~ Edith Wharton, 1862-1937 ~

The world is one of influence. Part of our energy is used up in the preservation of our own bodies. Beyond that, every particle of our energy is day and night being used in influencing others. Our bodies, our virtues, our intellect, and our spirituality, all these are continuously influencing others; and so, conversely, we are being influenced by them.
~ Vivekananda, 1863-1902 ~
The Complete Works of Swami Vivekananda, 1984-1987, 2:13

Whenever mankind attains a higher vision, the lower vision disappears of itself. Multitude counts for nothing. A few heart-whole, sincere, and energetic men can do more in a year than a mob in a century. If there is heat in one body, then those others that come near it must catch it. This is the law. So success is ours, so long as we keep up the heat, the spirit of truth, sincerity, and love.
~ Ibid., 8:346

You will become as small as your controlling desire; as great as your dominant aspiration.
~ James Allen, 1864-1912 ~

We regard all created beings as sacred and important, for everything has a *wochangi*, or influence, which can be given to us, through which we may gain a little more understanding if we are attentive.
~ Black Elk, 1864-1950 ~
in Jamake Highwater, *The Primal Mind*, 1981

Each particular kind of thought and emotion has its own peculiar qualities, and hence its own peculiar effects or influences ... chief ones among those of the lower nature are anger, hatred, jealousy, malice, rage. Their effect, especially when violent, is to emit a poisonous substance into the system, or rather, to set up a corroding influence which transforms the healthy and life-giving secretions of the body into the poisonous and the destructive. When one, for example, is dominated, even if for but a moment, by a passion of anger or rage, there is set up in the system what might be justly termed a bodily thunderstorm, which has the effect of souring or corroding the normal and healthy secretions of the body and making them so that instead of life-giving they become poisonous. This, if indulged in to any extent, sooner or later induces the form of disease that this particular state of mind and emotion or passion gives birth to; and it in turn becomes chronic.
~ Ralph Waldo Trine, 1866-1958 ~
What All the World's A-Seeking, 1896

One of the most serious thoughts that life provokes is the reflection that we can never tell, at the time, whether a word, a look, a touch, an occurrence of any kind, is trivial or important.
~ E. V. Lucas, 1868-1938 ~
365 Days and One More

I believe that if one man gains spiritually the whole world gains with him and, if one man falls, the whole world falls to that extent. I do not help opponents without at the same time helping myself and my coworkers.
~ Mahatma Gandhi, 1869-1948 ~
in Eknath Easwaran, *Gandhi, The Man*, 1997

You can exert no influence if you are not susceptible to influence.
~ Carl Jung, 1875-1961 ~

The meeting of two personalities is like the contact of two chemical substances: if there is any reaction, both are transformed.
~ Jung ~
Modern Man in Search of a Soul, 1933

Nothing has a stronger influence psychologically on their environment and especially on their children than the unlived life of the parent.
~ Jung ~

Sometimes our light goes out but is blown again into flame by an encounter with another human being. Each of us owes deepest thanks to those who have rekindled this inner light.
~ Albert Schweitzer, 1875-1965 ~

Nothing makes people so worthy of compliments as occasionally receiving them. One is more delightful for being told one is delightful – just as one is more angry for being told one is angry.
~ Katherine F. Gerould, 1879-1944 ~
in *Reader's Digest*, 1935 April

I suggest that the only books that influence us are those for which we are ready, and which have gone a little farther down our particular path than we have yet got ourselves.
~ E. M. Forster, 1879-1970 ~
Two Cheers for Democracy, 1951

Neither situations nor people can be altered by the interference of an outsider. If they are to be altered, that alteration must come from within.
~ Phyllis Bottome, 1884-1963 ~
Survival, 1943

And yet we know so little of the pattern that belongs to us, or to those for whom we are concerned, that our very intervention, though it be by heartfelt prayer, may be damaging. I suspect that this type of insidious intervention through the unconscious is more potent and far more dangerous than the visible interferences from which one can protect oneself. The good faith in which it is made does not guarantee its freedom from poison.
~ Irene Claremont de Castillejo, 1885-1967 ~
Knowing Woman: A Feminine Psychology, 1973, 1990

No love, no friendship can cross the path of our destiny without leaving some mark on it forever.
~ François Mauriac, 1885-1970 ~

The real leader has no need to lead – he is content to point the way.
~ Henry Miller, 1891-1980 ~

There's only one corner of the universe you can be certain of improving, and that's your own self.
~ Aldous Huxley, 1894-1963 ~

Thinking, real thinking, is granted to only a few individuals, and to others only at moments of clear and unbiased vision. Our opinions and beliefs are colored by social, religious and race prejudices, and are often influenced by our full-mouthed orators, journalists and propagandists.
~ Lin Yutang, 1895-1976 ~
The China Critic, 1930

Good, bad, or indifferent, big or small, our influences continue; the things we do and the words we say live after us in the huge stream of life, which goes on forever. Some send out longer waves, and some make only slight ripples on their neighbors or their orphans and affect them, their lives and their beliefs, somehow. But even the slightest ripple in the ocean of life has some effect on its neighboring atoms. And so we go on punishing and rewarding those who live after us.
~ Lin ~
On the Wisdom of America, 1950

The course of history can be changed but not halted.
~ Paul Robeson, 1898-1976 ~

If you want to build a ship, don't drum up the workers to gather wood, divide the work, and give orders. Instead, teach them to yearn for the vast and endless sea.
~ Antoine de Saint-Exupéry, 1900-1944 ~

Unless someone like you cares a whole awful lot,
Nothing is going to get better. It's not.
~ Dr. Seuss, 1904-1991 ~

We ourselves feel that what we are doing is just a drop in the ocean. But the ocean would be less because of that missing drop.
~ Mother Teresa, 1910-1997 ~

We find comfort among those who agree with us, growth among those who don't.
~ Frank A. Clark, 1911- ~

If a stone is thrown into a pond, waves are produced that travel throughout the pond. Every wave produces effects in every part of the pond, resulting in some influence or other. Similarly, the wave of individual life through its activity produces an influence in all fields of the cosmos.
~ Maharishi Mahesh Yogi, 1911- ~
Science of Being and Art of Living, 1963

Every moment and every event of every man's life on earth plants something in his soul.
~ Thomas Merton, 1915-1968 ~
New Seeds of Contemplation, 1961

Body/mind connectivity supports the view that our meditative experiences of awakening and illumination influence both the unseen dimension of the invisible world and our surrounding physical environment. Ultimately, we arrive at the realization that what affects one area of the "psycho-eco-system" affects every other area.
~ Vilayat, Khan, 1916-2004 ~
Awakening: A Sufi Experience, 1999

Indeed, it is true that the attunement of another person can help shift consciousness in a way that a person cannot do on his or her own. For while we may say that ultimately God is our only guru, or the Universe our guide, there are times when the circumstances of life can be so overwhelming that we may need the assistance of another.
~ Ibid.

One person can make a difference and every person should try.
~ John F. Kennedy, 1917-1963 ~

Fluctuations, the behavior of a small group of people, can completely change the behavior of the group as a whole.
~ Ilya Prigogine, 1917-2003 ~

A life is not important, except in the impact it has on other lives.
~ Jackie Robinson, 1919-1972 ~

There are stars whose radiance is visible on earth though they have long been extinct. There are people whose brilliance continues to light the world though they are no longer among the living. These lights are particularly bright when the night is dark.
~ Hannah Senesh, 1921-1944 ~

Because we don't think about future generations, they will never forget us.
~ Henrik Tikkanen, 1924-1984 ~

Too often we underestimate the power of a touch, a smile, a kind word, a listening ear, an honest compliment, or the smallest act of caring, all of which have the potential to turn a life around.
~ Leo Buscaglia, 1924-1998 ~

Let no one be discouraged by the belief there is nothing one person can do against the enormous array of the world's ills, misery, ignorance, and violence. Few will have the greatness to bend history itself, but each of us can work to change a small portion of events.
~ Robert F. Kennedy, 1925-1968 ~

Each time a person stands up for an ideal, or acts to improve the lot of others, or strikes out against injustice, he sends forth a tiny ripple of hope, and crossing each other from a million different centers of energy and daring, these ripples build a current that can sweep down the mightiest walls of oppression and resistance.
~ Kennedy ~

As we move around this world and as we act with kindness, perhaps, or with indifference or with hostility toward the people we meet, we are setting the great spider web atremble. The life I touch for good or ill will touch another life, and that in turn another, until who knows where the trembling stops or in what far place my touch will be felt.
~ Frederick Buechner, 1926- ~

To transform the world, we must begin with ourselves; and what is important in beginning with ourselves is the intention. The intention must be to understand ourselves and not to leave it to others to transform themselves ... This is our responsibility, yours and mine, because, however small may be the world we live in, if we can bring about a radically different point of view in our daily existence, then perhaps we shall affect the world at large.
~ Betty Edwards, 1926- ~

The source of love and compassion is in us, and we can help many people suffer less and realize a lot of happiness without being rich or influential. One

word, one action, or one thought can reduce another person's suffering and bring him joy.
~ Thich Nhat Hanh, 1926- ~
Transformation and Healing: The Sutra on the Four Establishments of Mindfulness, 1990

In fact, just a clap of your hands is enough to touch myriad galaxies. The effect of one sound cannot be measured. Your every look, smile, and word reaches faraway universes and influences every living and non-living being in the cosmos. Everything is touching everything else. Everything is penetrating everything else.
~ Hanh ~
Cultivating the Mind of Love: The Practice of Looking Deeply in the Mahayana Buddhist Tradition, 1996

Everybody is influenced by somebody or something. If there is an original who is the original?
~ Ernestine Anderson, 1928- ~

While I was sleeping in my bed there, things were happening in this world that directly concerned me – nobody asked me, consulted me – they just went out and did things – and changed my life.
~ Lorraine Hansberry, 1930-1965 ~
Raisin in the Sun, 1959

A tendency that's run through your family for generations can stop with you. You're a transition person – a link between past and the future. And your own change can affect many, many lives downstream.
~ Stephen Covey, 1932- ~
The 7 Habits of Highly Effective People, 1989

One person can be a change catalyst, a "transformer" in any situation, any organization. Such an individual is yeast that can leaven an entire loaf. It requires vision, initiative, patience, respect, persistence, courage, and faith to be a transforming leader.
~ Covey ~

The truly liberated mind is never aggressive about his or her system of beliefs. Because it is founded on such total self confidence, such acceptance of others, that there is no need to march out and propagate one's cause … The person who needs to convert others is a creature of total insecurity.
~ Wole Soyinka, 1934- ~
Interview by Ulli Beier in *Isokan Yoruba Magazine*, Vol. III No. 3, Summer 1997

We are all generals. Whatever action we take may influence the course of civilization.
~ M. Scott Peck, 1936-2005 ~
The Road Less Travelled, 1978

Most of our earliest programming comes from our parents. Whether we like it or realize it, we absorb their habits and beliefs at an age when we are under their control and unable to do much about it. Their concerns and values act on us for the better part of our lives, and unless we redefine ourselves and form our own beliefs, we continue to run our parents' programs in our thoughts and actions.
~ Famous Amos, 1937- ~
Watermelon Magic, 1996

For the first time in human evolution, the individual life is long enough, and the cultural transformation swift enough, that the individual mind is now a constituent player in the global transformation of human culture. We have been taught by the Quantum Theory that our descriptions of nature, expressed as measurements of elementary particles, are interactive parts of nature, that natural history is embedded in cultural history, but we are only now beginning to realize that the culture of our descriptions of the universe is also powerful enough to affect the nature of the universe we will inhabit.
~ William Irwin Thompson, 1938- ~
"Cultural History and the Ethos of the Ross School"

The key to successful leadership today is influence, not authority.
~ Kenneth Blanchard, 1939- ~

The next time you get nervous about others' opinions, look them mentally in the eye and say, "What you think of me is none of my business."
~ Terry Cole-Whittaker, 1939- ~

this the confederacy that i wish: those
who in some way keep the light
from going out. In them
is the small miracle, the tenderness of a desire
that has no reason, that stops us falling
weightless into the dark, that offers us
a difficult and joyful fire.
~ Dennis Scott, 1939-1991 ~
"Companysong"

People on an individual basis will make changes – not protesters or lobbyists. People who do what they really know to be right or true. Little things.

In traffic, in grocery stores, you let somebody else in front of you. That's peace.
~ John Denver, 1943-1997 ~
in *Saturday Evening Post*

Although the connections are not always obvious, personal change is inseparable from social and political change.
~ Harriet Lerner, 1944- ~

We all grow up and live exposed to each other's psychic environments: the second-hand smoke of our inner thoughts and feelings. This "smoke" is most recognized as a mood, but in the realm of consciousness, it is also a tangible psychic condition, very much like smoke. It can affect in various ways the psychic states of other people, who, incidentally, may also be putting out "mood-smoke." The actual thoughts and feelings that are creating my mood or the psychic field around me are probably private, but the energy from them goes out like smoke into my environment and is there for everyone to deal with.
~ David Spangler, 1945- ~
"Between Order and Chaos: The Dynamic Realm between Individualism and Mystical Unity," Interview by Robert Gilman in *In Context*, No. 34, Winter 1993

If you want to know what your mind was like in the past, examine your body now. If you want to know what your life will be like in the future, examine your mind now.
~ Deepak Chopra, 1947- ~

You can make a difference. You can change the world. Because you are the difference. You are the world.
~ Federico Peña, 1947- ~

The most powerful thing you can do to change the world is to change your own beliefs about the nature of life, people, and reality to something more positive ... and begin to act accordingly.
~ Shakti Gawain, 1948- ~

And as we let our own light shine, we unconsciously give other people permission to do the same. As we're liberated from our own fear, our presence automatically liberates others.
~ Marianne Williamson, 1952- ~
A Return to Love, 1992

Every time we make a purchase to fulfill our individual needs, we also make a choice that affects the environmental quality of the world we live in. Even if a product is relatively safe for us to use, its manufacture and disposal may harm the Earth. And this then affects our own health as the soil, air and water that provide our sustenance become polluted.
~ Debra Dadd, 1955- ~
Nontoxic, Natural, & Earthwise, 1990

Everything I do and say with anyone makes a difference.
~ Gita Bellin ~
A Sharing of Completion and Celebration, 1983

Do not inflict your will. Just give your love. The soul will take that love and put it where it can best be used.
~ Emmanuel ~

Whether we know it or not, we transmit the presence of everyone we have ever known, as though by being in each other's presence we exchange our cells, pass on some of our life force, and then we go on carrying that other person in our body, not unlike springtime when certain plants in fields we walk through, attach their seeds in the form of small burrs to our socks, our pants, our caps, as if to say, "Go on, take us with you, carry us to root in another place." This is how we survive long after we are dead. This is why it is important who we become, because we pass it on.
~ Natalie Goldberg ~
Long Quiet Highway: Waking Up in America, 1993

Each individual's willingness to take action to sustain his or her own energy produces a powerful influence that has the potential to affect healing throughout the community and even the world.
~ Roger Jahnke ~
The Healer Within, 1997

We cannot live only for ourselves. A thousand fibers connect us with our fellow-men; and along those fibers, as sympathetic threads, our actions run as causes, and they come back to us as effects.
~ Henry Melville ~

Any ordinary favor we do for someone or any compassionate reaching out may seem to be going nowhere at first, but may be planting a seed we can't see right now. Sometimes we need to just do the best we can and trust in an unfolding we can't design or ordain.
~ Sharon Salzberg ~
"The Power of Intention," O Magazine, 2004 January

INGENUITY

Related States & Conditions: Accomplishment/Achievement/Excellence, Breakthrough/Epiphany/Turning Point, Creativity/Discovery/Innovation, Imagination, Possibility/Potential, Skill/Talent/Resources, Solution

Syntonic: Attention/Awareness, Beginning/Endeavour, Confidence, Daring/Challenge, Expectation/Hope, Exploration, Flexibility/Flow/Flux, Focus/Intention, Initiative, Insight/Instinct/Intuition, Inspiration, Openness/Receptivity, Optimism/Positivism, Preparation/Readiness, Questioning/Doubt, Release, Self-Reliance, Synthesis, Understanding, Vision/Visualization

Dystonic: Anger, Attachment, Avoidance/Denial/Refusal, Complacency, Criticism/Judgment, Delusion, Dependence, Fault, Fear, Habit, Haste/Impatience, Inaction, Limitation, Regret, Worry

To see things in the seed, that is genius.
~ Laozi, 570-490 BCE ~

Ingenuity is required even for the practice of vice.
~ Hindu Saying ~

Genius is only a greater aptitude for patience.
~ George-Louis de Buffon, 1707-1788 ~

First and last, what is demanded of genius is love of truth.
~ Johann von Goethe, 1749-1832 ~

Genius does what it must, and talent does what it can.
~ Edward Bulwer-Lytton, 1803-1873 ~
Last Words of a Sensitive Second-Rate Poet

In every work of genius we recognize our own rejected thoughts; they come back to us with a certain alienated majesty.
~ Ralph Waldo Emerson, 1803-1882 ~
"Self-Reliance," *Essays: First Series*, 1841

Genius … means little more than the faculty of perceiving in an unhabitual way … The essence of genius is to know what to overlook.
~ William James, 1842-1910 ~

True genius resides in the capacity for evaluation of uncertain, hazardous, and conflicting information.
~ Winston Churchill, 1874-1965 ~

Never tell people how to do things. Tell them what to do and they will surprise you with their ingenuity.
~ George S. Patton, Jr., 1885-1945 ~

If fate hands us a lemon, let's try to make lemonade.
~ Dale Carnegie, 1888-1955 ~

It still holds true that man is most uniquely human when he turns obstacles into opportunities.
~ Eric Hoffer, 1902-1983 ~

The principal mark of genius is not perfection but originality, the opening of new frontiers.
~ Arthur Koestler, 1905-1983 ~

Things turn out best for the people who make the best out of the way things turn out.
~ Art Linkletter, 1912- ~

We will discover the nature of our particular genius when we stop trying to conform to our own or other people's models, learn to be ourselves, and allow our natural channel to open.
~ Shakti Gawain, 1948- ~

A common mistake that people make when trying to design something foolproof is to underestimate the ingenuity of complete fools.
~ DNA Adams, 1952-2001 ~

If you run into a wall, don't turn around and give up. Figure out how to climb it, go through it, or work around it.
~ Michael Jordan, 1961- ~
I Can't Accept Not Trying, 1994

Good ideas need landing gear as well as wings.
~ C. D. Jackson ~

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INITIATIVE

Related States & Conditions: Ability, Action/Effort Beginning/Endeavour, Breakthrough/Epiphany/Turning Point, Creativity/Discovery/Innovation, Daring/Challenge, Expectation/Hope, Exploration, Focus/Intention, Possibility/Potential, Responsibility, Self-Reliance

Syntonic: Attention/Awareness, Confidence, Determination/Persistence/Resolve, Flexibility/Flow/Flux, Imagination, Insight/Instinct/Intuition, Inspiration, Openness/Receptivity, Optimism/Positivism, Passion, Patience, Preparation/Readiness, Questioning/Doubt, Release, Vision/Visualization

Dystonic: Anger, Attachment, Avoidance/Denial/Refusal, Complacency, Criticism/Judgment, Deferment/Delay, Delusion, Dependence, Fault, Fear, Habit, Haste/Impatience, Inaction, Limitation, Regret, Worry

God loves to help him who strives to help himself.
~ Aeschylus, 525-456 BCE ~

Circumstances – what are circumstances? I make circumstances.
~ Napoléon Bonaparte, 1769-1821 ~

A great deal of talent is lost to the world for the want of a little courage. Every day sends to their grave obscure men whom timidity prevented from making a first effort.
~ Sydney Smith, 1771-1845 ~

Taking a new step, uttering a new word is what people fear most.
~ Fyodor Dostoevsky, 1821-1881 ~

If initiative is the ability to do the right thing, then efficiency is the ability to do the thing right.
~ Kelly Miller, 1863-1939 ~
Out of the House of Bondage, 1914

I got myself a start by giving myself a start.
~ Madame C. J. Walker, 1867-1919 ~

Lift up yourselves. Take yourselves out of the mire and hitch your hopes to the stars.
~ Marcus Garvey, 1887-1940 ~

If it's a good idea … go ahead and do it. It is much easier to apologize than it is to get permission.
~ Grace Hopper, 1906-1922 ~

They always say time changes things, but you actually have to change them yourself.
~ Andy Warhol, 1927-1987 ~
The Philosophy of Andy Warhol: From A to B and Back Again, 1975

Taking initiative does not mean being pushy, obnoxious, or aggressive. It does mean recognizing our responsibility to make things happen.
~ Stephen Covey, 1932- ~
The 7 Habits of Highly Effective People, 1989

If you could get up the courage to begin, you have the courage to succeed.
~ David Viscott, 1938-1996 ~

You can't just sit there and wait for people to give you that golden dream, you've got to get out there and make it happen for yourself.
~ Diana Ross, 1944- ~

Can't be nothing wrong in bringing on life, knowing how to get under, around, and beside nature to give it a slight push. Most folks just don't know what can be done with a little will and their own hands.
~ Gloria Naylor, 1950- ~
Mama Day, 1988

Nothing is going to be handed to you. You have to make things happen.
~ Florence Griffith Joyner, 1959- ~

If you can bear a horribly mixed metaphor, I'd say that I step up to the plate, rise above the fray and bite the bullet, at which point I seek out a new broom, and taking the bull by the horns, I then play the cards I'm dealt – without crying over spilt milk.
~ Joan Hitlin ~

INNOCENCE

Related States & Conditions: Acceptance, Attention/Awareness, Beginning/Endeavour, Being/Essence/Soul, Creativity/Discovery/Innovation, Exploration, Lila/Leisure, Openness/Receptivity, Presence, Simplicity, Spontaneity

Syntonic: Centering, Imagination, Insight/Instinct/Intuition, Optimism/Positivism, Preparation/Readiness, Release, Renewal, Sincerity/Authenticity

Dystonic: Anger, Attachment, Avoidance/Denial/Refusal, Criticism/Judgment, Delusion, Fault, Fear, Guilt, Limitation, Regret, Restraint, Worry

Innocence alone will not protect one from misfortune. Take adequate precautions … Misfortune that has come about through no fault of one's own need not be eradicated by external means. Let nature take its course.
~ *Yi Jing*, c. 1150 BCE ~
"Wu Wang: Freedom from Error" in *The Photographic I Ching*, Dhiresha McCarver, tr., 1997

It is the Child that sees the primordial secret in Nature and it is the child of ourselves we return to. The child within us is simple and daring enough to live the Secret.
~ Laozi, 570-490 BCE ~

The great man is he who does not lose his child's heart.
~ Mengzi, 372-289 BCE ~
Works of Mencius, James Legge, ed., & tr., 1970

Except as ye be converted and become as little children, ye shall not enter into the Kingdom of Heaven.
~ Jesus of Nazareth, c. 5-38 CE ~
in *The Bible*, Matthew 18:3

Making friends requires a few measures of gallantry; cultivating true character needs a bit of innocence.
~ Hong Zicheng, fl. 1596 ~
Caigentan: Vegetable Roots Discourse, I.15, Robert Aitken & Daniel W. Y. Kwok, trs., 2006

Innocence is ashamed of nothing.
~ Jean-Jacques Rousseau, 1712-1778 ~
Emile, 1762

For the infant, everything is open – nothing defiles it, for it is indifferent, equanimous, purely natural … to radically wake up and turn around, shedding attachments … to uproot the senses and objects conditioned by history and sweep away the force of habit acquired in the present life, letting go everywhere to be open … (then) the nature is restored.
~ Liu Yiming, b. c. 1737 ~
Awakening to the Tao, Thomas Cleary, tr., 1988

If your heart is pure, then all things in your world are pure.
Abandon this fleeting world, abandon yourself,
Then the moon and flowers will guide you along the way.
~ Ryokan, 1758-1831 ~

Bears are made of the same dust as we and breathe the same winds and drink the same waters, his life not long, not short, knows no beginning, no ending, to him life unstinted, unplanned, is above the accident of time, and his years, markless, boundless, equal eternity.
~ John Muir, 1838-1914 ~

Innocence comes in contact with evil and doesn't know it; it baffles temptation; it is protected where no one else is.
~ Basil W. Maturin, 1847-1915 ~
in Maisie Ward, *Father Maturin*, 1920

Study, learn, but guard the original naiveté. It has to be within you, as the desire for drink is in the drunkard or love is within the lover.
~ Henri Matisse, 1869-1954 ~

Man is a thinking reed but his great works are done when he is not calculating and thinking. "Childlikeness" has to be restored with long years of training in the art of self-forgetfulness. When this is attained man thinks yet he does not think. He thinks like the showers coming down from the sky; he thinks like the waves rolling on the ocean; he thinks like the stars illuminating the nightly

heavens; he thinks like the green foliage shooting forth in the relaxing spring breeze. Indeed, he is the showers, the ocean, the stars, the foliage.
~ D. T. Suzuki, 1870-1966 ~
Introduction, *Zen in the Art of Archery*, 1953, 1971

In every adult there lurks a child – an eternal child, something that is always becoming, is never completed, and calls for unceasing care, attention, and education. That is the part of the human personality which wants to develop and become whole.
~ Carl Jung, 1875-1961 ~

Those who have the humility of a child may find again the key to reverence for, and kinship with, all of life.
~ J. Allen Boone, b. 1882 ~
Kinship With All Life, 1954

Indeed, now that I come to think of it, I never really felt grown-up at all. Perhaps this is because childhood, catching our imagination when it is fresh and tender, never lets go of us.
~ J. B. Priestley, 1894-1984 ~
All About Ourselves and Other Essays, 1956

I think sometimes the universe is not big enough to hold the heart of a child.
~ Lin Yutang, 1895-1976 ~
From Pagan to Christian, 1959

Dare to be naive.
~ Buckminster Fuller, 1895-1983 ~
"Moral of the Work," *Synergetics*, 1975

The mind can never be made innocent through experience. It is the negation of experience that brings about that positive state of innocency which cannot be cultivated by thought. Thought is never innocent. Meditation is the ending of thought.
~ Jiddu Krishnamurti, 1895-1986 ~
The Second Penguin Krishnamurti Reader, Mary Lutyens, ed., 1973

The confusions of the normal world cannot be straightened out without becoming even more confused. There is no solution except to regain the baby's vision and so realize that the confusions are not really serious, but only the games whereby adults pass the time and pretend to be important. Seen thus, the world becomes immeasurably richer in color and detail because we no longer ignore aspects of life which adults pass over and screen out in their haste after serious matters.
~ Alan Watts, 1915-1973 ~
In My Own Way, 1972

When the mind divides reality up, when it judges and discriminates, it kills paradise ... How can you enter paradise unless you become like a little child? You can't see reality with eyes that discriminate or base all their understanding on concepts.
~ Thich Nhat Hanh, 1926- ~
Fragrant Palm Leaves: Journals 1962-1966, 1998

Although a child is immature, he still has an organismic sense of wholeness, of I Amness. In other words, he feels connected and unified within himself. The feeling of unified wholeness and completeness is the true meaning of perfection, and in this sense every child is perfect.
~ John Bradshaw, 1933- ~

A child is open to the world, until it begins to think before it feels, and feel before it senses.
~ Michael W. Fox, 1937- ~

Innocence ... allows one to accept oneself absolutely: to forgive oneself for past ignorance and stupidity and to breathe the invigorating air of qualified purity.
~ Thomas Moore, 1940- ~
Original Self, 2000

Part of what makes my life so exciting is the innocence I put on myself. There are some things I don't know and other things I don't want to know. I'm not carrying any extra baggage with me, so it clears a path and I can do what I have to do.
~ Judith Jamison, 1943- ~
Dancing Spirit: An Autobiography, 1993

When you discard arrogance, complexity, and a few other things that get in the way, sooner or later you will discover that simple, childlike, and mysterious secret known to those of the Uncarved Block: Life is.
~ Benjamin Hoff, 1946- ~

Underneath everything you think and feel, innocence is still intact. Time cannot blemish your essence, your portion of spirit. But if you lose sight of this essence, you will mistake yourself for your experiences, and there is no doubt that experience can do much to obliterate love. In an often hostile and brutal world, maintaining innocence seems impossible. Therefore, you find yourself experiencing only so much love and only so much lovability.
~ Deepak Chopra, 1947- ~
The Path to Love, 1997

INSANITY

Related States & Conditions: Chaos/Uncertainty, Creativity/Discovery/Innovation, Delusion, Distraction/Diversion, Dreams/Dreaming, Exploration, Shadow, Openness/Receptivity, Perspective, Questioning/Doubt, Relativity, Sensibility/Sensuality, Unconscious/Subconscious

Syntonic: Attention/Awareness, Balance, Centering, Compassion/Empathy/Kindness, Health/Healing, Insight/Instinct/Intuition, Release, Renewal, Sincerity/Authenticity, Tact/Discretion, Tolerance

Dystonic: Anger, Attachment, Avoidance/Denial/Refusal, Conformity, Criticism/Judgment, Defeat, Fault, Fear, Hate, Guilt, Oppression, Regret, War/Aggression/Violence, Worry

No great genius has ever existed without some touch of madness.
~ Aristotle, 384-322 BCE ~

There is no genius without a mixture of madness.
~ Seneca, c. 4 BCE-65 CE ~

I have lived on the lip of insanity, wanting to know reasons, knocking on a door. It opens. I've been knocking from the inside.
~ Jalaluddin Rumi, 1207-1273 ~

When life itself seems lunatic, who knows where madness lies? To surrender dreams … this may be madness. Too much sanity may be madness and, the maddest of all, to see life as it is and not as it should be.
~ Miguel de Cervantes, 1547-1616 ~
Don Quixote, 1605, 1615

I am never better than when I am mad. Then methinks I am a brave fellow; then I do wonders. But reason abuseth me, and there's the torment, there's the hell.
~ Thomas Kyd, 1558-1594 ~
The Spanish Tragedy, 1592

Though this be madness, yet there is method in 't.
~ William Shakespeare, 1564-1616 ~
Hamlet, 1601

The definition of insanity is doing the same thing over and over and expecting different results.
~ Benjamin Franklin, 1706-1790 ~

In things pertaining to enthusiasm, no man is sane who does not know how to be insane on proper occasions.
~ Henry Ward Beecher, 1813-1887 ~

Much Madness is divinest Sense
To a discerning Eye
Much Sense – the starkest Madness.
~ Emily Dickinson, 1830-1886 ~

When we remember that we are all mad, the mysteries disappear and life stands explained.
~ Mark Twain, 1835-1910 ~

Insanity is a matter of degree.
~ Joaquim Machado de Assis, 1839-1908 ~
Epitaph of a Small Winner, William L. Grossman, tr., 1952

Mad, adj.: Affected with a high degree of intellectual independence; not conforming to standards of thought, speech and action derived by the conformants from study of themselves; at odds with the majority; in short, unusual.
~ Ambrose Bierce, 1842-c. 1914 ~
The Devil's Dictionary, 1911

Insanity is the exception in individuals. In groups, parties, people, and times, it is the rule.
~ Friedrich Nietzsche, 1844-1900 ~
Beyond Good and Evil, 1886

I suppose it is much more comfortable to be mad and not know it than to be sane and have one's doubts.
~ G. B. Burgin, 1856-1944 ~

Sanity is madness put to good use.
~ George Santayana, 1863-1952 ~
Little Essays, 1920

Only the insane take themselves seriously.
~ Max Beerbohm, 1872-1956 ~

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The men who really believe in themselves are all in lunatic asylums.
~ G. K. Chesterton, 1874-1936 ~
Orthodoxy, 1908

A civilized society is one which tolerates eccentricity to the point of doubtful sanity.
~ Robert Frost, 1874-1963 ~

Show me a sane man and I will cure him for you.
~ Carl Jung, 1875-1961 ~
in *The Observer*, 1975

A person needs a little madness, or else they never dare cut the rope and be free.
~ Nikos Kazantzakis, 1885-1957 ~

The extreme limits of wisdom – that's what the public calls madness.
~ Jean Cocteau, 1889-1963 ~
Le rappel á l'ordre, 1926

We are all of us a little bit crazy, but most of us don't know it because we mix only with people with the same type of craziness as our own. See, then, what an opportunity you and I have to learn from each other. It is only when differently crazy people come together that they get a chance to find out the errors in their own types of craziness.
~ Paramahansa Yogananda, 1893-1952 ~

There is a supreme lucidity, which is the precisely calculated awareness which is called madness.
~ Martha Graham, 1894-1991 ~
"The Trysting Tent," *The Notebooks of Martha Graham*, 1973

There is in every madman a misunderstood genius whose idea, shining in his head, frightened people, and for whom delirium was the only solution to the strangulation that life had prepared for him.
~ Antonin Artaud, 1896-1948 ~

Sanity is only that which is within the frame of reference of conventional thought.
~ Erich Fromm, 1900-1980 ~

Only the stoical and the cynical can preserve a measure of stability; yet stoicism is the wisdom of madness and cynicism the madness of wisdom. So none escapes.
~ Bergen Evans, 1904-1978 ~

We are all born mad. Some remain so.
~ Samuel Beckett, 1906-1989 ~
Waiting for Godot, 1955

In a mad world, only the mad are sane.
~ Akiro Kurosawa, 1910-1998 ~

Nothing sweeter than to drag oneself along behind events; and nothing more *reasonable*. But without a strong dose of madness, no initiative, no enterprise, no gesture. Reason: the rust of our vitality ... We cannot be *normal* and *alive* at the same time ... We derive our vitality from our store of madness.
~ E. M. Cioran, 1911-1995 ~
The Temptation to Exist, 1956

No one is more dangerously insane than one who is sane all the time.
~ Alan Watts, 1915-1973 ~
The Joyous Cosmology, 1962

Truly great madness cannot be achieved without significant intelligence.
~ Henrik Tikkanen, 1924-1984 ~

Insanity – a perfectly rational adjustment to an insane world.
~ R. D. Laing, 1927-1989 ~

Madness need not be all breakdown. It may also be breakthrough. It is potentially liberation and renewal as well as enslavement and existential death.
~ Laing ~
The Politics of Experience, 1967

What sane person could live in this world and not be crazy?
~ Ursula Le Guin, 1929- ~

Writing is a socially acceptable form of schizophrenia.
~ E. L. Doctorow, 1931- ~

Everybody's a mad scientist, and life is their lab. We're all trying to experiment to find a way to live, to solve problems, to fend off madness and chaos.
~ David Cronenberg, 1943- ~

Not even the hallucinations of a schizophrenic are a lie; they are another viewpoint into the world.
~ Markku Siivola, 1945- ~

You're only given a little spark of madness. You mustn't lose it.
~ Robin Williams, 1952- ~
in David Housman & John Frank, *Funny Business*, 1992

INSECURITY / RISK

Related States & Conditions: Adversity, Fear, Limitation, Restraint, Suffering, Survival, War/Aggression/Violence, Worry

Syntonic: Attention/Awareness, Autonomy/Control, Courage, Equanimity, Faith, Flexibility/Flow/Flux, Preparation/Readiness, Prudence, Release, Responsibility, Strength

Dystonic: Attachment, Avoidance/Denial/Refusal, Complacency, Conformity, Criticism/Judgment, Delusion, Dependence, Depression/Despair/Distress, Haste/Impatience, Hate, Regret

A person in danger should not try to escape at one stroke. He should first calmly hold his own, then be satisfied with small gains, which will come by creative adaptations.
~ *Yi Jing*, c. 1150 BCE ~

A drunken man who falls out of a cart, though he may suffer, does not die. His bones are the same as other people's; but he meets his accident in a different way. His spirit is in a condition of security. He is not conscious of riding in a cart; neither is he conscious of falling out of it. Ideas of life, death, fear and the like cannot penetrate his breast; and so he does not suffer from contact with objective existence. If such security is to be got from wine, how much more is it to be got from God?
~ Zhuangzi, c. 369-c. 286 BCE ~

The desire for safety stands against every great and noble enterprise.
~ Tacitus, c. 55-120 ~

Whoever is headless saves his head;
the selfless cannot be struck.
Those weapons are your selfish strategy,
the defense that wounds your own soul.
~ Jalaluddin Rumi, 1207-1273 ~
"The Armor of Selflessness," Mathnawi II, 3171
The Pocket Rumi Reader, Kabir Helminski, ed., 2001

Only those means of security are good, are certain, are lasting, that depend on yourself and your own vigor.
~ Niccolò dei Machiavelli, 1469-1527 ~

He that will not sail until all dangers are over must never put to sea.
~ Thomas Fuller, 1608-1661 ~

We are never more in danger than when we think ourselves most secure, nor in reality more secure than when we seem to be most in danger.
~ William Cowper, 1731-1800 ~

The torment of precautions often exceeds the dangers to be avoided. It is sometimes better to abandon one's self to destiny.
~ Napoléon Bonaparte, 1769-1821 ~

We are so constituted, that if we insist upon being as sure as is conceivable, in every step of our course, we must be content to creep along the ground, and can never soar.
~ John Henry Newman, 1801-1890 ~
Oxford University Sermons, 1918

Be like the bird that, passing on her flight awhile on boughs too slight, feels them give way beneath her, and yet sings, knowing that she hath wings.
~ Victor Hugo, 1802-1885 ~

Often a certain abdication of prudence and foresight is an element of success.
~ Ralph Waldo Emerson, 1803-1882 ~

Were half the power that fills the world with terror,
Were half the wealth bestowed on camps and courts,
Given to redeem the human mind from error,
There were no need of arsenals and forts.
~ Henry Wadsworth Longfellow, 1807-1882 ~

The man who insists upon seeing with perfect clearness before he decides, never decides. Accept life, and you must accept risk.
~ Henri-Frédéric Amiel, 1821-1881 ~

Taking a new step, uttering a new word, is what people fear most.
~ Fyodor Dostoevsky, 1821-1881 ~

It is only by risking that we live at all.
~ William James, 1842-1910 ~

The fishermen know that the sea is dangerous and the storm terrible, but they have never found these dangers sufficient reason for remaining ashore.
~ Vincent van Gogh, 1853-1890 ~
Dear Theo: An Autobiography of Vincent van Gogh, 1937

To be on the alert is to live; to be lulled into security is to die.
~ Oscar Wilde, 1856-1900 ~

This I have seen in life – he who is overcautious about himself falls into dangers at every step; he who is afraid of losing honor and respect, gets only disgrace; he who is always afraid of loss always loses.
~ Vivekananda, 1863-1902 ~
The Complete Works of Swami Vivekananda, 1984-1987, 8:433, 1926

However well organized the foundations of life may be, life must always be full of risks.
~ Havelock Ellis, 1859-1939 ~

If money is your hope for independence, you will never have it. The only real security that a man can have in this world is a reserve of knowledge, experience and ability.
~ Henry Ford, 1863-1947 ~

Nurture strength of spirit to shield you in sudden misfortune, but do not distress yourself with imaginings. Many fears are born of fatigue and loneliness.
~ Max Ehrmann, 1872-1945 ~
Desiderata, 1927

No one can build her security on the nobleness of another person.
~ Willa Cather, 1873-1947 ~

Considering how dangerous everything is nothing is really very frightening.
~ Gertrude Stein, 1874-1946 ~

We have no reason to harbor any mistrust against our world, for it is not against *us*. If it has terrors, they are *our* terrors; if it has abysses, these abysses belong to us; if there are dangers, we must try to love them. And if only we arrange our life in accordance with the principle which tells us that we must always trust in the difficult, then what now appears to us as the most alien will become our most intimate and trusted experience.
~ Rainer Maria Rilke, 1875-1926 ~

Protection and security are only valuable if they do not cramp life excessively.
~ Carl Jung, 1875-1961 ~

There is no security on this earth. Only opportunity.
~ Douglas MacArthur, 1880-1964 ~

Security is mostly a superstition. It does not exist in nature, nor do the children of men as a whole experience it. Avoiding danger is no safer in the long run than outright exposure. Life is either a daring adventure, or nothing.
~ Helen Keller, 1880-1968 ~
The Open Door, 1957

Your spirit is the true shield.
~ Morihei Ueshiba, 1883-1969 ~
The Art of Peace, John Stevens, tr., 1992

To be ever conscious of the possible hazards before us snatches away our power to leap. We can only live fully by risking our lives over and over again.
~ Irene Claremont de Castillejo, 1885-1967 ~
Knowing Woman: A Feminine Psychology, 1973, 1990

The policy of being too cautious is the greatest risk of all.
~ Jawaharlal Nehru, 1889-1964 ~

Your real security is yourself. You know you can do it, and they can't ever take that away from you.
~ Mae West, 1892-1980 ~

One sees the mind is always demanding to be certain, to be secure, to be safe. A mind that is safe, secure, is a bourgeois mind, a shoddy mind. Yet that is what all of us want: to be completely safe.
~ Jiddu Krishnamurti, 1895-1986 ~
You Are the World, 1972

There is fear as long as you want to be secure – secure in your marriage, secure in your job, in your position, in your responsibility, secure in your ideas, in your beliefs, secure in your relationship to the world or in your relationship to God. The moment the mind seeks security or gratification in any form, at any level, there is bound to be fear.
~ Krishnamurti ~
Think on These Things, 1970

The psychic task which a person can and must set for himself is not to feel secure but to be able to tolerate insecurity.
~ Erich Fromm, 1900-1980 ~

We spend our time searching for security and hate it when we get it.
~ John Steinbeck, 1902-1968 ~

Only in growth, reform and change, paradoxically enough, is true security to be found.
~ Anne Morrow Lindbergh, 1906-2001 ~

Security is a kind of death.
~ Tennessee Williams, 1911-1983 ~

There's as much risk in doing nothing as in doing something.
~ Trammell Crow, 1914- ~

When we were children, we used to think that when we were grown-up we would no longer be vulnerable. But to grow up is to accept vulnerability ... To be alive is to be vulnerable.
~ Madeleine L'Engle, 1918- ~

It's a good thing to have all the props pulled out from under us occasionally. It gives us some sense of what is rock under our feet, and what is sand.
~ L'Engle ~

Accept that all of us can be hurt, that all of us can – and surely will at times – fail. Other vulnerabilities, like being embarrassed or risking love, can be terrifying too. I think we should follow a simple rule: if we can take the worst, take the risk.
~ Joyce Brothers, 1927- ~

Intrinsic security doesn't come from what other people think of us or how they treat us. It doesn't come from circumstances or our position. It comes from within ... Your economic security does not lie in your job; it lies in your power to produce – to think, to learn, to create, to adapt. That's true financial independence.
~ Stephen Covey, 1932- ~
The 7 Habits of Highly Effective People, 1989

Boats in the harbor are safe, but that is not what they are meant for.
~ Zig Ziglar, 1926- ~

I'm in love with the potential of miracles. For me, the safest place is out on a limb.
~ Shirley MacLaine, 1934- ~

The only real security in life lies in relishing life's insecurity.
~ M. Scott Peck, 1936-2005 ~
The Road Less Travelled, 1978

The very act of admitting that you want more puts the balance of your existence in jeopardy. You feel a tension between wanting to maintain the security of sameness, however mundane and boring it may be, and the hope and excitement of having what you really want. No matter what the circumstances of your life may be, even if it is painful, disrupting the sameness can be scary.
~ Phillip McGraw, 1950- ~
Life Strategies: Doing What Works, Doing What Matters, 1999

If you risk nothing, then you risk everything.
~ Geena Davis, 1957- ~

Cliques are all about people trying to find security in groups ... People aren't really together in cliques, and the sense of security they feel is just an illusion. Eventually, all cliques disintegrate. That's why I've always felt secure in my insecurity.
~ RuPaul, 1960- ~
Lettin It All Hang Out, 1995

Your stability is as good as your willingness to risk and lose it, trusting yourself to reach stability again in a different position.
~ Ruthy Alon ~
Mindful Spontaneity: Moving in Tune with Nature: Lessons in the Feldenkrais Method, 1990

There are always risks in freedom. The only risk in bondage is that of breaking free.
~ Gita Bellin ~
A Sharing of Completion and Celebration, 1983

The more you seek security, the less of it you have. But the more you seek opportunity, the more likely it is that you will achieve the security that you desire.
~ Brian Tracy ~

The walls we build around ourselves both mentally and physically give us the false illusion that we are safe, but there's no such thing as a wall that cannot be torn down. When we invest in the idea that we have erected this wall of protection, we naturally make enemies of anything on the other side of the wall.
~ Angel Kyodo Williams ~
Being Black: Zen and the Art of Living with Fearlessness and Grace, 2000

INSIGHT / INSTINCT / INTUITION

Related States & Conditions: Attention/Awareness, Creativity/Discovery/Innovation, Dreams/Dreaming, Enlightenment/Realization/Transcendence, Inspiration, Perspective, Sensibility/Sensuality, Unconscious/Subconscious, Understanding, Vision/Visualization

Syntonic: Appreciation, Balance, Centering, Detachment, Focus/Intention, Meditation, Openness/Receptivity, Preparation/Readiness, Trust

Dystonic: Anger, Attachment, Avoidance/Denial/Refusal, Conformity, Criticism/Judgment, Defeat, Delusion, Distraction/Diversion, Fault, Fear, Haste/Impatience, Hate, Guilt, Regret, Worry

Strive to see with the inner eye, the heart. It sees the reality not subject to emotional or personal error; it sees the essence. Intuition then is the most important quality to develop.
~ Khemetic Saying ~
Temt Tchaas: Egyptian Proverbs, Muata Ashaya Ashby, ed., 1994

One may need to retire from action in order to receive guidance from a higher source ... When one is in harmony with the source of all nourishment, even great and difficult tasks can be undertaken, and all will benefit.
~ *Yi Jing*, c. 1150 BCE ~
"I: Nourishment," in *The Photographic I Ching*, Dhiresha McCarver, tr., 1997

Can you be like a newborn child? He goes without knowing where he is going, and stops without knowing what he is doing. He merges himself with the surroundings and moves along with it.
~ Zhuangzi, c. 369-c. 286 BCE ~

Spend time every day listening to what your muse is trying to tell you.
~ Bartholomew, 1st C. CE ~

Without intuiting the sublime,
You cannot experience freedom.
~ Nagarjuna, fl. c. 1st-2nd C. CE ~

You should know by yourself what is holy and what is ordinary, what is wrong and what is right – don't be concerned with others' judgments. How many people have even managed to find out every subtlety? People arbitrarily follow material senses, running like idiots.
~ Fenyang Shanzhao, 947-1024 ~
in *Zen Essence: The Science of Freedom*, Thomas Cleary, tr. & ed., 1989

Sell your cleverness and buy bewilderment;
Cleverness is mere opinion, bewilderment is intuition.
~ Jalaluddin Rumi, 1207-1273 ~

Blessed are the ears that do not heed the voice sounding without, but hear clearly the voice within teaching the truth.
~ Thomas à Kempis, c. 1380-1471 ~
De Imitatione Christi, c. 1418

What the mind grasps intuitively becomes the desired end. Things borne of nature reveal nature's true mystery.
~ Hong Zicheng, fl. 1596 ~
Caigentan: Vegetable Roots Discourse, II.83, Robert Aitken & Daniel W. Y. Kwok, trs., 2006

Instinct guides the animal better than the man. In the animal it is pure, in man it is led astray by his reason and intelligence.
~ Denis Diderot, 1713-1784 ~

No one is more liable to make mistakes than the man who acts only on reflection.
~ Marquis de Vauvenargues, 1715-1747 ~

Reasoning at every step he treads,
Man yet mistakes his way,
Whilst meaner things,
Whom instinct leads,
Are rarely known to stray.
~ William Cowper, 1731-1800 ~

Just trust yourself then you will know how to live.
~ Johann von Goethe, 1749-1832 ~

All our progress is an unfolding like the vegetable bud. You have first an instinct, then an opinion,

then a knowledge, as the plant has root, bud and fruit. Trust the instinct to the end, though you can render no reason.
~ Ralph Waldo Emerson, 1803-1882 ~

None of us will ever accomplish anything excellent or commanding except when he listens to this whisper which is heard by him alone.
~ Emerson ~
"Greatness," *Letters and Social Aims*, 1876

A moment's insight is sometimes worth a life's experience.
~ Oliver Wendell Holmes, 1809-1894 ~
The Professor at the Breakfast Table, 1860

Unconsciousness, spontaneity, instinct ... hold us to the earth and dictate the relatively good and useful.
~ Henri-Frédéric Amiel, 1821-1881 ~

Intuition is given only to him who has undergone long preparation to receive it.
~ Louis Pasteur, 1822-1895 ~

There are unknown forces within nature; when we give ourselves wholly to her, without reserve, she leads them to us; she shows us those forms which our watching eyes do not see, which our intelligence does not understand or suspect.
~ Auguste Rodin, 1840-1917 ~

Mystical states seem to those who experience them to be states of knowledge. They are insights into depths of truth unplumbed by the discursive intellect.
~ William James, 1842-1910 ~

Life is one long struggle between conclusions based on abstract ways of conceiving cases, and opposite conclusions prompted by our instinctive perception of them.
~ James ~

If one is master of one thing and understands one thing well, one has, at the same time, insight into and understanding of many things.
~ Vincent van Gogh, 1853-1890 ~

To be faithful to your instincts and the impulses that carry you in the direction of the excellence you most desire and value ... surely that is to lead the noble life.
~ George Woodberry, 1855-1930 ~

When making a decision of minor importance I have always found it advantageous to consider all the pros and cons. In vital matters, however, such as the choice of a mate or a profession, the decisions should come from the unconscious, from somewhere within ourselves. In the important decisions of our personal lives we should be governed by the deep inner needs of our nature.
~ Sigmund Freud, 1856-1939 ~
in Theodor Reik, *Listening With the Third Ear*, 1949

Common sense is instinct. Enough of it is genius.
~ George Bernard Shaw, 1856-1950 ~

Some other faculty than the intellect is necessary for the apprehension of reality.
~ Henri Bergson, 1859-1941 ~

Well-bred instinct meets reason half way.
~ George Santayana, 1863-1952 ~

People who lean on logic and philosophy and rational exposition end by starving the best part of the mind.
~ William Butler Yeats, 1865-1939 ~

None of us can estimate what we do when we do it from instinct.
~ Luigi Pirandello, 1867-1936 ~

Intuition is a spiritual faculty and does not explain, but simply points the way.
~ Florence Scovel Shinn, 1871-1940 ~
The Game of Life and How to Play It, 1925

It cannot be denied that though a concentrated awareness is what we must aim at, there are many lovely and magical flashes of illumination which come sideways and indirectly.
~ John Cowper Powys, 1872-1963 ~
The Meaning of Culture, 1929

Intuition comes very close to clairvoyance; it appears to be the extrasensory perception of reality.
~ Alexis Carrel, 1873-1944 ~
Reflections on Life, Antonia White, tr., 1953

In the long run ... no conscious will can ever replace the life instinct.
~ Carl Jung, 1875-1961 ~
"Late Thoughts"

Many a man gets weary of clamping down on his rough impulses which, if given occasional release,

would encourage the living of life with salt in it in place of dust.
~ Henry S. Haskins, b. 1875 ~

When you reach the end of what you should know, you will be at the beginning of what you should sense.
~ Khalil Gibran, 1883-1931 ~

The mind can assert anything, and pretend it has proved it. My beliefs I test on my body, on my intuitional consciousness, and when I get a response there, then I accept.
~ D. H. Lawrence, 1885-1930 ~
Selected Essays, 1950

It is our business to go as we are impelled.
~ Lawrence ~

We lift our spiritual antennae into the unknown, and through our intuition catch fragments of truth not yet recognized by the rest of the world. Later, science moves up to check these findings, tabulate and classify them, and they become part of our accepted knowledge.
~ Rebecca Beard, b. 1885 ~
Everyman's Search, 1951

There is something in every one of you that waits and listens for the sound of the genuine in yourself. It is the only true guide you will ever have. And if you cannot hear it, you will all of your life spend your days on the ends of strings that somebody else pulls.
~ Howard Thurman, 1889-1981 ~

All I can do is act according to my deepest instinct, and be whatever I must be, crazy or ribald or sad or compassionate or loving or indifferent. That is all anybody can do … It is only by following your deepest instinct that you can lead a rich life and if you let your fear of consequence prevent you from following your deepest instinct, then your life will be safe, expedient and thin.
~ Katharine Hathaway, 1890-1942 ~
The Journals and Letters of the Little Locksmith, 1946

After the earthquake and the fire comes the still, small voice.
~ Dorothy Thompson, 1894-1961 ~

Modern man's besetting temptation is to sacrifice his direct perceptions and spontaneous feelings to his reasoned reflections; to prefer in all circumstances the verdict of his intellect to that of his immediate intuitions.
~ Aldous Huxley, 1894-1963 ~
Do What You Will, 1929

I believe that we are always attracted to what we need most, an instinct leading us towards the persons who are to open new vistas in our lives and fill them with new knowledge.
~ Helene Iswolsky, 1896-1975 ~

If you do not express your own original ideas, if you do not listen to your own being, you will have betrayed yourself.
~ Rollo May, 1909-1994 ~

Like any other form of thinking, intuition requires an alertness, sensitivity and discipline of mind which have to be cultivated … Intuition isn't the enemy, but the ally, of reason.
~ John Kord Lagemann, c. 1910-1969 ~

When given freedom from external exchanges and transactions, the isolated-constrained ego (or self or personality) has sources of new information from within.
~ John C. Lilly, 1915-2001 ~

The mind, stripped of the distraction of transient thoughts, is infused with an inborn sense of meaningfulness. This transcendent faculty appears only when one has given up trying to sort things out in an habitual fashion.
~ Vilayat Khan, 1916-2004 ~
Awakening: A Sufi Experience, 1999

Nothing is impossible when we follow our inner guidance, even when its direction may threaten us by reversing our usual logic.
~ Gerald Jampolsky, 1925- ~

The wound and the eye are one and the same. From the psyche's viewpoint, pathology and insight are not opposites … Pathologizing is itself a way of seeing; the eye of the complex gives the peculiar twist called "psychological insight."
~ James Hillman, 1926- ~
Re-Visioning Psychology, 1975

How do the geese know when to fly to the sun? Who tells them the seasons? How do we, humans, know when it is time to move on? As with the migrant birds, so surely with us, there is a voice within, if only we would listen to it, that tells us so certainly when to go forth into the unknown.
~ Elisabeth Kübler-Ross, 1926- ~

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Trust your hunches. They're usually based on facts filed away just below the conscious level.
~ Joyce Brothers, 1927- ~

You can't solve many of today's problems by straight linear thinking. It takes leaps of faith to sense the connections that are not necessarily obvious.
~ Matina Horner, 1929- ~

Intuition becomes increasingly valuable in the new information society precisely because there is so much data.
~ John Naisbitt, 1929- ~

The next message you need is right where you are.
~ Ram Dass, 1931- ~

Command by instinct is swifter, subtler, deeper, more accurate, more in touch with reality than command by conscious mind. The discovery takes one's breath away.
~ Michael Novak, 1933- ~

Paradoxically, if we give up the need for certainty in terms of control and fixed answers, we are compensated by a different kind of certainty – a direction, not a fact. We begin to trust *intuition*, whole-brain knowing … as we become attuned to the inner signals, they seem stronger.
~ Marilyn Ferguson, 1938- ~
The Aquarian Conspiracy, 1980

I go by instinct … I don't worry about experience.
~ Barbra Streisand, 1942- ~

When you sit silently and pensively, reflecting in moments of introspection in your mind, you are capable or receiving information, like telegrams from the soul of the past.
~ Haile Gerima, 1946- ~
in *Atlanta Tribune*, 1994 September 15

Science, at its very core, is a spiritual endeavor. Some of my best insights have come to me through what I can only call a mystical process. It's like having God whisper in your ear … It's this inner voice that scientists must come to trust.
~ Candace Pert, 1946- ~

Intuition is a form of intelligence that is contextual, relational, holistic, wise and nurturing that does not have a win/lose orientation and is beyond linear cause/effect relationships. It is acquired by going into your own stillness. The whole universe exists inside you. Ask of yourself. In the New Testament you find "Ask and you shall receive, seek and ye shall find, knock and it will be opened unto you."
~ Deepak Chopra, 1947- ~

Each one of us has all the wisdom and knowledge we ever need right within us. It is available to us through our intuitive mind, which is our connection with universal intelligence.
~ Shakti Gawain, 1948- ~

By learning to contact, listen to, and act on our intuition, we can directly connect to the higher power of the universe and allow it to become our guiding force.
~ Gawain ~

Think about it: ain't nobody really talking to you … Uh huh, listen. Really listen this time: the only voice is your own.
~ Gloria Naylor, 1950- ~
Mama Day, 1988

I feel there are two people inside me – me and my intuition. If I go against her, she'll screw me every time, and if I follow her, we get along quite nicely.
~ Kim Basinger, 1953- ~

The next time you want to know who you are, what you are or if something is the right thing to do, don't ask a neighbour – ask the power within … and pay attention to the respone.
~ Iyanla Vanzant, 1953- ~
Acts of Faith: Daily Meditations for People of Color, 1993

Follow your instincts. That's where true wisdom manifests itself.
~ Oprah Winfrey, 1954- ~

Meditation is not my forte; to this day it requires a discipline I have great difficulty mustering. What I have learned to do instead is to listen despite my active mind, to be sensitive to inner messages through its chatter and to pay attention to how I feel about people and events in my life … I try to act upon it by paying attention to how I feel about whatever I am doing and about who I'm doing it with. Our guts are somehow our only really good "shit detectors," as well as our "gold detectors." The pursuit of objective truth is illusory, but we have the capacity to feel what is good or bad for us.
~ Elisabet Sahtouris ~
"Lessons in Learning How to Live in the Flow: A Personal Account"

INSPIRATION

Related States & Conditions: Art, Creativity/Discovery/Innovation, Dreams/Dreaming, Enlightenment/Realization/Transcendence, Imagination, Ingenuity, Music, Sensibility/Sensuality, Unconscious/Subconscious, Understanding, Vision/Visualization

Syntonic: Attention/Awareness, Centering, Detachment, Flexibility/Flow/Flux, Focus/Intention, Meditation, Openness/Receptivity, Patience, Possibility/Potential, Practice, Preparation/Readiness, Silence/Stillness, Sincerity/Authenticity, Trust

Dystonic: Anger, Attachment, Avoidance/Denial/Refusal, Conformity, Criticism/Judgment, Defeat, Delusion, Distraction/Diversion, Fault, Fear, Habit, Haste/Impatience, Hate, Guilt, Limitation, Regret, Worry

A god has his abode within our breast; when he rouses us, the glow of inspiration warms us; this holy rapture springs from the seeds of the divine mind sown in man.
~ Ovid, c. 43 BCE–17 CE ~

The mind is not a vessel to be filled but a fire to be ignited.
~ Plutarch, c. 46-c. 120 ~

There is something in our minds like sunshine and the weather, which is not under our control. When I write, the best things come to me from I know not where.
~ Georg Lichtenberg, 1742-1799 ~

When I am … completely myself, entirely alone, traveling in a carriage, or walking after a good meal, or during the night when I cannot sleep; it is on such occasions that ideas flow best and most abundantly. Whence and how these come I know not nor can I force them.
~ Wolfgang Amadeus Mozart, 1756-1791 ~

It usually happens that the more faithfully a person follows the inspirations he receives, the more does he experience new inspirations which ask increasingly more of him.
~ Joseph de Guibert, 1802-1886 ~

Our moments of inspiration are not lost though we have no particular poem to show for them; for those experiences have left an indelible impression, and we are ever and anon reminded of them.
~ Henry David Thoreau, 1817-1862 ~

Most of us who turn to any subject we love remember some morning or evening hour when we got on a high stool to reach down an untried volume, or sat with parted lips listening to a new talker, or for very lack of books began to listen to the voices within, as the first traceable beginning of our love.
~ George Eliot, 1819-1880 ~

Enthusiasm is the inspiration of everything great. Without it no man is to be feared, and with it none despised.
~ Christian Bovee, 1820-1904 ~

Inspiration comes of working every day.
~ Charles Baudelaire, 1821-1867 ~

Almost everyone has inspiration and purpose, but the difference in the light shed from these two flames brought down from heaven, is in different persons like that between a firefly and a star. One sparkles for a moment in the darkness, but guides nowhere, because its chief characteristic is its intermittence; the other lends the illumination of its mild, unchanging light to every eye that is lifted to behold it.
~ Frances Willard, 1839-1898 ~
Address to Woman's National Council, 1891 February 22

Keep your fears to yourself, but share your inspiration with others.
~ Robert Louis Stevenson, 1850-1894 ~

Inspiration is much higher than reason, but it must not contradict it. Reason is the rough tool to do the hard work; inspiration is the bright light which shows us all truth.
~ Vivekananda, 1863-1902 ~
The Complete Works of Swami Vivekananda, 1984-1987, 7:91, 1926

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To the artist is sometimes granted a sudden, transient insight which serves in this matter for experience. A flash, and where previously the brain held a dead fact, the soul grasps a living truth! At moments we are all artists.
~ Arnold Bennett, 1867-1931 ~

Nature is my manifestation of God. I go to nature every day for inspiration in the day's work. I follow in building the principles which nature has used in its domain.
~ Frank Lloyd Wright, 1869-1959 ~

One only does well what one loves doing. Neither science nor conscience makes a great cook. What use is application where inspiration is what's needed?
~ Colette, 1873-1954 ~

We shall draw from the heart of suffering itself the means of inspiration and survival.
~ Winston Churchill, 1874-1965 ~

The artist is a receptacle for emotions that come from all over the place: from the sky, from the earth, from a scrap of paper, from a passing shape, from a spider's web.
~ Pablo Picasso, 1881-1973 ~

Just as appetite comes by eating, so work brings inspiration, if inspiration is not discernible at the beginning … All you have to do is close your eyes and wait for the symbols.
~ Igor Stravinsky, 1882-1971 ~

Here is the secret of inspiration: Tell yourself that thousands and tens of thousands of people, not very intelligent and certainly no more intelligent than the rest of us, have mastered problems as difficult as those that now baffle you.
~ William Feather, 1889-1981 ~

All the really good ideas I ever had came to me while I was milking a cow.
~ Grant Wood, 1891-1942 ~

Inspiration does not come like a bolt, nor is it kinetic, energetic striving, but it comes into us slowly and quietly and all the time, though we must regularly and every day give it a little chance to start flowing, prime it with a little solitude and idleness.
~ Brenda Ueland, 1892-1985 ~

Inspiration generates inspiration. It gives of itself to whatever it touches.
~ Paramahansa Yogananda, 1893-1952 ~

All thoughts come in flashes. They should stand by themselves. When they are expanded, they lose some of the force of the original thoughts.
~ Lin Yutang, 1895-1976 ~
The Importance of Living, 1937

What to do when inspiration doesn't come: Be careful not to spook, get the wind up, force things into position. You must wait around until the idea comes.
~ John Huston, 1906-1987 ~

The creative person, in the inspirational phase of the creative furor, loses his past and his future and lives only in the moment. He is all there, totally immersed, fascinated and absorbed in the present, in the current situation, in the here-now, with the matter-in-hand.
~ Abraham Maslow, 1908-1970 ~
The Farther Reaches of Human Nature, 1971

We must be steady enough in ourselves, to be open and to let the winds of life blow through us, to be our breath, our inspiration.
~ M. C. Richards, 1916-1999 ~

Just don't give up trying to do what you really want to do. Where there's love and inspiration, I don't think you can go wrong.
~ Ella Fitzgerald, 1917-1996 ~

Inspiration usually comes during work, rather than before it.
~ Madeleine L'Engle, 1918- ~

The most potent muse of all is our own inner child.
~ Stephen Nachmanovitch, 1950- ~

Inspiration could be called inhaling the memory of an act never experienced.
~ Ned Rorem, 1923- ~

There is no substitute for the creative inspiration, knowledge, and stability that come from knowing how to contact your core of inner silence.
~ Deepak Chopra, 1947- ~

Inspirations never go in for long engagements; they demand immediate marriage to action.
~ Brendan Francis ~

INTEGRITY

Related States & Conditions: Actualization/Fulfillment, Autonomy/Control, Being/Essence/Soul, Centering, Conscience, Expression, Identity, Individuality, Presence, Sincerity/Authenticity, Truth

Syntonic: Acceptance, Affirmation/Approval, Attention/Awareness, Detachment, Disclosure/Veracity, Conviction/Principle, Courage, Introspection/Self-Knowledge, Practice, Questioning/Doubt, Release, Trust

Dystonic: Anger, Attachment, Avoidance/Denial/Refusal, Conformity, Delusion, Dependence, Distraction/Diversion, Fault, Fear, Habit, Hate, Guilt, Limitation, Regret, Revenge, War/Aggression/Violence, Worry

The snow goose need not bathe to make itself white. Neither need you do anything but be yourself.
~ Laozi, 570-490 BCE ~

Learn what you are and be such.
~ Pindar, 518-438 BCE ~

Rather fail with honor than succeed by fraud.
~ Sophocles, c. 496-406 BCE ~

Sincerity is not only the fulfillment of our own being; it is also the quality through which all beings are fulfilled. When we fulfill our own being, we become truly human; when we fulfill all beings, we arrive at true understanding. These qualities – humanity and understanding – are inherent in our nature, and by means of them we unite the inner and the outer. Thus, when we act with sincerity, everything we do is right.
~ Zi Si, 492-431 BCE ~
"The Central Harmony," in *The Wisdom of Confucius*, Lin Yutang, tr., 1938

Even the wise man acts
in accordance with his inner nature.
All beings follow their nature.
What good can repression do?
It is better you do your own duty
badly, than to perfectly do
another's; you are safe from harm
when you do what you should be doing.
~ *Bhagavad Gita*, c. 400 BCE ~
Chapter 3, Stephen Mitchell, tr., 2000

You should not live one way in private, another in public.
~ Publilius Syrus, c. 42 BCE ~

No man can purchase his virtue too dear, for it is the only thing whose value must ever increase with the price it has cost us. Our integrity is never worth so much as when we have parted with our all to keep it.
~ Ovid, c. 43 BCE–17 CE ~

When your thoughts, words, and deeds form a seamless fabric, you streamline your efforts and thus eliminate worry and dread. In this way, it is easier to seek goodness than to conduct yourself in a haphazard fashion or according to the feelings of the moment.
~ Epictetus, 50-120 ~

Never esteem anything as of advantage to thee that shall make thee break thy word or lose thy self-respect.
~ Marcus Aurelius, 121-180 ~

It nothing profits to show virtue in words and destroy truth in deeds.
~ Cyprian, 200-258 ~
On Morality

Do not let your peace depend on the hearts of men; whatever they say about you, good or bad, you are not because of it another man, for as you are, you are.
~ Thomas à Kempis, c. 1380-1471 ~

It is the chiefest point of happiness that a man is willing to be what he is.
~ Desiderius Erasmus, 1466-1536 ~

To go against one's conscience is neither safe nor right. Here I stand. I cannot do otherwise.
~ Martin Luther, 1483-1546 ~

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It's not what we eat but what we digest that makes us strong; not what we gain but what we save that makes us rich; not what we read but what we remember that makes us learned; and not what we profess but what we practice that gives us integrity.
~ Francis Bacon, 1561-1626 ~

Be so true to thyself as thou be not false to others.
~ Bacon ~

It is better to practice honesty and be shunned than to swerve from principles to please others. It is better to incur unwarranted blame than to receive undeserved praise.
~ Hong Zicheng, fl. 1596 ~
Caigentan: Vegetable Roots Discourse, I.112, Robert Aitken & Daniel W. Y. Kwok, trs., 2006

This above all: to thine own self be true,
And it must follow, as the night the day,
Thou canst not then be false to any man.
~ William Shakespeare, 1564-1616 ~
Hamlet, I.iii, 1601

The greatest thing in the world is to know how to be oneself.
~ Michel de Montaigne, 1533-1592 ~

Do not wish to be anything but what you are, and try to be that perfectly.
~ Francis de Sales, 1567-1622 ~

If everyone were clothed with integrity, if every heart were just, frank, kindly, the other virtues would be well-nigh useless, since their chief purpose is to make us bear with patience the injustice of our fellows.
~ Jean-Baptiste Moliére, 1622-1673 ~

Integrity without knowledge is weak and useless, and knowledge without integrity is dangerous and dreadful.
~ Samuel Johnson, 1709-1784 ~
The History of Rasselas, Prince of Abissinia, 1759

It is necessary to the happiness of a man that he be mentally faithful to himself.
~ Thomas Paine, 1737-1809 ~

My life is for myself and not for spectacle. I much prefer that it be of a lower strain, so it be genuine and equal, than that it should be glittering and unsteady … Few and mean as my gifts may be, I actually am, and do not need for my own assurance or the assurance of my fellows any secondary testimony. What I must do is all that concerns me, not what the people think … To be yourself in a world that is constantly trying to make you something else is the greatest accomplishment.
~ Ralph Waldo Emerson, 1803-1882 ~

What a man does, that he has. What has he to do with hope or fear? In himself is his might. Let him regard no good as solid but that which is in his nature, and which must grow out of him as long as he exists. The goods of fortune may come and go like summer leaves; let him scatter them on every wind as the momentary signs of his infinite productiveness.
~ Emerson ~
Spiritual Laws

Nothing is at last sacred but the integrity of your own mind.
~ Emerson ~

Go put your creed into the deed,
Nor speak with double tongue.
~ Emerson ~

Best be yourself, imperial, plain and true!
~ Elizabeth Barrett Browning, 1806-1861 ~

Live your beliefs and you can turn the world around.
~ Henry David Thoreau, 1817-1862 ~

I prefer to be true to myself, even at the hazard of incurring the ridicule of others, rather than to be false, and incur my own abhorrence.
~ Frederick Douglass, 1817-1895 ~

Follow your own bent, no matter what people say.
~ Karl Marx, 1818-1883 ~

To go wrong in one's own way is better than to go right in someone else's … Truth won't escape you.
~ Fyodor Dostoevsky, 1821-1881 ~
Crime and Punishment, 1866

Resolve to be thyself; and know that he who finds himself loses his misery.
~ Matthew Arnold, 1822-1888 ~
"Self-Dependence," 1852

What's a man's first duty? The answer's brief:
To be himself.
~ Henrik Ibsen, 1828-1906 ~
Peer Gynt, 1867

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The changes in our life must come from the impossibility to live otherwise than according to the demands of our conscience … not from our mental resolution to try a new form of life.
~ Leo Tolstoy, 1828-1910 ~

No amount of ability is of the slightest avail without honor.
~ Andrew Carnegie, 1835-1919 ~

To know what you prefer, instead of humbly saying Amen to what the world tells you you ought to prefer, is to have kept your soul alive.
~ Robert Louis Stevenson, 1850-1894 ~

Just be honest. You may only become rich in reputation, but they will record you as a success.
~ Isaac Murphy, 1856-1896 ~

You can't, in sound morals, condemn a man for taking care of his own integrity. It is his clear duty.
~ Joseph Conrad, 1857-1924 ~

Be true to the highest within your own soul and then allow yourself to be governed by no customs or conventionalities or arbitrary man-made rules that are not founded upon *principle* … To be one's self is the only worthy, and by all means the only satisfactory, thing to be … When … our life is governed by a principle, we are not governed either by fear of public opinion or loss of others' approbation.
~ Ralph Waldo Trine, 1866-1958 ~
In Tune With the Infinite, 1897

True morality consists, not in following the beaten track, but in finding out the true path for ourselves and in fearlessly following it.
~ Mahatma Gandhi, 1869-1948 ~

It is better to be hated for what you are than to be loved for what you are not.
~ André Gide, 1869-1951 ~

Let me listen to me and not to them.
~ Gertrude Stein, 1874-1946 ~

I have to live with myself, and so
I want to be fit for myself to know;
I want to be able as days go by,
Always to look myself straight in the eye.
I don't want to stand with the setting sun
And hate myself for the things I've done.
~ Edgar A. Guest, 1881-1959 ~
"Myself"

Somewhere along the line of development we discover what we really are, and then we make our real decision for which we are responsible. Make that decision primarily for yourself because you can never live anyone else's life, not even your child's. The influence you exert is through your own life and what you become yourself.
~ Eleanor Roosevelt, 1884-1962 ~
Letter, 1941

Do what you feel in your heart is right – for you'll be criticized anyway. You'll be damned if you do, and damned if you don't.
~ Roosevelt ~

One should stick by one's soul, and by nothing else. In one's soul, one knows the truth from the untruth, and life from death. And if one betrays one's own soul-knowledge one is the worst of traitors.
~ D. H. Lawrence, 1885-1930 ~
Selected Letters of D. H. Lawrence, Diana Trilling, ed., 1958

Almost always it is the fear of being ourselves that brings us to the mirror.
~ Antonio Porchia, 1886-1968 ~
Voices, W. S. Merwin, tr., 1988

If a man is not faithful to his own individuality, he cannot be loyal to anything.
~ Claude McKay, 1889-1948 ~
A Long Way From Home, 1937

He has honor if he holds himself to an ideal of conduct though it is inconvenient, unprofitable, or dangerous to do so.
~ Walter Lippmann, 1889-1974 ~

It takes courage to grow up and become who you really are … We do not believe in ourselves until someone reveals that deep inside us something is valuable, worth listening to, worthy of our touch, sacred to our touch. Once we believe in ourselves we can risk curiosity, wonder, spontaneous delight, or any experience that reveals the human spirit.
~ e. e. cummings, 1894-1962 ~

If humanity does not opt for integrity we are through completely. It is absolutely touch and go. Each one of us could make the difference.
~ Buckminster Fuller, 1895-1983 ~

I believe no one can be natural and happy unless he is intellectually sincere with himself, and to be

natural is to be in heaven … The courage to be one's own natural self is quite a rare thing.
~ Lin Yutang, 1895-1976 ~
The Importance of Living, 1937

The duty to be alive is the same as the duty to become oneself, to develop into the individual one potentially is.
~ Erich Fromm, 1900-1980 ~

Have the courage to say no. Have the courage to face the truth. Do the right thing because it is right. These are the magic keys to living your life with integrity.
~ W. Clement Stone, 1902-2002 ~

When one is pretending, the entire body revolts.
~ Anaïs Nin, 1903-1977 ~

Never, for the sake of peace and quiet, deny your own experience or convictions.
~ Dag Hammarskjöld, 1905-1961 ~

To be persuasive, we must be believable.
To be believable, we must be credible.
To be credible, we must be truthful.
~ Edward R. Murrow, 1908-1965 ~

In my clinical experience, the greatest block to a person's development is his having to take on a way of life which is not rooted in his own powers … It is the persons who are weak in the sense of their own personal identity who are overcome by the power of tradition, who cannot stand in its presence, and who therefore capitulate to it, cut themselves off from it, or rebel against it … One of the distinguishing marks of strength as a self is the capacity to immerse one's self in tradition and at the same time be one's own unique self.
~ Rollo May, 1909-1994 ~
Man's Search for Himself, 1953

It's more important to do the right thing than to do things right.
~ Peter Drucker, 1909-2005 ~

The quest for freedom in our time is leading to the realization that nobody can make us what we are not, or take away who we are, in the essence of our being.
~ Vilayat Khan, 1916-2004 ~
Awakening: A Sufi Experience, 1999

Just as surely as distress must follow self-deceit, healing must follow self-honesty.
~ Vernon Howard, 1918-1992 ~
The Power of Your Supermind, 1967

Success rests with having the courage and endurance and above all the will to become the person you are, however peculiar that may be. Then you will be able to say, "I have found my hero and he is me."
~ George Sheehan, 1918-1993 ~

We have to dare to be ourselves, however frightening or strange that self may prove to be.
~ May Sarton, 1912-1995 ~

If a man can reach the latter days of his life with his soul intact, he has mastered life.
~ Gordon Parks, 1912- ~

The hardest thing in the world is to be something you're not. By straying from yourself you must get closer and closer and closer to what you are. You'll find it's an easy way to be. The easiest thing to be in the world is you. The most difficult thing to be is what other people want you to be.
~ Leo Buscaglia, 1924-1998 ~
Love, 1972

I have found that being honest is the best technique I can use. Right up front, tell people what you're trying to accomplish and what you're willing to sacrifice to accomplish it.
~ Lee Iacocca, 1924- ~

Prove to yourself that you can do it. Prove that you were always who you thought you were, not who they said you had to be.
~ Rachel Snyder, 1924- ~

When you affirm your own rightness in the universe, then you co-operate with others easily and automatically as part of your own nature. You, being yourself, help others be themselves. Because you recognize your own uniqueness you will not need to dominate others, nor cringe before them.
~ Jane Roberts, 1929-1984 ~
The Nature of Personal Reality, 1974

One of the truest tests of integrity is its blunt refusal to be compromised.
~ Chinua Achebe, 1930- ~

Self-esteem is the reputation we acquire with ourselves.
~ Nathaniel Branden, 1930- ~

One has just to be oneself. That's my basic message. The moment you accept yourself as you are, all burdens, all mountainous burdens simply disappear.
~ "Osho" Rajneesh, 1931-1990 ~
The Sound of One Hand Clapping, 1981

Integrity includes but goes beyond honesty. Honesty is telling the truth – in other words, *conforming our words to reality*. Integrity is *conforming reality to our words* – in other words, keeping promises and fulfilling expectations. This requires an integrated character, a oneness, primarily with self but also with life.
~ Stephen Covey, 1932- ~
The 7 Habits of Highly Effective People, 1989

The degree to which we have developed our independent will in our everyday lives is measured by our personal integrity. Integrity is, fundamentally, the value we place on ourselves. It's our ability to make and keep commitments to ourselves, to "walk our talk."
~ Ibid.

All courage is a form of constancy. It is always himself that a coward abandons first. After this all other betrayals come.
~ Cormac MacCarthy, 1933- ~

When we live outside ourselves, and by that I mean on external directives only rather than from our internal knowledge and needs, when we move away from those erotic guides within ourselves, then our lives are limited by external and alien forms, and we conform to the needs of a structure that is not based on human need, let alone an individual's. When we begin to live from within *outward*, in touch with the power of the erotic within ourselves, and allowing the power to inform and illuminate our actions upon the world around us, then we begin to be responsible to ourselves in the deepest sense. For as we begin to realize our deepest feelings, we begin to give up, of necessity, being satisfied with suffering and self-negation, and with the numbness which so often seems like their only alternative in our society. Our acts against oppression become integral with self, motivated and empowered from within.
~ Audre Lorde, 1934-1992 ~

You know who you are inside, but people outside see something different. You can choose to become the image, and let go of who you are, or continue as you are and feel phony when you play the image.
~ Richard Bach, 1936- ~
Bridge Across Forever, 1984

We may discover that we are most ourselves when we are furthest from the self we think we ought to be.
~ Thomas Moore, 1940- ~
Original Self, 2000

I'm the one that has to die when it's time for me to die, so let me live my life, the way I want to.
~ Jimi Hendrix, 1942-1970 ~
"If 6 Was 9," The Jimi Hendrix Experience, *Axis: Bold As Love*, 1967

Don't compromise yourself. You're all you've got.
~ Janis Joplin, 1943-1970 ~

About all you can do in life is be who you are. Some people will love you for you. Most will love you for what you can do for them, and some won't like you at all.
~ Rita Mae Brown, 1944- ~

Figure out who you are and then do it on purpose.
~ Dolly Parton, 1946- ~

When I'm trusting and being myself as fully as possible, everything in my life reflects this by falling into place easily, often miraculously.
~ Shakti Gawain, 1948- ~

Don't let what other people think decide who you are.
~ Dennis Rodman, 1961- ~

I'm coming out 100% real. I ain't compromising anything.
~ Tupac Shakur, 1971-1996 ~

Live by what you believe so fully that your life blossoms, or else purge the fear-and-guilt producing beliefs from your life. When people believe one thing and do something else, they are inviting misery. If you give yourself the name, play the game. When you believe something you don't follow with your heart, intellect, and body, it hurts. Don't do that to yourself. Live your belief, or let that belief go. If you are not actively living a belief, it's not really your belief, anyway.
~ John-Roger, 1934- ~
Life 101, 1990

INTROSPECTION / SELF-KNOWLEDGE

Related States & Conditions: Actualization/Fulfillment, Autonomy/Control, Being/Essence/Soul, Belief/Religion, Centering, Conscience, Exploration, Identity, Individuality, Integrity, Journey/Path, Power, Presence, Self, Shadow, Sincerity/Authenticity, Truth

Syntonic: Acceptance, Affirmation/Approval, Appreciation, Attention/Awareness, Conviction/Principle, Courage, Insight/Instinct/Intuition, Openness/Receptivity, Questioning/Doubt, Release, Responsibility, Solitude, Trust, Understanding

Dystonic: Anger, Attachment, Avoidance/Denial/Refusal, Conformity, Complacency, Delusion, Dependence, Distraction/Diversion, Fault, Fear, Habit, Hate, Guilt, Limitation, Regret, Revenge, Worry

Make yourself the object of intense study and you will discover God.
~ Khemetic Saying ~
Temt Tchaas: Egyptian Proverbs, Muata Ashaya Ashby, ed., 1994

Self-examination will give one the objectivity needed to determine whether the proper course of action is to advance or to recede. One who is stirred to ambition from a balanced view, rather than an egotistical one, will be rewarded ... When one is finally liberated, contemplation of the self will give way to contemplation of the laws of life.
~ *Yi Jing*, c. 1150 BCE ~
"Kuan: Observation," in *The Photographic I Ching*, Dhiresha McCarver, tr., 1997

One's own Self is one's chief Guru. By knowledge of Self alone through perception, inference and mystic communion one obtains the great bliss.
~ Mahatma Dattatreya, c. 1100 BCE ~
in Vyasa, *Srimad Bhagavata*, XI

From ignorance of oneself, the world appears, and by knowledge of oneself it appears no longer. From ignorance of the rope a snake appears, and by knowledge of it, it appears no longer.
~ *Ashtavakra Gita* ~
2.7, John Richards, tr., 1994

He who knows others is clever; he who knows himself is enlightened.
~ Laozi, 570-490 BCE ~

When you see a worthy person, endeavor to emulate him. When you see an unworthy person, then examine your inner self.
~ Kongfuzi, c. 551-c. 479 BCE ~
Analects

There is nothing more visible than what is secret, and nothing more manifest than what is minute. Therefore the superior man is watchful over himself, when he is alone.
~ Kongfuzi ~
The Doctrine of the Mean

Learn what you are, and be such.
~ Pindar, 518-438 BCE ~

The mature person looks into his own heart and respects what is unseen and unheard. Nothing is more manifest than the hidden; nothing is more obvious than the unseen. Thus the mature person pays attention to what is happening in his inmost self.
~ Zi Si, 492-431 BCE ~
"The Central Harmony," in *The Wisdom of Confucius*, Lin Yutang, tr., 1938

To find yourself, think for yourself.
~ Socrates, 469-399 BCE ~

The unexamined life is not worth living.
~ Socrates ~
in Plato, *Apology*, c. 360 BCE

To fathom the mind is to understand your nature. And when you understand your nature, you understand Heaven.
~ Mengzi, 372-289 BCE ~
in *Mencius*, David Hinton, tr., 1998

A man who knows he is a fool is not a great fool.
~ Zhuangzi, c. 369-c. 286 BCE ~

Self-examination comes hard;
from not knowing how to, or lack
of discernment in carrying it out.
But whoever has this knowledge,

never sinks under Misery's blows.
~ Vishnu Sharma, c. 200 BCE ~
Panchatantra, I.319, Chandra Rajan, tr., 1993

The precept, "Know thyself," was not solely intended to obviate the pride of mankind; but likewise that we might understand our own worth.
~ Cicero, 106-43 BCE ~

If you do not ask yourself what it is you know, you will go on listening to others and change will not come because you will not hear your own truth.
~ Bartholomew, 1st C. CE ~

Look within yourself. Within is a fountain of good, and it is always ready to bubble up.
~ Marcus Aurelius, 121-180 ~

To the possession of the self the way is inward.
~ Plotinus, 205-270 ~

In other living creatures ignorance of self is nature; in man it is a vice.
~ Boethius, 475-524 ~

Stop looking for something out there
and begin seeing within.
Open your arms if you want an embrace.
Break the earthen idols and release the radiance.
~ Jalaluddin Rumi, 1207-1273 ~
"Empty the Glass of Your Desire"
The Pocket Rumi Reader, Kabir Helminski, ed., 2001

All the holy ones have turned within and sought the self, and by this went beyond all doubt. To turn within means all the 24 hours and in every situation, to pierce one by one through the layers covering the self, deeper and deeper, to a place that cannot be described. It is when thinking comes to an end and making distinctions ceases, when wrong views and ideas disappear of themselves without having to be driven forth, when without being sought the true action and the true impulse appear of themselves. It is when one can know the truth of the heart.
~ Daikaku, 1213-1279 ~
in *Zen and the Ways*, Trevor Leggett, ed., 1978

A man has many skins in himself, covering the depths of his heart. Man knows so many things; he does not know himself. Why, thirty or forty skins or hides, just like an ox's or a bear's, so thick and hard, cover the soul. Go into your own ground and learn to know yourself there.
~ Meister Eckhart, 1260-1327 ~

Fruitless is the wisdom of him who has no knowledge of himself.
~ Desiderius Erasmus, 1466-1536 ~

Strive to close the eyes of the body and open those of the soul and look into your own heart.
~ Teresa of Avila, 1515-1582 ~

Be aware of yourself and know yourself... If you don't know yourself, you cannot know anything else.
~ Suzuki Shosan, 1579-1655 ~

Know then thyself, presume not God to scan;
The proper study of mankind is man.
~ Alexander Pope, 1688-1744 ~
An Essay on Man, 1733

There are three things extremely hard: steel, a diamond, and to know one's self.
~ Benjamin Franklin, 1706-1790 ~

Never lose sight of this important truth, that no one can be truly great until he has gained a knowledge of himself, a knowledge which can only be acquired by occasional retirement.
~ Johann Georg von Zimmerman, 1728-1795 ~

Direct your eye inward, and you'll find
A thousand regions in your mind
Yet undiscovered. Travel them and be
Expert in home-cosmography.
~ Henry David Thoreau, 1817-1862 ~

There is a great deal of unmapped country within.
~ George Eliot, 1819-1880 ~

A true knowledge of ourselves is knowledge of our power.
~ Mark Rutherford, 1831-1913 ~
Last Pages from a Journal, 1915

One's own self is hidden from one's self; of all mines of treasure, one's own is the last to be dug up.
~ Friedrich Nietzsche, 1844-1900 ~

You cannot know your own self; you cannot move it out and make it an object to look at, because you *are* that and cannot separate yourself from it. Neither is it really unknowable, for what is better known than yourself? It is the center of our knowledge.
~ Vivekananda, 1863-1902 ~
The Complete Works of Swami Vivekananda, 1984-1987, 2:134

Only as you do know yourself can your brain serve you as a sharp and efficient tool. Know your own failings, passions, and prejudices so you can separate them from what you see. Know also when you actually have thought through to the nature of the thing with which you are dealing and when you are not thinking at all.
~ Bernard Baruch, 1870-1965 ~

The tremendous examination of existence will not be based on whether we have been to college, but on whether we seriously, yet in good humor, confronted in our lives the highest things.
~ G. K. Chesterton, 1874-1936 ~

No man remains quite what he was when he recognizes himself.
~ Thomas Mann, 1875-1955 ~
Foreword, *Joseph and His Brothers*, H. T. Lowe-Porter, tr., 1934

Your vision will become clear only when you look into your heart. Who looks outside dreams; who looks inside wakes.
~ Carl Jung, 1875-1961 ~

Your hearts know in silence the secrets of the days and the nights.
But your ears thirst for the sound of your heart's knowledge.
You would know in words that which you have always known in thought.
You would touch with your fingers the naked body of your dreams.
And it is well you should.
The hidden well-spring of your soul must needs rise and run murmuring to the sea;
And the treasure of your infinite depths would be revealed to your eyes.
But let there be no scales to weigh your unknown treasure;
And seek not the depths of your knowledge with staff or sounding line.
For self is a sea boundless and measureless.
~ Khalil Gibran, 1883-1931 ~
The Prophet, 1923

If a person is to get the meaning of life he must learn to like the facts about himself – ugly as they may seem to his sentimental vanity – before he can learn the truth behind the facts. And the truth is never ugly.
~ Eugene O'Neill, 1888-1953 ~

It's when you're down that you learn about your faults.
~ Claude McKay, 1889-1948 ~

All men should strive to learn before they die what they are running from and to and why.
~ James Thurber, 1894-1961 ~

You are the content of your consciousness; in knowing yourself you will know the universe. This knowing is beyond the word for the word is not the thing. The freedom from the known, every minute, is the essence of intelligence. It's this intelligence that is in operation in the universe if you leave it alone. You are destroying this sacredness of order through the ignorance of yourself. This ignorance is not banished by the studies others have made about you or themselves. You yourself have to study the content of your own consciousness.
~ Jiddu Krishnamurti, 1895-1986 ~
Krishnamurti's Journal, 1982

When face to face with one's self … there is no cop-out.
~ Duke Ellington, 1899-1974 ~
Music Is My Mistress, 1973

The road to self-knowledge does not pass through faith. But only through the self-knowledge we gain by pursuing the fleeting light in the depth of our being do we reach the point where we can grasp what faith is. How many have been driven into outer darkness by empty talk about faith as something rationally comprehended, something "true."
~ Dag Hammarskjöld, 1905-1961 ~
Markings, 1964

It is the individual who knows how little he knows about himself who stands a reasonable chance of finding out something about himself.
~ S. I. Hayakawa, 1906-1992 ~

To know oneself, one should assert oneself.
~ Albert Camus, 1913-1960 ~

When I discover who I am, I'll be free.
~ Ralph Ellison, 1914-1994 ~
Invisible Man, 1952

The problem of sanctity and salvation is in fact a problem of finding out who I am and of discovering my true self.
~ Thomas Merton, 1915-1968 ~
New Seeds of Contemplation, 1961

The next great step for mankind is to step into the nature of his own mind.
~ Stanley Kauffman, 1916- ~
A World on Film: Criticism and Comment, 1966

Ninety percent of the world's woe comes from people not knowing themselves, their abilities, their frailties, and even their real virtues. Most of us go almost all the way through life as complete strangers to ourselves.
~ Sydney J. Harris, 1917-1986 ~

You never find yourself until you face the truth.
~ Pearl Bailey, 1918-1990 ~
The Raw Pearl, 1968

Disillusionment with yourself must precede enlightenment.
~ Vernon Howard, 1918-1992 ~
The Mystic Path to Cosmic Power

The questions which one asks oneself begin, at last, to illuminate the world, and become one's key to the experience of others.
~ James Baldwin, 1924-1987 ~
Nobody Knows My Name, 1961

Fortunately, we are beginning to realize that the sources of danger to the world lie more within us than outside, and that the process of constant self-examination and contemplation is essential for ultimate survival ... Examination of the world without is never as personally painful as examination of the world within.
~ M. Scott Peck, 1936-2005 ~
The Road Less Travelled, 1978

The delights of self-discovery are always available.
~ Gail Sheehy, 1937- ~

Advice is what we ask for when we already know the answer but wish we didn't.
~ Erica Jong, 1942- ~

The deepest secret is that life is not a process of discovery, but a process of creation. You are not discovering yourself, but creating yourself anew. Seek, therefore, not to find out Who You Are; seek to determine Who You Want to Be.
~ Neale Donald Walsch, 1943- ~
Conversations With God, Book 1, 1995

Open your eyes, and look within ... Are you satisfied with the life you're living?
~ Bob Marley, 1946-1981 ~

Life is a journey in self-discovery. If we're not growing, we're not living fully. Growth requires self-examination. It requires that we slow the pace, step back from our lives and assess where we are and where we want to go, that we create and live the plan that will take us there.
~ Susan L. Taylor, 1946- ~
in *Essence*, 1992 October

Be at least as interested in what goes on inside you as what happens outside. If you get the inside right, the outside will fall into place. Primary reality is within, secondary reality without.
~ Eckhard Tolle, 1948- ~
The Power of Now: A Guide to Spiritual Enlightenment, 1999

The answers to life's questions lie inside you. All you need to do is look, listen and trust.
~ Cherie Carter-Scott, 1949- ~

To not know yourself is a tragic loss. Failing to get to know yourself means that you cannot understand your own wants and needs. It means that you cannot understand what is most important and valued by you. Yet you are the person with whom you spend the most time; you are the person in whom you have the most invested. So you must not underestimate the gravity and importance of getting to know *you*.
~ Phillip McGraw, 1950- ~
Life Strategies: Doing What Works, Doing What Matters, 1999

Most people are afraid of what lurks deep inside of themselves. They spend a lifetime running away from it or smothering it with food, sex, drugs, or alcohol. One of life's biggest challenges is to look in the mirror, because there's really nothing to be afraid of.
~ RuPaul, 1960- ~
Lettin It All Hang Out, 1995

People spend a lifetime searching for happiness; looking for peace. They chase idle dreams, addictions, religions, even other people, hoping to fill the emptiness that plagues them. The irony is the only place they ever needed to search was within.
~ Ramona L. Anderson ~

To ensure time to think, reflect, and ponder, schedule meetings with yourself and honor them as you would an appointment with another.
~ Michael Levine ~

JEALOUSY / ENVY

Related States & Conditions: Comparison/Competition, Criticism/Judgment, Fault, Fear, Greed, Hate, Passion, Insecurity/Risk, Suffering

Syntonic: Acceptance, Appreciation, Centering, Compassion/Empathy/Kindness, Composure/Peace/Tranquility, Conscience, Detachment, Love-Agape, Oneness/Unity/Wholeness, Openness/Receptivity, Release, Responsibility, Restraint, Tolerance

Dystonic: Anger, Attachment, Avoidance/Denial/Refusal, Defeat, Delusion, Dependence, Differentiation/Division/Separation, Guilt, Limitation, Regret, Revenge, War/Aggression/Violence, Worry

Attribute not the good actions of another to bad causes: thou canst not know his heart; but the world will know by this that thine is full of envy.
~ Akhenaton, c. 1385-c. 1355 BCE ~

The heart of the envious is gall and bitterness; his tongue spitteth venom; the success of his neighbor breaketh his rest. He sitteth in his cell repining; and the good that happeneth to another, is to him an evil. Hatred and malice feed upon his heart, and there is no rest in him.
~ Akhenaton ~

Be aware of any feelings of envy that arise, and counter them by developing your own self-worth.
~ *Yi Jing*, c. 1150 BCE ~
"I: Nourishment," in *The Photographic I Ching*, Dhiresha McCarver, tr., 1997

Jealousy aims at the peaks; the winds storm the loftiest summits.
~ Ovid, c. 43 BCE–17 CE ~
"Remedy for Love," I.369

Envy always implies conscious inferiority wherever it resides.
~ Pliny the Elder, 23-79 ~

What a plague of one's thoughts, how great a rust of the heart, to be jealous of another.
~ Cyprian, 200-258 ~
On Jealousy and Envy, 250

As a moth gnaws a garment, so doth envy consume a man.
~ John Chrysostom, 345-407 ~

Envy eats nothing but its own heart.
~ German Saying ~

Keep yourselves far from envy, because it eats up and takes away good actions as fire consumes and burns the wood.
~ Muhammad, c. 570-632 ~

Envy is ever joined with the comparing of a man's self; and where there is no comparison, no envy.
~ Francis Bacon, 1561-1626 ~

There is no greater glory than love, nor any greater punishment than jealousy.
~ Félix Lope de Vega, 1562-1635 ~
Cantorcillo de la Virgen

Jealousy is always born with love, but does not die with it. In jealousy there is more of self-love than of love to another.
~ François de La Rochefoucauld, 1613-1680 ~
Maximes, 1664

The jealous are troublesome to others, but torment to themselves.
~ William Penn, 1644-1718 ~

Jealousy is nothing but the foolish child of pride.
~ Pierre-Augustin de Beaumarchais, 1732-1799 ~
Le Mariage de Figaro, 1778

Envy and pride are the leading lines to all the misery that mankind has suffered from the beginning of the world to this day.
~ John Marrant, 1755-1791 ~

Envy is a littleness of soul, which cannot see beyond a certain point, and if it does not occupy the whole space feels itself excluded.
~ William Hazlitt, 1778-1830 ~
Characteristics, 1823

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Envy is the most stupid of vices, for there is no single advantage to be gained from it.
~ Honoré de Balzac, 1799-1850 ~

There is a time in every man's education when he arrives at the conviction that envy is ignorance; that imitation is suicide; that he must take himself for better for worse as his portion.
~ Ralph Waldo Emerson, 1803-1882 ~

Whoever has freed himself from envy and bitterness may begin to try to see things as they are.
~ John Lancaster Spalding, 1840-1916 ~
Means and Ends of Education, 1895

Jealousy, that dragon that slays love under the pretense of keeping it alive.
~ Havelock Ellis, 1859-1939 ~

The jealous bring down the curse they fear upon their own heads.
~ Dorothy Dix, 1861-1951 ~

Jealousy is the very reverse of understanding, of sympathy, and of generous feeling. Never has jealousy added to character, never does it make the individual big and fine.
~ Emma Goldman, 1869-1940 ~

Jealousy is an inner consciousness of one's own inferiority. It is a mental cancer.
~ B. C. Forbes, 1880-1954 ~

Puritanism is the haunting fear that someone, somewhere, may be happy.
~ H. L. Mencken, 1880-1956 ~

An envious heart makes a treacherous ear.
~ Zora Neale Hurston, 1891-1960 ~

The world is … pretty much like an *a la carte* restaurant where everybody thinks the food the next table has ordered is so much more inviting and delicious than his own.
~ Lin Yutang, 1895-1976 ~
The Importance of Living, 1937

Jealousy is not a barometer by which the depth of love can be read. It merely records the degree of the lover's insecurity.
~ Margaret Mead, 1901-1978 ~

A competent and self-confident person is incapable of jealousy in anything. Jealousy is invariably a symptom of neurotic insecurity.
~ Robert A. Heinlein, 1907-1988 ~

It is not love that is blind, but jealousy.
~ Lawrence Durrell, 1912-1990 ~
Justine, 1957

Envy comes from people's ignorance of, or lack of belief in, their own gifts.
~ Jean Vanier, 1928- ~

A show of envy is an insult to oneself.
~ Yevgeny Yevtushenko, 1933- ~

To cure jealousy is to see it for what it is, a dissatisfaction with self.
~ Joan Didion, 1934- ~

Jealousy is fueled by powerful, blinding masochism, in which the offended person revels in his or her victimization … The masochist searches for evidence that will inflict more pain and takes delight in increasingly abhorrent discoveries. Jealousy demonstrates the joy of suffering and the allure of pain.
~ Thomas Moore, 1940- ~
Original Self, 2000

Jealousy is all the fun you think they had.
~ Erica Jong, 1942- ~

Underneath what is sometimes glibly labeled racism or sexism or caste-ism, there lurks covetousness, envy, and greed. All human states that can, through practice, be worked with and transformed.
~ Alice Walker, 1944- ~
"This Was Not an Area of Large Plantations," in *Dharma, Color, and Culture*, Hilda Gutiérrez Baldoquín, ed., 2004

Jealousy is like a hot pepper. Use it mildly, and you add spice to the relationship. Use too much of it and it can burn.
~ Ayala Pines, 1945- ~

Jealousy is the surest way to get rid of the very person you are afraid of losing. When you say I love you, it means "I want the very best for you whether or not I am included" … When jealousy comes up, stop and recognize that it is actually fear raising its ugly head. Fear of losing someone or something, fear that there is not enough. If you allow yourself to be jealous, you cannot love.
~ Iyanla Vanzant, 1953- ~
Acts of Faith: Daily Meditations for People of Color, 1993

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JOURNEY / PATH

Related States & Conditions: Actualization/Fulfillment, Belief/Religion, Direction, Exploration, Expression, Focus/Intention, Goal/Ideal/Purpose, Growth/Expansion, Individuality, Introspection/Self-Knowledge, Life/Living, Meaning, Perspective, Seeking, Self, Spirituality

Syntonic: Acceptance, Appreciation, Attention/Awareness, Centering, Compassion/Empathy/Kindness, Composure/Peace/Tranquility, Conscience, Detachment, Determination/Persistence/Resolve, Expectation/Hope, Flexibility/Flow/Flux, Love-Agape, Openness/Receptivity, Questioning/Doubt, Release, Responsibility, Tolerance, Vision/Visualization

Dystonic: Anger, Attachment, Avoidance/Denial/Refusal, Comparison/Competition, Criticism/Judgment, Defeat, Delusion, Dependence, Differentiation/Division/Separation, Fault, Fear, Guilt, Habit, Hate, Limitation, Regret, Revenge, War/Aggression/Violence, Worry

On the journey to the truth, one must stay on the path of love and enlightenment; the heart filled with greed and lust will be overcome by its selfishness.
~ Khemetic Saying ~
Temt Tchaas: Egyptian Proverbs, Muata Ashaya Ashby, ed., 1994

Like the sharp edge of a razor, the sages say, is the path. Narrow it is, and difficult to tread.
~ *Upanishads*, c. 1400-c. 800 BCE ~

A journey of a thousand miles starts beneath one's feet.
~ Laozi, 570-490 BCE ~
Dao dejing

What Heaven has conferred is called Nature; an accordance with this nature is called The Path of duty; the regulation of this path is called Instruction. The path may not be left for an instant. If it could be left, it would not be the path.
~ Kongfuzi, c. 551-c. 479 BCE ~
The Doctrine of the Mean

On this journey, no effort is ever rendered void, nor is there risk of negative result. Even a small measure of this righteousness protects a person from great fear of world process, life, death and reincarnation.
~ *Bhagavad Gita*, c. 400 BCE ~

The "I am" is the path, the sense of true direction, and the life force to travel. The ego fully aware of its limitation declares a road, provides a compass, and fuels the journey.
~ Jesus of Nazareth, c. 5-38 CE ~
The Gospel of John, 14:6, Peshitta Version

Wide is the gate, and broad is the way, that leads to destruction, and many there be who go that way, because straight is the gate and narrow is the way, which leads to life, and few there be that find it.
~ Jesus ~
in *The Bible*, Matthew 7:13-14

To journey hopefully is better than to arrive.
~ Chinese Saying ~

All know the way, few actually walk it.
~ Bodhidharma, 440-533 ~

If you don't understand the Way as it meets your eyes, how can you know the Path as you walk?
~ Shitou Xiqian, 700-790 ~
in *The Pocket Zen Reader*, Thomas Cleary, ed., 1999

I have always known that at last I would take this journey, but yesterday I did not know that it would be today.
~ Narihara, 825-880 ~

The place is here; the way leads everywhere.
~ Eihei Dogen, 1200-1253 ~
"Genjokoan" (The Manifestation of Truth)
in *The Enlightened Mind: An Anthology of Sacred Prose*, Stephen Mitchell, ed., 1991

If you are considering the different roads, the variety is immense and the difference infinite; if you consider the goal, however, they are all in harmony and are one.
~ Jalaluddin Rumi, 1207-1273 ~
"The Goal Is One," What Is in It Is in It: Rumi's Table Talk
Teachings of Rumi, Andrew Harvey, tr., 1999

The road leading you to a goal does not separate you from it; it is an essential part of it.
~ Romany Saying ~

Journeys bring power and love
back into you.
If you can't go somewhere,
Move in the passageways of the self.
They are like shafts of light,
Always changing, and you change
When you explore them.
~ Rumi ~
"If a Tree Could Fly Off"
These Branching Moments: Forty Odes by Rumi, John Moyne and Coleman Barks, trs., 1988

Keep walking, though there's no place to get to. Don't try to see through the distances. That's not for human beings. Move within, but don't move the way fear makes you move.
~ Rumi ~
Unseen Rain: Quatrains of Rumi, John Moyne and Coleman Barks, trs., 1986

All people have their own living road to heaven. Until they walk on this road, they are like drunkards who cannot tell which way is which. Then when they set foot on this road and lose their confusion, it is up to them which way they shall go – they are no longer subject to the arbitrary directions of others.
~ Mi-An ~
in *Zen Essence: The Science of Freedom*, Thomas Cleary, tr. & ed., 1989

Does one really have to fret
About enlightenment?
No matter what road I travel,
I'm going home.
~ Shinsho, 1247-1286 ~
in Ram Dass, *Journey of Awakening: A Meditator's Guidebook*, 1978

It is not known how far is the destination, but so much I know: that music from afar is coming to my ears.
~ Shamseddin Hafiz, 1320-1390 ~
in Hazrat Inayat Khan, *The Mysticism of Sound and Music*, 1991

All the way to heaven is heaven.
~ Catherine of Siena, 1347-1380 ~

A contented man is one who enjoys the scenery along the detours.
~ George Herbert, 1593-1633 ~

Long journeys in search of truth are not commanded. Truth, such as is necessary to the regulation of life, is always found where it is honestly sought. Change of place is no natural cause of the increase of piety, for it inevitably produces dissipation of mind.
~ Samuel Johnson, 1709-1784 ~
The History of Rasselas, Prince of Abissinia, 1759

Of all the paths a man could strike into, there is, at any given moment, a best path … a thing which, here and now, it were of all things wisest for him to do … to find this path, and walk in it, is the one thing needful for him.
~ Thomas Carlyle, 1795-1881 ~

I am afoot with my vision … I tramp a perpetual journey.
~ Walt Whitman, 1819-1892 ~
"Song of the Open Road," 1856

Not I – nor anyone else, can travel that road for you. You must travel it yourself.
~ Whitman ~

All plants, animals, and men are already in eternity, travelling across the face of time. Whence we know not. Whither, who is able to say? Let us have one world at a time, and let us make the journey one of joy to our fellow passengers, and just as convenient and happy for them as we can, and trust the rest as we trust life.
~ Luther Burbank, 1849-1926 ~

Every man has two journeys to make through life. There is the outer journey, with its various incidents and the milestones … There is also an inner journey, a spiritual Odyssey, with a secret history of its own.
~ William R. Inge, 1860-1954 ~
More Lay Thoughts of a Dean, 1931

The traveler has to knock at every alien door to come to his own, and he has to wander through all the outer world's to reach the innermost shrine at the end.
~ Rabindranath Tagore, 1861-1941 ~
Gitanjali: A Collection of Indian Songs, 1912

Wayfarer, the only way
is your footsteps, there is no other.
Wayfarer, there is no way,
you make your way as you go.
~ Antonio Machado y Ruiz, 1875-1939 ~
Selected Poems of Antonio Machado, Alan S. Trueblood, tr., 1982

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You speak of paths as if you are somewhere and the Self somewhere else and you had to go and attain it. But in fact the Self is here and now and you are it always.
~ Ramana Maharshi, 1879-1950 ~

The Path is exceedingly vast. From ancient times to the present day, even the greatest sages were unable to perceive and comprehend the entire truth; the explanation and teachings of masters and saints express only part of the whole. It is not possible for anyone to speak of such things in their entirety. Just head for the light and heat, learn from the gods, and through the virtue of devoted practice of the Art of Peace, become one with the Divine.
~ Morihei Ueshiba, 1883-1969 ~
The Art of Peace, John Stevens, tr., 1992

Before I traveled my road I was my road.
~ Antonio Porchia, 1886-1968 ~
Voices, W. S. Merwin, tr., 1988

If the place I wanted to arrive at could only be reached by a ladder, I would give up trying to arrive at it. For the place I really have to reach is where I must already be. What is reachable by a ladder doesn't interest me.
~ Ludwig Wittgenstein, 1889-1951 ~
in *The Enlightened Mind: An Anthology of Sacred Prose*, Stephen Mitchell, ed., 1991

You have no need to go anywhere. You are already there.
~ Jiddu Krishnamurti, 1895-1986 ~
The Second Penguin Krishnamurti Reader, Mary Lutyens, ed., 1973

Whenever a knight of the Grail tried to follow a path made by someone else, he went altogether astray. Where there is a way or path, it is someone else's footsteps. Each of us has to find his own way … Nobody can give you a mythology.
~ Joseph Campbell, 1904-1987 ~

All paths lead to the same goal: to convey to others what we are. And we must pass through solitude and difficulty, isolation and silence, in order to reach forth to the enchanted place where we can dance and sing our sorrowful song – but in this dance or in this song there are fulfilled the most ancient rites of our conscience in the awareness of being human and of believing in a common destiny.
~ Pablo Neruda, 1904-1973 ~
Nobel Lecture, 1971 December 13

The longest journey is the journey inward.
~ Dag Hammarskjöld, 1905-1961 ~

There is no glimpse of the light without walking the path. You can't get it from anyone else, nor can you give it to anyone. You take whatever steps seem easiest for you, and as you take a few steps it will be easier to take a few more.
~ Peace Pilgrim, 1908-1981 ~
Peace Pilgrim: Her Life and Work in Her Own Words, 1982

When your ship moored in harbour, gives you the illusion of being a house … put out to sea! Save your boat's journeying soul, and your own pilgrim soul, cost it what may be.
~ Hélder Pessoa Câmara, 1909-1999 ~

Everyone got to find the right path. You can't see it so it's hard to find. No one can show you. Each person's got to find the path by himself.
~ Charlie Knight, 1909- ~
in Steve Wall and Harvey Arden, *Wisdomkeepers*, 1990

What can we gain by sailing to the moon if we are not able to cross the abyss that separates us from ourselves? This is the most important of all voyages of discovery, and without it, all the rest are not only useless, but disastrous.
~ Thomas Merton, 1915-1968 ~

Everything is laid out for you.
Your path is straight ahead of you.
Sometimes it's invisible, but it's there.
You may not know where it's going,
But you have to follow that path.
It's the path to the Creator.
It's the only path there is.
~ Leon Shenandoah, 1915-1996 ~

From the spiritual point of view, the journey is never merely a passage through space, but rather an expression of urgent desires for discovery and change.
~ Juan-Eduardo Cirlot, 1916-1972 ~

Sooner or later we must realize there is no station, no one place to arrive at once and for all. The true joy of life is the trip. The station is only a dream. It constantly outdistances us.
~ Robert Jean Hastings, 1924- ~
The Station and Other Gems of Joy, 1993

We search for meaning, we search for belonging, and that means we are all exploring God-territory … The experiential process of interacting with the

divine is what counts, the walking along the road, not the milestones.
~ David Steindl-Rast, 1926- ~
in Fritjof Capra & David Steidl-Rast, with Thomas Matus, *Belonging to the Universe*, 1991

Salvation is being on the right road, not having reached a destination.
~ Martin Luther King, Jr., 1929-1968 ~

It is good to have an end to journey towards, but it is the journey that matters in the end.
~ Ursula Le Guin, 1929- ~
The Left Hand of Darkness, 1969

The spiritual quest is a journey without distance. You travel from where you are right now to where you have always been. From ignorance to recognition.
~ Anthony deMello, 1931-1987 ~

Each path is only one of a million paths. Therefore, you must always keep in mind that a path is only a path. If you feel that you must now follow it, you need not stay with it under any circumstances. Any path is only a path. There is no affront to yourself or others in dropping it if that is what your heart tells you to do. But your decision to keep on the path or to leave it must be free of fear and ambition ... Look at every path closely and deliberately. Try it as many times as you think necessary ... All paths are the same. They lead nowhere ... Does this path have a heart is the only question. If it does, then the path is good. If it doesn't, it is of no use.
~ Carlos Castaneda, 1931-1998 ~
The Teachings of Don Juan: A Yaqui Way of Knowledge, 1968

In the long run, there can be no successful outer trip without an inner trip.
~ George B. Leonard, 1931- ~

The path is always right beneath your feet.
~ Issan Dorsey, 1933-1990 ~
in David Schneider, *Street Zen: The Life and Work of Issan Dorsey*, 1993, 2000

My experiences have shown me that life is truly a journey, and the less baggage we carry the easier the ride.
~ Famous Amos, 1937- ~
Watermelon Magic, 1996

When you enjoy the trip, life is more fluid, less segmented, time is more circular and subtle. As process assumes importance, former values begin to shift, like wavy lines in a sheet-glass mirror ... And we discover that *everything is process*. The solid world is a process, a dance of subatomic particles. A personality is a collection of processes. Fear is a process. A habit is a process. A tumor is a process. All of these apparently fixed phenomena are recreated every moment, and they can be changed, reordered, transformed in myriad ways.
~ Marilyn Ferguson, 1938- ~
The Aquarian Conspiracy, 1980

The garden is a metaphor for life, and gardening is a symbol of the spiritual path.
~ Larry Dossey, 1940- ~

Looking very objectively, the spiritual journey is more practical than esoteric.
~ Lee Lozowick, 1943- ~

Generally we think of a journey as involving movement and direction, either going out somewhere into the world or else leading inward, into the self. But ... our journey must go nowhere – neither in nor out. Rather, ours is a journey into nearness, into immediacy. Our journey must be to awaken here and now, to awaken to here and now. To be fully alive, we must be fully present.
~ Steve Hagen, 1945- ~
Buddhism Plain & Simple, 1997

Where we are going, is how we get there.
~ Robert Fripp, 1946- ~

A spiritual path has only one reason to exist: it shows the way for the soul to grow. As it grows, more of spiritual truth is revealed, more of the soul's promise is redeemed. When you find your path, you will also find your love story.
~ Deepak Chopra, 1947- ~
The Path to Love, 1997

To follow the path ... is to explore the terrain of our mind and feelings and to remain open to what we see and hear. The Path is not something we follow, it is something we create as we go. How we make our way through the woods may not be the same as someone else's way ... intention functions as our compass. It gives us direction and consistency and allows us to ask ourselves: "Am I following my intention or have I lost it somewhere along the way?"
~ Lewis Richmond, 1947 ~
Work as a Spiritual Practice: A Practical Buddhist Approach to Inner Growth and Satisfaction on the Job, 1999

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If your destination or the steps you are going to take in the future take up so much of your attention that they become more important to you than the step you are taking now, then you completely miss the journey's inner purpose, which has … to do with the quality of your consciousness at this moment … Your outer journey may contain a million steps; your inner journey only has one step: the step you are taking right now. As you become more deeply aware of this one step, you realize that it already contains within itself all the other steps as well as the destination.
~ Eckhard Tolle, 1948- ~
The Power of Now: A Guide to Spiritual Enlightenment, 1999

I am no longer afraid of becoming lost, because the journey back always reveals to me something new about my life and about my own humanity
~ Billy Joel, 1949- ~

To step onto any path is to leave our source … Eventually all who walk the road to higher knowing come to one realization: *I had it all the time.* Some arrive sooner, and some arrive later; some arrive by the path of pain, and others by way of joy; some come alone and some come together. In the end, the method is not as important as the goal.
~ Alan Cohen, 1950- ~
I Had It All the Time: When Self-Improvement Gives Way to Ecstasy, 1994

The journey in between what you once were and who you are now becoming is where the dance of life really takes place.
~ Barbara De Angelis, 1951- ~
Inspirations About Love, Jill Kramer, ed., 1996

Centuries of travel lore suggest that when we no longer know where to turn, our real journey has begun. At that crossroads moment, a voice calls to our pilgrim soul.
~ Phil Cousineau, 1952- ~

Only the walker who sets out toward ultimate things is a pilgrim. In this lies the terrible difference between tourist and pilgrim. The tourist travels just as far, sometimes with great zeal and courage, gathering up acquisitions (a string of adventures, a wondrous tale or two) and returns the same person as the one who departed … The pilgrim resolves that the one who returns will not be the same person as the one who set out. Pilgrimage is a passage for the reckless and subtle … For the pilgrim the road is home; reaching your destination seems nearly inconsequential.
~ Andrew Schelling, 1953- ~
Meeting the Buddha, Molly Emma Aitken, ed., 1995

Your world of illusion is too fond of drawing maps. When something calls you, follow it. Do not be afraid. The only path you are really on is your own. It is all an illusion anyway. *In the Greater Reality you have never been on any path, because you have never left Home.*
~ Emmanuel ~
in Pat Rodegast & Judith Stanton, *Emmanuel's Book II*, 1989

Good therapy helps patients do two things: get launched onto a path leading toward enlightenment and learn some navigational techniques and tools to expedite their journeys. The journey itself is life; therapy is no more than a major intervention along the way.
~ John Fortunato ~
Embracing the Exile: Healing Journeys of Gay Christians, 1982

Ultimately, there is no way to avoid the hero's quest. It comes and finds us if we do not move out to bravely meet it. And while we may strive to avoid the pain, hardship, and struggle it inevitably brings, life takes us eventually to the promised land, where we can be genuinely prosperous, loving, and happy. The only way out is through.
~ Carol Pearson ~

The path is the goal, and everybody is on it one way or another – even the most neurotic, messed-up materialist is on the path. They are at some point on the path, and in their suffering people are getting transformed. Some people are on a more gross, fixated level because of their karma, but everybody is on the path.
~ Reggie Ray ~

While travelling the path, change begins to take place inside our being and also in our bodies. We begin to see and experience life from a greater vantage point, or from a greater depth of meaning, from an inner place of belonging.
~ Jack Rosenberg ~

The path that you follow is not about going somewhere, but about coming back to you. Over and over again. Only this time, you are awake to who that is and the life you are living.
~ Angel Kyodo Williams ~
Being Black: Zen and the Art of Living with Fearlessness and Grace, 2000

LAZINESS

Related States & Conditions: Complacency, Deferment/Delay, Enjoyment/Pleasure, Happiness/Contentment, Inaction, Individuality, Indulgence/Temptation, Lila/Leisure, Time

Syntonic: Actualization/Fulfillment, Attention/Awareness, Balance, Conscience, Exploration, Expression, Flexibility/Flow/Flux, Focus/Intention, Goal/Ideal/Purpose, Growth/Expansion, Openness/Receptivity, Responsibility

Dystonic: Attachment, Avoidance/Denial/Refusal, Criticism/Judgment, Defeat, Delusion, Dependence, Fault, Fear, Guilt, Habit, Limitation, Regret, Worry

The slothful man is a burden to himself, his hours hang heavy on his head; he loitereth about, and knoweth not what he would do.
~ Akhenaton, c. 1385-c. 1355 BCE ~

Thou seest how sloth wastes the sluggish body, as water is corrupted unless it moves.
~ Ovid, c. 43 BCE–17 CE ~

When you have to drag yourself out of bed in the morning, keep this in mind: I'm getting up to do the work of a human being. Why be dissatisfied if I'm going to do the things that I was brought into this world to do? Or have I been made to loll back in the warm sheets? "It is more pleasant." Is your existence only for pleasure and not for activity or work? Don't you see the little flowers, the birds, ants, spiders, and bees working together to put in order their own part of the Universe? Are you unwilling to do the work of a human being and not rush to do what your nature commands?
~ Marcus Aurelius, 121-180 ~
The Spiritual Teachings of Marcus Aurelius, Mark Forstater, tr., 2000

"He has passed his life in idleness," we say. "I have done nothing today." What! Haven't you lived? That is not only the fundamental but the most illustrious of your occupations.
~ Michel de Montaigne, 1533-1592 ~
"Experience," *Essays of Montaigne*, Charles Cotton, tr., 1877

Sloth makes all things difficult, but industry all easy; and he that riseth late must trot all day, and shall scarce overtake his business at night; while laziness travels so slowly that poverty soon overtakes him.
~ Benjamin Franklin, 1706-1790 ~

Every man is, or hopes to be, an idler.
~ Samuel Johnson, 1709-1784 ~

It is impossible to enjoy idling thoroughly unless one has plenty of work to do. There is no fun in doing nothing when you have nothing to do. Wasting time is merely an occupation then, and a most exhausting one. Idleness, like kisses, to be sweet must be stolen.
~ Jerome K. Jerome, 1859-1927 ~
"On Being Idle," *The Idle Thoughts of an Idle Fellow*, 1889

It is good to do nothing and rest afterwards.
~ Spanish Saying ~

You must have been warned against letting the golden hours slip by. Yes, but some of them are golden only because we let them slip.
~ J. M. Barrie, 1860-1937 ~
Rectorial Address, St. Andrews University, Scotland, 1922 May 3

The right to laziness is one of the rights that sensible humanity will learn to consider as self-evident. For the time being we are still in conflict with ourselves. We shun the truth. We look upon laziness as degrading. We still stand too much in awe of ourselves to be able to find the right measure … The need for laziness becomes overpowering in all of us from time to time. We long for a vacation. We want to recuperate from work. Well, there are a few sensible people. They go off into a corner somewhere and be as lazy as can be.
~ Wilhelm Stekel, 1868-1940 ~
The Depths of the Soul, 1922

Periods of wholesome laziness, after days of energetic effort, will wonderfully tone up the mind and body. It does not involve loss of time, since

after a day of complete rest and quietness you will return to your regular occupation with renewed interest and vigor.
~ Grenville Kleiser, 1868-1953 ~

Indolence is a delightful but distressing state; we must be doing something to be happy. Action is no less necessary than thought to the instinctive tendencies of the human frame.
~ Mahatma Gandhi, 1869-1948 ~

Everyone, from an archbishop to an errand boy, should spend some of his leisure in sheer unintelligent laziness.
~ William Temple, 1881-1944 ~

Work is a dull thing; you cannot get away from that. The only agreeable existence is one of idleness, and that is not, unfortunately, always compatible with continuing to exist at all.
~ Rose Macaulay, 1881-1958 ~

Life is short. Work only pleases those who will never understand it. Idleness cannot degrade anybody. It differs greatly from laziness.
~ René Maran, 1887-1960 ~
Batouala, 1972

I don't think necessity is the mother of invention … invention arises directly from idleness, possibly also from laziness. To save oneself trouble.
~ Agatha Christie, 1890-1976 ~

Laziness is the mother of inventions … It is so comfortable to be lazy. I doubt that without laziness any of the modern comforts could have been invented … How blessed we are with this extraordinary gift of a desire to do the greatest amount of work with the least expenditure of energy! Without laziness in our bones, where would civilization be today?
~ Lin Yutang, 1895-1976 ~
The Pleasures of a Nonconformist, 1962

Oh, the sensuous delight, the pleasurable laziness of sleeping late, with nothing on one's mind, and the enjoyment of a perfect sleep!
~ Lin ~
Looking Beyond, 1955

I am quite sure that amidst the hustle and bustle … there is a great deal of wistfulness, of the divine desire to lie on a plot of grass under tall beautiful trees of an idle afternoon and *just do nothing*.
~ Lin ~
The Importance of Living, 1937

Are cats lazy? Well, more power to them if they are. Which one of us has not entertained the dream of doing just as he likes, when and how he likes, and as much as he likes?
~ Fernand Méry, 1897-1984 ~

I make no secret of the fact that I would rather lie on a sofa than sweep beneath it. But you have to be efficient if you're going to be lazy.
~ Shirley Conran, 1932- ~

To be thoroughly lazy is a tough job, but somebody has to do it. Industrious people build industry. Lazy people build civilization.
~ Kazuaki Tanahashi, 1933- ~

Rather than feeling discouraged by laziness, we could look into our laziness, become curious about laziness. We could get to know laziness profoundly. We can unite with laziness, be our laziness, know its smell and taste, feel it fully in our bodies. The spiritual path is a process of relaxing into this very moment of being. We touch in with this moment of lethargy or loss of heart, this moment of pain, of avoidance, of couldn't care less. We touch in and then we go forward. This is the training. Whether in formal meditation or throughout our days and nights, we can train in letting go of our commentary and contacting the felt quality of our experience. We can touch our experience without getting hooked by the story line. We can touch this very moment of being and then move on.
~ Pema Chödrön, 1936- ~
Start Where You Are, 1994

It does no good to think moralistically about how much time we waste. Wasted time is usually good soul time.
~ Thomas Moore, 1940- ~

Efficiency is intelligent laziness.
~ Arnold H. Glasgow ~
in *Reader's Digest*, 1974 June

Ambition is a poor excuse for not having sense enough to be lazy.
~ Charlie McCarthy ~

LEARNING

Related States & Conditions: Communication, Creativity/Discovery/Innovation, Exploration, Growth/Expansion, Idea/Opinion, Insight/Instinct/Intuition, Legacy, Meaning, Mind, Openness/Receptivity, Teaching, Thinking/Thought, Truth

Syntonic: Acceptance, Actualization/Fulfillment, Appreciation, Attention/Awareness, Enjoyment/Pleasure, Focus/Intention, Goal/Ideal/Purpose, Preparation/Readiness, Questioning/Doubt, Respect, Understanding

Dystonic: Attachment, Avoidance/Denial/Refusal, Criticism/Judgment, Defeat, Delusion, Fault, Fear, Guilt, Habit, Limitation, Regret, Worry

When the student is ready the master will appear.
~ Khemetic Saying ~
Temt Tchaas: Egyptian Proverbs, Muata Ashaya Ashby, ed., 1994

Hold not the immature, the credulous, the foolish, the slow, the layman and the fallen to have nothing good in them. They all teach something. Learn from them. Surely we do not give up a game although we have mastered it?
~ Mahatma Dattatreya, c. 1100 BCE ~
Avadhut Gita, II.1, Hari Prasad Shastri, tr., 1934

Imagine that every person in the world is enlightened but you. They are all your teachers, each doing just the right things to help you learn patience, perfect wisdom, perfect compassion.
~ Buddha, c. 563-483 BCE ~

Real knowledge is to know the extent of one's ignorance ...
By three methods we may learn wisdom:
First, by reflection, which is noblest;
Second, by imitation, which is easiest; and
Third by experience, which is the bitterest.
~ Kongfuzi, c. 551-c. 479 BCE ~

One must learn by doing the thing. For though you think you know it, you have no certainty until you try.
~ Sophocles, c. 496-406 BCE ~
Trachiniae, 430 BCE

Who so neglects learning in his youth, loses the past and is dead to the future.
~ Euripides, c. 485-406 BCE ~

Better be unborn than untaught, for ignorance is the root of misfortune.
~ Plato, c. 427-347 BCE ~

Learning is an ornament in prosperity, a refuge in adversity, and a provision in old age.
~ Aristotle, 384-322 BCE ~

What we have to learn to do, we learn by doing.
~ Aristotle ~
Nichomachean Ethics, 350 BCE

The sole concern of learning is to seek one's original heart.
~ Mengzi, 372-289 BCE ~

Men learn while they teach.
~ Seneca, c. 4 BCE-65 CE ~

As long as you live, keep learning how to live.
~ Seneca ~

A learned man always keeps his riches within him.
~ Caius Phaedrus, c. 15 BCE-50 CE ~

To accuse others for one's own misfortunes is a sign of want of education. To accuse oneself shows that one's education has begun. To accuse neither oneself nor others shows that one's education is complete.
~ Epictetus, 50-120 ~

Learning is the best of all wealth;
it is easy to carry,
thieves cannot steal it,
the tyrants cannot seize it;
neither water nor fire can destroy it;
and far from decreasing, it increases by giving.
~ *Naladiyar*, c. 5th-6th C. ~

Wealth, if you use it, comes to an end; learning, if you use it, increases.
~ Swahili Saying ~

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When your perception only
equals that of your teacher,
you lessen the teacher's virtue by half.
When your perception goes beyond the teacher,
only then can you express the teacher's teaching.
~ Fayan Wenyi, 885-958 ~

We see then how far the monuments of wit and learning are more durable than the monuments of power, or of the hands. For have not the verses of Homer continued twenty-five hundred years or more, without the loss of a syllable or letter; during which time infinite palaces, temples, castles, cities have been decayed and demolished?
~ Francis Bacon, 1561-1626 ~

I have never met a man so ignorant that I couldn't learn something from him.
~ Galileo Galilei, 1564-1642 ~

Learning is acquired by reading books; but the much more necessary learning, the knowledge of the world, is only to be acquired by reading man, and studying all the various editions of them.
~ Lord Chesterfield, 1694-1773 ~
Letters to His Son, 1752

If you know enough to submit to enlightened teachers, associate with good companions, sincerely concentrate on clarification of truth, borrow their knowledge to break through your own ignorance, borrow their lofty vision to expand your own ignorant views, then even if you are ignorant you will become enlightened.
~ Liu Yiming, b. c. 1737 ~
Awakening to the Tao, Thomas Cleary, tr., 1988

What we learn with pleasure we never forget.
~ Louis-Sébastien Mercier, 1740-1814 ~

He who receives an idea from me, receives instruction himself without lessening mine; as he who lights his taper at mine, receives light without darkening me.
~ Thomas Jefferson, 1743-1826 ~

All of us have two educations: one which we receive from others; another, and the most valuable, which we give ourselves.
~ John Randolph, 1773-1833 ~

Better than a thousand days of diligent study is one day with a great teacher.
~ Japanese Saying ~

One's work may be finished someday but one's education, never.
~ Alexandre Dumas (père), 1802-1870 ~

Conversation is the laboratory and workshop of the student.
~ Ralph Waldo Emerson, 1803-1882 ~

To be conscious that you are ignorant is a great step to knowledge ... Seeing much, suffering much, and studying much, are the three pillars of learning.
~ Benjamin Disraeli, 1804-1881 ~

The love of learning, the sequestered nooks, and all the sweet serenity of books...
~ Henry Wadsworth Longfellow, 1807-1882 ~

Education is the knowledge of how to use the whole of oneself.
~ Henry Ward Beecher, 1813-1887 ~

It is only when we forget all our learning that we begin to know.
~ Henry David Thoreau, 1817-1862 ~

A little learning, indeed, may be a dangerous thing, but the want of learning is a calamity to any people.
~ Frederick Douglass, 1817-1895 ~
Commencement Address, The Colored High School, Baltimore, Maryland, 1894 June 22

Have you learned lessons only of those who admired you, and were tender with you, and stood aside for you? Have you not learned great lessons from those who braced themselves against you, and disputed the passage with you?
~ Walt Whitman, 1819-1892 ~
Leaves of Grass, 1855

People never will recollect, that mere learning and mere cleverness are of next to no value in life, while energy and intellectual grip, the things that are inborn and cannot be taught, are everything.
~ Thomas Huxley, 1825-1895 ~
in Leonard Huxley, *Life and Letters of Thomas Henry Huxley, Vol. 3*, 1900

Some minds learn most when they seem to learn least. A certain placid, unconscious, equable taking-in of knowledge suits them, and alone suits them.
~ Walter Bagehot, 1826-1877 ~
Literary Studies, Vol. I, Richard Holt Hutton, ed., 1879

Learn as much by writing as by reading.
~ Lord Acton, 1834-1902 ~

I have never let my schooling interfere with my education.
~ Mark Twain, 1835-1910 ~

They know enough who know how to learn.
~ Henry Brooks Adams, 1838-1918 ~

A strong and secure man digests his experience just as he digests his meat, even when he has some bits to swallow.
~ Friedrich Nietzsche, 1844-1900 ~

An education isn't how much you have committed to memory, or even how much you know. It's being able to differentiate between what you do know and what you don't.
~ Anatole France, 1844-1924 ~

The world is not a playground; it's a schoolroom. Life is not a holiday but an education. And the one eternal question for us all is how better we can love.
~ Henry Drummond, 1851-1897 ~

There's more learning than is taught in books.
~ Isabella Augusta Gregory, 1852-1932 ~

True education makes for inequality; the inequality of individuality, the inequality of success, the glorious inequality of talent, of genius; for inequality, not mediocrity, individual superiority, not standardization, is the measure of the progress of the world.
~ Felix E. Schelling, 1858-1945 ~

Effective learning means arriving at new power, and the consciousness of new power is one of the most stimulating things in life.
~ Janet Erskine Stuart, 1857-1914 ~
in Maud Monahan, *Life and Letters of Janet Erskine Stuart*, 1922

It is impossible to withhold education from the receptive mind, as it is impossible to force it upon the unreasoning.
~ Agnes Repplier, 1858-1950 ~
Times and Tendencies, 1931

Education is a social process … education is growth … education is not preparation for life; education is life itself.
~ John Dewey, 1859-1952 ~

No knowledge comes from outside; it is all inside. What we say a man "knows" should, in strict psychological language, be what he discovers or unveils; what a man "learns" is really what he discovers by taking the cover off his own soul, which is a mine of infinite knowledge.
~ Vivekananda, 1863-1902 ~
"Karma and Its Effects on Character", *Karma-Yoga and Bhakti-Yoga*, Swami Nikhilananda, ed., 1955

Anyone who stops learning is old, whether at twenty or eighty. Anyone who keeps learning stays young. The greatest thing in life is to keep your mind young.
~ Henry Ford, 1863-1947 ~

The great difficulty in education is to get experience out of idea.
~ George Santayana, 1863-1952 ~
The Life of Reason, 1906

It is given to the world to learn one great divine lesson, the lesson of absolute selflessness. The saints, sages and saviors of all time are they who have submitted themselves to this task, and have learned and lived it.
~ James Allen, 1864-1912 ~

It has always seemed strange to me that in our endless discussions about education so little stress is laid on the pleasure of becoming an educated person, the enormous interest it adds to life. To be able to be caught up into the world of thought – that is to be educated.
~ Edith Hamilton, 1867-1963 ~

We will be victorious if we have not forgotten how to learn.
~ Rosa Luxemburg, 1870-1919 ~

The most beautiful thing in the world is, precisely, the conjunction of learning and inspiration. Oh, the passion for research and the joy of discovery!
~ Wanda Landowska, 1877-1959 ~

Never regard study as a duty, but as an enviable opportunity to learn to know the liberating influence of beauty in the realm of the spirit for your own personal joy and to the profit of the community to which your later work belongs.
~ Albert Einstein, 1879-1955 ~

Life is a succession of lessons which have to be lived to be understood.
~ Helen Keller, 1880-1968 ~

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I have learned silence from the talkative, toleration from the intolerant, and kindness from the unkind; yet strange, I am ungrateful to these teachers.
~ Khalil Gibran, 1883-1931 ~
Sand and Foam, 1926

Do not fail
To learn from
The pure voice of an
Ever-flowing mountain stream
Splashing over the rocks.
~ Morihei Ueshiba, 1883-1969 ~
The Art of Peace, John Stevens, tr., 1992

Study the teachings of the pine tree, the bamboo, and the plum blossom. The pine is evergreen, firmly rooted, and venerable. The bamboo is strong, resilient, unbreakable. The plum blossom is hardy, fragrant, and elegant.
~ Ibid.

Education is a progressive discovery of our own ignorance.
~ Will Durant, 1885-1982 ~

Our attitude towards ourselves should be "to be insatiable in learning" and towards others "to be tireless in teaching."
~ Mao Zedong, 1893-1976 ~
"The Role of the Chinese Communist Party in the National War," *Selected Works*, Vol. 2, 1961

It is not that I first learn and then act according to what I have learned, but learning is acting; the learning is not separate from acting. One is going to learn about fear or about what to do, how to live. But if you have a system that tells you how to live, or a method that says, "Live this way," then you are conforming to the method which is established by somebody else. Therefore you are not learning, you are conforming and acting according to a pattern, which is not action at all, it is just imitation.
~ Jiddu Krishnamurti, 1895-1986 ~
You Are the World, 1972

The quality of learning, like the kingdom of God, is within you, and it must come from the inside of your mind. The mind is a monkey; all you need to do is to let the monkey into a forest; you do not have to tell him where the nuts are to be found. You don't even have to guide him to the good nuts.
~ Lin Yutang, 1895-1976 ~
From Pagan to Christian, 1959

I consider the education of our senses and our emotions rather more important than the education of our ideas.
~ Lin ~
The Importance of Living, 1937

Education is a private matter between the person and the world of knowledge and experience, and has little to do with school or college.
~ Lillian Smith, 1897-1966 ~

The world of learning is so broad, and the human soul so limited in power! We reach forth and strain with every nerve, but we seize only a bit of the curtain that hides the infinite from us.
~ Margaret Mitchell, 1900-1949 ~

Learning is not compulsory … neither is survival.
~ William Deming, 1900-1993 ~

In a time of drastic change it is the learners who inherit the future. The learned usually find themselves equipped to live in a world that no longer exists.
~ Eric Hoffer, 1902-1983 ~
Aphorism 32, *Reflections on the Human Condition*, 1973

If we value independence, if we are disturbed by the growing conformity of knowledge, of values, of attitudes, which our present system induces, then we may wish to set up conditions of learning which make for uniqueness, for self-direction, and for self-initiated learning … I have come to the feeling that the only learning which significantly influences behavior is self-discovered, self-appropriated learning.
~ Carl Rogers, 1902-1987 ~
On Becoming a Person, 1961

The only person who is educated is the one who has learned how to learn … and change.
~ Rogers ~

There are very few human beings who receive the truth, complete and staggering, by instant illumination. Most of them acquire it fragment by fragment, on a small scale, by successive developments, cellularly, like a laborious mosaic.
~ Anaïs Nin, 1903-1977 ~

If you think you are always a student, you cannot learn anything. The reason you learn is in order to teach others after you have learned it.
~ Shunryu Suzuki, 1905-1971 ~
Branching Streams Flow in the Darkness: Zen Talks on the Sandokai, Mel Weitsman & Michael Wenger, eds., 1999

Learning is life, a supreme experience of living, a climax of existence ... Termination of education is the beginning of despair.
~ Abraham Heschel, 1907-1972 ~
in John C. Merkle, *The Genesis of Faith: The Depth Theology of Abraham Joshua Heschel*, 1985

The test and the use of man's education is that he finds pleasure in the exercise of his mind.
~ Jacques Barzun, 1907-2005 ~

There are many lessons to be learned and scales to be balanced. The laws of the universe cannot be altered for one's convenience. Humanity must learn to accept everything that life offers as a learning experience.
~ Peace Pilgrim, 1908-1981 ~
Peace Pilgrim: Her Life and Work in Her Own Words, 1982

The best of all things is to learn. Money can be lost or stolen, health and strength may fail, but what you have committed to your mind is yours forever.
~ Louis L'Amour, 1908-1988 ~

It's what you learn after you know it all that counts.
~ John Wooden, 1910- ~

Learning is a very painful experience. It requires humility from people at an age where the natural habitat is arrogance.
~ May Sarton, 1912-1995 ~

My education was the liberty I had to read indiscriminately and all the time, with my eyes hanging out.
~ Dylan Thomas, 1914-53 ~

Education is making one's mind a pleasant place to spend the rest your life.
~ Sydney J. Harris, 1917-1986 ~

Education is the most powerful weapon which you can use to change the world.
~ Nelson Mandela, 1918- ~

That is what learning is: You suddenly understand something you've understood all your life, but in a new way.
~ Doris Lessing, 1919- ~
in Julia Cameron, *Transitions: Prayers and Declarations for a Changing Life*, 1999

Everyone and everything around you is your teacher.
~ Ken Keyes, 1921-1995 ~
Handbook to Higher Consciousness, 1975

It is only an education that liberates. Education helps one cease being intimidated by strange situations. Once you have it in your mind, you can go anywhere.
~ Maya Angelou, 1928- ~

The illiterate of the 21st century will not be those who cannot read or write, but those who cannot learn, unlearn, and relearn.
~ Alvin Toffler, 1928- ~

If you think education is expensive, try ignorance.
~ Derek Bok, 1930- ~

When you're through learning, you're through.
~ Vernon Law, 1930- ~

He slowly begins to learn – bit by bit at first, then in big chunks. And his thoughts soon clash. What he learns is never what he pictured, or imagined, and so he begins to be afraid. Learning is never what one expects. Every step of learning is a new task.
~ Carlos Castaneda, 1931-1998 ~
The Teachings of Don Juan: A Yaqui Way of Knowledge, 1968

To learn is to change. Education is a process that changes the learner.
~ George B. Leonard, 1931- ~

The learning process is something you can incite, literally incite, like a riot.
~ Audre Lorde, 1934-1992 ~
in *African-American Writers*, Valerie Smith et al., eds., 1991

The first problem for all of us, men and women, is not to learn, but to unlearn.
~ Gloria Steinem, 1934- ~
in *New York Times*, 1971

That's what learning is, after all: not whether we lose the game, but how we lose and how we've changed because of it and what we take away from

it that we never had before, to apply to other games. Losing, in a curious way, is winning.
~ Richard Bach, 1936- ~
Bridge Across Forever, 1984

Think of the learner as an open system – a dissipative structure ... interacting with the environment, taking in information, integrating it, using it. The learner is transforming the input, ordering and reordering, creating coherence. His worldview is continually enlarged to incorporate the new. From time to time it breaks, and is reformed, as in the acquiring of major new skills and concepts ... Each is a kind of paradigm shift.
~ Marilyn Ferguson, 1938- ~
The Aquarian Conspiracy, 1980

Part of the transformative process is becoming a learner again, whatever your age. When we were children we had little choice about what and how we learned. In this sense, most of us remain passive children for the rest of our lives, never aware that we can choose, never aware that learning – transformation – takes place. We grow up, whatever our age, whenever we take over the process, when we become conscious learners rather than accidental learners.
~ Ibid.

People go much farther, faster and deeper if they have a story upon which to unfold their developing selves, and a story, like a great piece of music, will take you over the difficult passages ... (You) have a natural access to capacities like being able to think with many different frames of mind: visual, verbal, kinesthetic, inter-personal, subjective, intuitive, logical, mathematical – capacities which improve the physical use of the body and that enhance memory, creative expression and problem-solving.
~ Jean Houston, 1939- ~
"Forging the Possible Human," Interview with David Jay Brown & Rebecca McClen Novick, *Voices from the Edge*, 1994

People in school today can expect a lifetime in which knowledge itself will radically change – not only in its details but its structures; so that the mark of a truly educated man will no longer be how much or even how variously he now knows, but how quickly and how completely he can continue to learn.
~ Richard Kostelanetz, 1940- ~
Human Alternatives: Visions for Us Now, 1971

Life itself is the teacher, and people who are just living their lives are receiving high teachings. They are in touch with the ultimate teaching power. It's like learning how to swim. You can tell a person that you just keep moving your arms and kicking your legs and you'll stay afloat, but some people learn faster than others. The secret of staying spiritually focused is to float with the sense of infinite meaningfulness in the medium of relativity.
~ Lex Hixon, 1942-1995 ~
Interview, 1995 August 8

I try to learn as much as I can because I know nothing compared with what I need to know.
~ Muhammad Ali, 1942- ~

We can learn how to tap, harness, and express our power in ways that also empower others. We can learn the ways of serving our world and ourselves. We can learn how to be connected and mutually co-creative. We can learn how to appreciate this world and how to laugh with it and within it, and how to have fun. We can learn how to play in appropriate ways ... and re-create ourselves.
The tools, and the people offering them, are out there in the public arena. Just ensure that the tools you choose and the teachers you listen to respect and empower you, that they help you unfold yourself in new and richer ways, and don't just use you to help themselves feel at home as teachers and experts.
~ David Spangler, 1945- ~
"At Home in the Cosmos," Interview by Sophia Frowert

Lessons will be repeated to you in various forms until you have learned them. When you have learned them, you can then go on to the next lesson.
~ Cherie Carter-Scott, 1949- ~
If Life Is a Game, These Are the Rules, 1998

You come here for one thing and one thing only, and that is to learn. I used to spend a lot of my life waiting for the day I could quit school, but then I came to realize that so long as we are alive we never leave school. Life is a series of high schools, one after the other. And if you don't study, do your homework, and learn enough in one lifetime, you just get sent back and have to do it all over again.
~ RuPaul, 1960- ~
Lettin It All Hang Out, 1995

LEGACY

Related States & Conditions: Art, Belief/Religion, Connection/Interbeing/Interdependence, Continuity, Dance, Ethics/Morality, Example, Experience, Giving/Serving, Identity, Influence/Effect, Music, Renewal, Value/Worth, Wealth/Prosperity, Wisdom

Syntonic: Acceptance, Appreciation, Attention/Awareness, Celebration, Learning, Listening, Openness/Receptivity, Prudence, Respect

Dystonic: Attachment, Avoidance/Denial/Refusal, Complacency, Criticism/Judgment, Delusion, Depression/Despair/Distress, Fault, Fear, Greed, Guilt, Habit, Limitation, Regret, Struggle, Worry

Follow in the footsteps of your ancestors, for the mind is trained through knowledge. Behold their words endure in books. Open them and follow their wise counsel.
~ *Book of Kheti* ~
in *Kemet and the African Worldview*, Maulana Karenga and Jacob Carruthers, eds., 1986

The superior man acquaints himself with many sayings of antiquity and many deeds of the past, in order to strengthen his character thereby.
~ *Yi Jing*, c. 1150 BCE ~

To be ignorant of what occurred before you is to always remain a child. For what is the worth of human life, unless it is woven into the life of our ancestors by the records of history.
~ Cicero, 106-43 BCE ~

We are like dwarves upon the shoulders of giants, and so able to see more and farther than the ancients.
~ Bernard de Chartres, c. 1060-c. 1130 ~
in John of Salisbury, *Metalogicon*, 1159

No legacy is so rich as honesty.
~ William Shakespeare, 1564-1616 ~
All's Well That Ends Well, III.5, 1603

What are the blessings left to us by our ancestors? They are the lives we now enjoy, but we should bear in mind that they are the sum of difficulties when they were amassed. What are the blessings we leave our descendants? They are what our lives leave behind, but we should bear in mind how they can be waylaid and upended.
~ Hong Zicheng, fl. 1596 ~
Caigentan: Vegetable Roots Discourse, I.94, Robert Aitken & Daniel W. Y. Kwok, trs., 2006

If we stand tall it is because we stand on the backs of those who came before us.
~ Yoruba Saying ~

If I have seen farther than others, it is because I was standing on the shoulders of giants.
~ Isaac Newton, 1642-1727 ~
Letter to Robert Hooke, 1675 February 5

That which thy fathers have bequeathed to thee, earn it anew if thou wouldst possess it.
~ Johann von Goethe, 1749-1832 ~
Faust, 1808

He who has done his best for his own time has lived for all times.
~ Friedrich von Schiller, 1759-1805 ~

Culture, the acquainting ourselves with the best that has been known and said in the world, and thus the history of the human spirit.
~ Matthew Arnold, 1822-1888 ~
Literature and Dogma: An Essay towards a Better Apprehension of the Bible, 1874

The simplest schoolboy is now familiar with facts for which Archimides would have sacrificed his life.
~ Ernest Renan, 1823-1892 ~
Souvenirs d'enfance et de jeunesse, 1884

We are all children of our environment – the good no less than the bad – products of that particular group of habits, customs, traditions, ways of looking at things, standards of right and wrong, which chance has presented to our still growing and expanding consciousness.
~ Emily Lawless, 1845-1913 ~
Hurrish, 1886

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When a man dies, if he can pass on enthusiasm along to his children, he has left them an estate of incalculable value.
~ Thomas Edison, 1847-1931 ~

Progress, far from consisting in change, depends on retentiveness. Those who cannot remember the past are condemned to repeat it.
~ George Santayana, 1863-1952 ~
The Life of Reason, 1906

A hundred times every day I remind myself that my inner and outer life depend upon the labors of other men, living and dead, and that I must exert myself in order to give in the measure as I have received and am still receiving.
~ Albert Einstein, 1879-1955 ~

A people without the knowledge of their past history, origin and culture is like a tree without roots.
~ Marcus Garvey, 1887-1940 ~

We must accept all the implications of our human inheritance, one of the most important of which is the small scope of biologically transmitted behavior, and the enormous role of the cultural process of the transmission of tradition.
~ Ruth Benedict, 1887-1948 ~

The ideas I stand for are not mine. I borrowed them from Socrates. I swiped them from Chesterfield. I stole them from Jesus. And I put them in a book. If you don't like their rules whose would you use?
~ Dale Carnegie, 1888-1955 ~

Culture is the sum of all forms of art, of love and of thought, which, in the course of centuries, have enabled man to be less enslaved.
~ André Malraux, 1901-1976 ~

Man became not merely one of the beasts that mated, fought for its food, and died, but a human being, with a name, a position, and a god. Each people makes this fabric differently, selects some clues and ignores others, emphasizes a different sector of the whole arc of human potentialities.
~ Margaret Mead, 1901-1978 ~
Sex and Temperament in Three Primitive Societies, 1935

The young today need to learn that there has been change. They need to know about their past before they can understand the present and plot the future.
~ Mead ~

I do not believe in recovery. The past, with its pleasures, its rewards, its foolishness, its punishments, is there for each of us forever, and it should be.
~ Lillian Hellman, 1905-1984 ~
Scoundrel Time, 1976

Don't discard the time-tested values upon which civilization is built just because they are old. More important, don't let the doom criers and the cynics persuade you that the best is past – that from here it's all downhill. Each generation sees farther than the generation preceding it because it stands on the shoulders of that generation. You will have opportunities beyond anything we've ever known.
~ Ronald Reagan, 1911-2004 ~
Speech, 1981

Modernity is not outside but within us. It is today and the most ancient antiquity; it is tomorrow and the beginning of the world; it is a thousand years old and yet newborn. It speaks in Nahuatl, draws Chinese ideograms from the 9th century, and appears on the television screen. This intact present, recently unearthed, shakes off the dust of centuries, smiles and suddenly starts to fly, disappearing through the window. A simultaneous plurality of time and presence: modernity breaks with the immediate past only to recover an age-old past and transform a tiny fertility figure from the neolithic into our contemporary.
~ Octavio Paz, 1914-1998 ~
Nobel Lecture, 1990 December 8, Anthony Stanton, tr.

History is a clock that people use to tell their time of day. It is a compass they use to find themselves on the map of human geography. It tells them where they are and what they are.
~ John Henrik Clarke, 1915-1998 ~

I acknowledge immense debt to the griots of Africa – where today it is rightly said that when a griot dies, it is as if a library has burned to the ground.
~ Alex Haley, 1921-1992 ~
Roots, 1976

A people not prepared to face its own history cannot manage its own future.
~ Karl-Heinz Hansen, 1927- ~
in *The Listener*, 1978

Life did not begin at my birth. Others have been here before me, and I walk in their footsteps. The books I have read were composed by generations of

fathers and sons, mothers and daughters, teachers and disciples. I am the sum total of their experiences, and so are you.
~ Elie Wiesel, 1928- ~

All men are interdependent. Every nation is an heir of a vast treasury of ideas and labor to which both the living and the dead of all nations have contributed. Whether we realize it or not, each of us lives eternally "in the red." We are everlasting debtors to known and unknown men and women.
~ Martin Luther King, Jr., 1929-1968 ~
The Words of Martin Luther King, Jr., Coretta Scott King, ed., 1983

People are always talking about tradition, but they forget we have a tradition of a few hundred years of nonsense and stupidity, that there is a tradition of idiocy, incompetence and crudity.
~ Hugo Demartini, 1931- ~
in *Contemporary Artists*, 1977

Each of us has roots and the ability to trace those roots, to identify our ancestors. The highest and most powerful motivation in doing that is not for ourselves only, but for our *posterity*, for the posterity of all mankind. As someone once observed, "There are only two lasting bequests we can give our children – one is roots, the other wings."
~ Stephen Covey, 1932- ~
The 7 Habits of Highly Effective People, 1989

You cannot change your past, but you can accept it, learn from it, use it to make your future different, and move on with your life. The quicker you can process it, the happier and more magical and peaceful your life becomes.
~ Famous Amos, 1937- ~
Watermelon Magic, 1996

One of the joys of reading is the ability to plug into the shared wisdom of mankind.
~ Ishmael Reed, 1938- ~

For too long we … have been looking backward when we hear the term history. But history is about what is emerging and can emerge as well as what has already emerged.
~ Matthew Fox, 1940- ~

… extracting from the order achieved by past generations patterns that will help avoid disorder in one's own mind. There is much knowledge – or well-ordered information – accumulated in culture, ready for this use … Yet so many people ignore them, expecting to create meaning in their lives by their own devices … To discard the hard-won information on how to live accumulated by our ancestors, or to expect to discover a viable set of goals all by oneself, is misguided hubris.
~ Mihaly Csikszentmihalyi, 1934- ~
Flow: The Psychology of Optimal Experience, 1990

We are made up physically and spiritually of the billions who have passed before us. They gave us life, they gave us our culture, they gave us the world on which we have built our present world. Our values and traditions, our habits of thought are in large measure the wisdom of their experience passed down through the ages. Our breath, the very air we breathe, was once their breath.
~ Susan L. Taylor, 1946- ~
Lessons in Living, 1995

The broken pots of antiquity, from which the past can sometimes, but always provisionally, be reconstructed, are exciting to discover, even if they are pieces of the most quotidian objects.
~ Salman Rushdie, 1947- ~
Imaginary Homelands, 1991

We must stand tall knowing the power, strength and wisdom of the ancestors is as close as breath. All that we ever need to be, to do, to know, to have is available. All we need do is take a stand.
~ Iyanla Vanzant, 1953- ~
Acts of Faith: Daily Meditations for People of Color, 1993

Our decisions, feelings and experiences are determined by our wishes, legends and the past. I believe … that people themselves are bits of imagination. We are invented. We are invented by other people. Others have dreamed about us, we ourselves are a dream, a shadow of the past. Long ago my ancestor dreamed of me. In that way they took care of the continuity of existence.
~ Chenjerai Hove, 1956- ~
Prologue, *Shebeen Tales: Messages from Harare*, 1997

We have much to learn from the incredible knowledge of our ancestors which was gained long before reading and writing came about. From time immemorial every bit of their intelligence and senses were used. Humans knew and felt relationship to all that lived and moved. Somehow that relationship must be regained.
~ Audrey Shenandoah ~
in Steve Wall and Harvey Arden, *Wisdomkeepers*, 1990

LIBERATION / LIBERTY / FREEDOM

Related States & Conditions: Actualization/Fulfillment, Autonomy/Control, Being/Essence/Soul, Choice/Volition, Desire, Enlightenment/Realization/Transcendence, Presence, Release, Self, Self-Reliance

Syntonic: Attention/Awareness, Centering, Courage, Daring/Challenge, Exploration, Initiative, Introspection/Self-Knowledge, Learning, Openness/Receptivity, Power, Preparation/Readiness, Understanding, Vision/Visualization

Dystonic: Attachment, Avoidance/Denial/Refusal, Complacency, Conformity, Criticism/Judgment, Defeat, Delusion, Depression/Despair/Distress, Distraction/Diversion, Fault, Fear, Guilt, Habit, Hate, Limitation, Regret, Revenge, Insecurity/Risk, Struggle, War/Aggression/Violence, Worry

Mind is indeed the source of bondage and also the source of liberation.
To be bound to the things of this world: this is bondage.
To be free from them: this is liberation.
~ *Upanishads*, c. 1400-c. 800 BCE ~

Whether the world is finite or infinite, limited or unlimited, the problem of your liberation remains the same.
~ Buddha, c. 563-483 BCE ~

Happiness follows sorrow, sorrow follows happiness, but when one no longer discriminates happiness and sorrow, a good deal and a bad deed, one is able to realize freedom.
~ Buddha ~

Freedom is union with the deathless;
the Self is the essence of all things;
its creative power, called action,
causes the whole world to be.
~ *Bhagavad Gita*, c. 400 BCE ~
8:3, Stephen Mitchell, tr., 2000

The mighty ocean has but one taste,
The taste of salt.
Even so, the true way has
But one savor,
The savor of freedom.
~ *Majjhima Nikaya* ~

Bondage is when the mind longs for something, grieves about something, rejects something, holds on to something, is pleased about something or displeased about something. Liberation is when the mind does not long for anything, grieve about anything, reject anything, or hold on to anything, and is not pleased about anything or displeased about anything. Bondage is when the mind is tangled in one of the senses, and liberation is when the mind is not tangled in any of the senses. When there is no me that is liberation, and when there is me there is bondage. Considering this earnestly, do not hold on and do not reject.
~ *Ashtavakra Gita* ~
8.1-4, John Richards, tr., 1994

You are already a liberated being: live like one!
~ *The Concise Yoga Vasistha* ~
Venkatesananda, tr., 1984

Who then is free? The wise man who commands himself, whom neither poverty nor death nor chains can terrify, who is strong enough to defy his passions and to despise distinctions, a man who is complete in himself, polished and well-rounded.
~ Horace, 65-8 BCE ~
Satires

Is freedom anything else than the power of living as we choose? Nothing else. Tell me then, you men, do you wish to live in error? We do not. No one who lives in error is free. Do you wish to live in fear? Do you wish to live in sorrow? Do you wish to live in tension? By no means. No one who is in a state of fear or sorrow or tension is free, but whoever is delivered from sorrows or fears or anxieties, he is at the same time also delivered from servitude.
~ Epictetus, 50-120 ~

You think that wealth will make you free. But I say this: freedom is not bought but seized. Freedom is not the last step, but the first.
~ Kohelet (Ecclesiastes) 5:9-11~
Rami Shapiro, tr.

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Liberation cannot be achieved except by the perception of the identity of the individual spirit with the universal Spirit. It can be achieved neither by Yoga (physical training), nor by Sankhya (speculative philosophy), nor by the practice of religious ceremonies, nor by mere learning.
~ Shankara, 686-718 ~
Viveka-Chudamani

Longing for liberation is the will to be free from the fetters forged by ignorance – beginning with the ego-sense and so on, down to the physical body itself – through the realizaton of one's true nature.
~ Ibid.

A mind that is truly free has reached the state in which opposites are seen as empty. This is the only freedom.
~ Huihai Dazhu, 8th C. ~
The Zen Teaching of Hui Hai, John Blofeld, tr., 1962

If you fear that you will go mad with terror at the moment of death and will fail to attain freedom, then you should first be free right now. Then you'll be all right. Right now, in respect to each and every thing, don't have any obsession at all, and do not remain fixated on intellectual interpretation. Then you will be free.
~ Baizhang Huaihai, 749-814 ~
in *The Pocket Zen Reader*, Thomas Cleary, ed., 1999

If you want to be free,
Get to know your real self.
It has no form, no appearance,
No root, no basis, no abode,
But is lively and buoyant.
It responds with versatile facility,
But its function cannot be located.
Therefore when you look for it,
You become further from it;
When you seek it,
You turn away from it all the more.
~ Linji Yixuan, d. 867 ~

Let me not be tied down to property or praise and I shall be free. Free from the nagging ache of envy. Free from the hurts of resentment. Free to love all and forgive all. Free to do and say what is right, regardless of unpopularity. Free to wander everywhere as inspiration guides me.
~ Francis of Assisi, c. 1181-1226 ~

The human mind has absolute freedom as its true nature.
~ Eihei Dogen, 1200-1253 ~

Oh, man, if you only knew your freedom; it is your ignorance of your freedom that is your captivity.
~ Sufi Saying ~
in Vilayat Inayat Khan, *Awakening: A Sufi Experience*, 1999

This inconceivable door of great liberation is in everyone. It has never been blocked, it has never been defective. The various teachings and techniques ... are only set forth so that you will individually step back into yourself, understand your own original mind and see your own original nature, so that you reach a state of great rest, peace, and happiness.
~ Yuansou, 1578-1657 ~
in *Zen Essence: The Science of Freedom*, Thomas Cleary, tr. & ed., 1989

If you do not liberate yourself in this lifetime, what lifetime will you wait for? Once this day has passed, that much of your life is gone too.
~ Man-An, 1591-1654 ~
in *Minding Mind – A Course in Basic Meditation*, Thomas Cleary, tr., 1995

Give me the liberty to know, to utter, and to argue freely according to conscience, above all liberties.
~ John Milton, 1608-1674 ~
Areopagitica, 1644

Man will never be free until the last king is strangled with the entrails of the last priest.
~ Denis Diderot, 1713-1784 ~
Dithyrambe sur la fête des rois, c. 1780

He is the freeman whom the truth makes free, and all are slaves beside.
~ William Cowper, 1731-1800 ~

Those who desire to give up Freedom in order to gain Security, will not have, nor do they deserve, either one.
~ Thomas Jefferson, 1743-1826 ~

Necessity is the plea for every infringement of human freedom. It is the argument of tyrants; it is the creed of slaves.
~ William Pitt, the Younger, 1759-1806 ~
Speech, 1783 November 18

The history of the world is none other than the progress of the consciousness of freedom.
~ Georg Wilhelm Hegel, 1770-1831 ~

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I call that mind free which resists bondage of habit, which does not mechanically repeat itself and copy the past, which does not live on its old virtues, which does not enslave itself to precise rules, but which forgets what is behind, listens for new and higher monitions of conscience, and rejoices to pour itself forth in fresh and higher exertions.
~ William Ellery Channing, 1789-1842 ~

So far as a man thinks, he is free … Thought takes a man out of servitude into freedom.
~ Ralph Waldo Emerson, 1803-1882 ~

The price of liberty is eternal vigilance.
~ Frederick Douglass, 1817-1895 ~

We are free only so far as we are not dupes of ourselves, our pretexts, our instincts, our temperament. We are freed by energy and the critical spirit – that is to say, by detachment of soul, by self-government. So that we are enslaved, but susceptible of freedom; we are bound, but capable of shaking off our bonds.
~ Henri-Frédéric Amiel, 1821-1881 ~

It is better for a man to go wrong in freedom than to go right in chains.
~ Thomas Huxley, 1825-1895 ~
in Leonard Huxley, *Life and Letters of Thomas Henry Huxley, Vol. 1*, 1900

If you want to be free, there is but one way; it is to guarantee an equally full measure of liberty to all your neighbors. There is no other.
~ Carl Schurz, 1829-1906 ~

When one is released from the prison of the self, that indeed is freedom! For self is the greatest prison.
~ 'Abdu'l-Bahá, 1844-1921 ~
in Sara Louisa Blomfield, *The Chosen Highway*, 1967

Like bone to the human body, and the axle to the wheel, and the song to a bird, and air to the wing, thus is liberty the essence of life.
~ José Martí, 1853-1895 ~

Emancipation is obtained when one realizes the oneness of his Self with the Universal Self, the Supreme Reality … Knowledge of evolution, life, and dissolution thus leads to complete emancipation from the bonds of *maya*, delusion. Beholding the self in the Supreme Self, man gains eternal freedom.
~ Sri Yukteswar, 1855-1936 ~
The Holy Science, 1949

He only has freedom who ideally loves freedom himself and is glad to extend it to others. He who cares to have slaves must chain himself to them. He who builds walls to cerate exclusion for others, builds walls across his own freedom.
~ Rabindranath Tagore, 1861-1941 ~

That at which all marvel, that which we call evil, is … a part of freedom. Nay, I will be terrible even and tell you that, when you are doing evil, the impulse behind is also that freedom. It may have been misguided and misled, but it was there; and there cannot be any life or any impulse unless that freedom be behind it. Freedom breathes in the throb of the universe.
~ Vivekananda, 1863-1902 ~
The Complete Works of Swami Vivekananda, 1984-1987, 1:338, 1926

If you think you are bound, you remain bound; you make your own bondage. If you know that you are free, you are free this moment. This is knowledge, knowledge of freedom. Freedom is the goal of all nature.
~Ibid. 2:462

To advance oneself toward freedom – physical, mental, and spiritual – and help others to do so, is the supreme prize of man. Those social rules which stand in the way of the unfoldment of this freedom are injurious, and steps should be taken to destroy them speedily. Those institutions should be encouraged by which men advance in the path of freedom.
~ Ibid., 5:147

The cost of liberty is less than the price of repression.
~ W. E. B. Du Bois, 1868-1963 ~

Freedom is a state of mind: a spiritual unchoking of the wells of human power and superhuman love.
~ Du Bois ~

The outward freedom that we shall attain will only be in exact proportion to the inward freedom to which we may have grown at a given moment. And if this is the correct view of freedom, our chief energy must be concentrated upon achieving reform from within.
~ Mahatma Gandhi, 1869-1948 ~

The moment the slave resolves that he will no longer be a slave, his fetters fall. He frees himself and shows the way to others. Freedom and slavery are mental states.
~ Gandhi ~
Non-Violence in Peace and War, 1942

Freedom is not worth having if it does not connote the freedom to err.
~ Gandhi ~

Freedom is from within.
~ Frank Lloyd Wright, 1869-1959 ~

Freedom is the power to create out of nothing, the power of the spirit to create out of itself.
~ Nikolai Berdyaev, 1874-1948 ~

It requires something like religious valor to follow your inner consciousness to its last whim and eccentricity; for that is what Freedom means.
~ Holbrook Jackson, 1874-1948 ~

The true value of a human being is determined primarily by the measure and sense in which he has obtained liberation from the self.
~ Albert Einstein, 1879-1955 ~
Ideas & Opinions, 1954

Liberty means self-reliance, it means resolution, it means the capacity for doing without ... the average man doesn't want to be free. He wants to be safe.
~ H. L. Mencken, 1880-1956 ~

Freedom is the nature of the soul, and for the soul the whole tragedy of life is the absence of that freedom which belongs to its original nature.
~ Hazrat Khan, 1882-1927 ~
The Mysticism of Sound and Music, 1991

You shall be free indeed when your days are not without a care nor your nights without a want and a grief,
But rather when these things girdle your life and yet you rise above them naked and unbound ...
And what is it but fragments of your own self you would discard that you may become free?
If it is an unjust law you would abolish, that law was written with your own hand upon your own forehead.
You cannot erase it by burning your law books nor by washing the foreheads of your judges, though you pour the sea upon them.
And if it is a despot you would dethrone, see first that his throne erected within you is destroyed.
For how can a tyrant rule the free and the proud, but for a tyranny in their own freedom and a shame in their own pride?
And if it is a care you would cast off, that care has been chosen by you rather than imposed upon you.
And if it is a fear you would dispel, the seat of that fear is in your heart and not in the hand of the feared.
~ Khalil Gibran, 1883-1931 ~
The Prophet, 1923

Every time you meet a situation, though you think at the moment it is an impossibility and you go through the tortures of the damned, once you have met it and lived through it you find that forever after you are freer than you were before.
~ Eleanor Roosevelt, 1884-1962 ~

A slave is one who waits for someone to come and free him.
~ Ezra Pound, 1885-1972 ~

He is free who knows how to keep in his own hand the power to decide, at each step, the course of his life, and who lives in a society which does not block the exercise of that power.
~ Salvador de Madariaga y Rojo, 1886-1978 ~

We have to liberate ourselves.
~ Marcus Garvey, 1887-1940 ~
Philosophy and Opinions of Marcus Garvey, Vol. I, Amy Jacques Garvey, ed., 1923

You are already free. Only you have to know and realize this truth.
~ Sivananda, 1887-1963 ~

Freedom, peace, and plenty are not dependent upon circumstances or conditions. Men have been free in chains; they have been free under slavery and oppression; they have found peace in the midst of war; they have survived floods and famine; they have prospered in periods of depression and panic ... Freedom is a condition of the Soul. As we turn to the kingdom of our inner Self, we find the reign of divine Power in the outer world. As we seek peace within, we find harmony without.
~ Joel Goldsmith, 1892-1964 ~
The Art of Meditation, 1956

The process of liberating human consciousness consists in training it by study, affirmations, concentration, and meditation to turn its attention away from the vibrations of the gross body with its ceaseless fluctuations of thought and emotion, and to feel the subtler and more stable vibrations of life energy and of higher mental states.
~ Paramahansa Yogananda, 1893-1952 ~
Scientific Healing Affirmations, 1958

The whole psychological history of mankind ... is within oneself. When you can read that in yourself you have understood. Then you are a light to yourself, then there is no authority, then you are actually free.
~ Jiddu Krishnamurti, 1895-1986 ~
You Are the World, 1972

Freedom is to be a light to oneself; then it is not an abstraction, a thing conjured up by thought. Actual freedom is freedom from dependency, attachment, from the craving for experience. Freedom from the very structure of thought is to be a light to oneself. In this light all action takes place and thus it is never contradictory.
~ Krishnamurti ~
Krishnamurti's Journal, 1982

May I walk around hell free and alone rather than be led around heaven in chains.
~ Lin Yutang, 1895-1976 ~
On the Wisdom of America, 1950

The most rewarding freedom is freedom of the mind.
~ Amy Jacques Garvey, 1896-1973 ~

The basic test of freedom is perhaps less in what we are free to do than in what we are free not to do.
~ Eric Hoffer, 1902-1983 ~

The freedom to be oneself is the highest form of justice towards others.
~ Malcolm de Chazal, 1902-1981 ~
Sens-plastique, Irving Weiss, ed., 1949

Liberty is the right to tell people what they do not want to hear.
~ George Orwell, 1903-1950 ~

Man is condemned to be free; because once thrown into the world, he is responsible for everything he does.
~ Jean-Paul Sartre, 1905-1980 ~

Freedom is what you do with what's been done to you.
~ Sartre ~

Freedom is an internal achievement rather than an external adjustment.
~ Adam Clayton Powell, Jr., 1908-1972 ~
"Man's Debt to God," *Keep the Faith, Baby*, 1967

Anything you strive to hold captive will hold you captive and if you desire freedom you must give freedom.
~ Peace Pilgrim, 1908-1981 ~
Peace Pilgrim: Her Life and Work in Her Own Words, 1982

Liberty, taking the word in its concrete sense, consists in the ability to choose.
~ Simone Weil, 1909-1943 ~
The Need for Roots, 1952

It requires greater courage to preserve inner freedom, to move on in one's inward journey into new realms, than to stand defiantly for outer freedom.
~ Rollo May, 1909-1994 ~
Man's Search for Himself, 1953

Liberty is liberty – not equality or fairness or justice or human happiness or a quiet conscience.
~ Isaiah Berlin, 1909-1997 ~
Two Concepts of Liberty, 1958

To be free is to have achieved your life.
~ Tennessee Williams, 1911-1983 ~

What we want is not freedom but its appearances. It is for these simulacra that man has always striven. And since freedom, as has been said, is no more than a *sensation*, what difference is there between being free and believing ourselves free?
~ E. M. Cioran, 1911-1995 ~
"Strangled Thoughts," *The New Gods*, 1969

When people made up their minds that they wanted to be free and took action, then there was a change.
~ Rosa Parks, 1913-2005 ~

Freedom is not a philosophy, nor is it an idea – it is a stirring of conscience that causes us to utter, at certain moments, one of two monosyllables: Yes or No.
~ Octavio Paz, 1914-1998 ~

Do you think you are not free? You are free, but you do not know that you are free – and it is your not knowing that you are free that is your

limitation and your imprisonment. Realize your freedom and you are free.
~ Vilayat Khan, 1916-2004 ~

Freedom is indivisible and when one man is enslaved, all are not free.
~ John F. Kennedy, 1917-1963 ~

Our freedom can be measured by the amount of things we can walk away from.
~ Vernon Howard, 1918-1992 ~

To be free is not to cast off one's chains, but to live in a way that respects and enhances the freedom of others.
~ Nelson Mandela, 1918- ~

To see your drama clearly is to be liberated from it.
~ Ken Keyes, 1921-1995 ~
Handbook to Higher Consciousness, 1975

Human freedom is a complex, difficult – and private – thing. If we can liken life, for a moment, to a furnace, the freedom is a fire which burns away illusion.
~ James Baldwin, 1924-1987 ~

Freedom is not something that anybody can be given. Freedom is something that people take, and people are as free as they want to be.
~ Baldwin ~
Nobody Knows My Name, 1961

Nobody can give you freedom. Nobody can give you equality or justice or anything. If you're a man, you take it.
~ Malcolm X, 1925-1965 ~
Malcolm X Speaks, 1965

Freedom, in the larger and higher sense, every man must gain for himself.
~ Martin Luther King, Jr., 1929-1968 ~

Freedom has always been an expensive thing. History is fit testimony to the fact that freedom is rarely gained without sacrifice and self-denial.
~ King ~
The Words of Martin Luther King, Jr., Coretta Scott King, ed., 1983

Freedom is never voluntarily given by the oppressor; it must be demanded by the oppressed.
~ King ~
Letter from Birmingham Jail, 1963 April 16

A being whose awareness is totally free, who does not cling to anything, is liberated.
~ Ram Dass, 1931- ~
Journey of Awakening: A Meditator's Guidebook, 1978

People who exercise their embryonic freedom day after day will, little by little, expand that freedom. People who do not will find that it withers until they are literally "being lived." They are acting out the scripts written by parents, associates, and society.
~ Stephen Covey, 1932- ~
The 7 Habits of Highly Effective People, 1989

We are not liberated until we liberate others. So long as we need to control other people, however benign our motives, we are captive to that need. Giving them freedom, we free ourselves.
~ Marilyn Ferguson, 1938- ~
The Aquarian Conspiracy, 1980

There is no need to struggle to be free; the absence of struggle is in itself freedom.
~ Chögyam Trungpa, 1939-1987 ~

Free your mind and your ass will follow.
~ George Clinton, 1940- ~

In the act of resistance, the rudiments of freedom are already present.
~ Angela Davis, 1944- ~

Our liberation begins when the truth of our own experiences is admitted to ourselves … In the end, freedom is a personal and lonely battle and one faces down fears of today so that those of tomorrow might be engaged.
~ Alice Walker, 1944- ~

Emancipate yourselves from mental slavery; none but ourselves can free our minds.
~ Bob Marley, 1946-1981 ~
"Redemption Song," *Uprising*, 1980

The only thing that can free you is the belief that you can be free.
~ Oprah Winfrey, 1954- ~

But it's the day that you lift a finger to help, open your ears to hear, and raise your voice to advocate truth that you have taken a step toward freedom.
~ Angel Kyodo Williams ~
Being Black: Zen and the Art of Living with Fearlessness and Grace, 2000

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LIFE / LIVING

Related States & Conditions: Actualization/Fulfillment, Being/Essence/Soul, Continuity, Journey/Path, Manifestation, Oneness/Unity/Wholeness, Possibility/Potential, Presence, Reality, Self, Today

Syntonic: Appreciation, Attention/Awareness, Autonomy/Control, Celebration, Centering, Courage, Daring/Challenge, Exploration, Happiness/Contentment, Health/Healing, Initiative, Introspection/Self-Knowledge, Learning, Lila/Leisure, Openness/Receptivity, Power, Preparation/Readiness, Release, Sensibility/Sensuality, Understanding, Vision/Visualization

Dystonic: Attachment, Avoidance/Denial/Refusal, Complacency, Conformity, Criticism/Judgment, Defeat, Delusion, Depression/Despair/Distress, Distraction/Diversion, Fault, Fear, Guilt, Habit, Hate, Limitation, Regret, Revenge, Insecurity/Risk, Struggle, War/Aggression/Violence, Worry

He only lives, who living enjoys life.
~ Menander, c. 342-292 BCE ~

Throughout the whole of life one must continue to learn to live, and what will amaze you even more, throughout life one must learn to die.
~ Seneca, c. 4 BCE-65 CE ~

Remember that even if you were to live for three thousand years, or thirty thousand, you could not lose any other life than the one you have, and there will be no other life after it. So the longest and the shortest lives are the same. The present moment is shared by all living creatures, but the time that is past is gone forever. No one can lose the past or the future, for if they don't belong to you, how can they be taken from you?
~ Marcus Aurelius, 121-180 ~
The Spiritual Teachings of Marcus Aurelius, Mark Forstater, tr., 2000

Living is both my job and my art ... The value of life lies not in the length of days, but in the use we make of them; a man may live long yet live very little.
~ Michel de Montaigne, 1533-1592 ~
Essais, 1580

Not to dislike dying is appropriate only to those who like living. It requires management to enjoy it. I enjoy it twice as much as others, for the measure of enjoyment depends on the greater or lesser degree of attention that we give it. Especially at this moment when I perceive mine to be so brief in time, I try to increase it in weight; I try to arrest the rapidity of its flight by the rapidity with which I seize upon it, and by the vigor in using it to compensate for the haste of its ebb. The shorter my possession of life is, the deeper and fuller I must make it.
~ Montaigne ~
"Experience," *Essays of Montaigne*, Charles Cotton, tr., 1877

What is life? An illusion,
a shadow, a fiction
For all of life is a dream
And dreams? Dreams are dreams.
~ Calderón de la Barca, 1600-1681 ~
"Life Is a Dream"

Life is life and without it we would be dead.
~ John Milton, 1608-1674 ~

For every thing that lives is holy, life delights in life.
~ William Blake, 1757-1827 ~

Every one is made of matter, and matter is continually going through a chemical change. This change is life, not wisdom, but life, like vegetable or mineral life. Every idea is matter, so of course it contains life in the name of something that can be changed. Motion, or change, is life. Ideas have life. A belief has life, or matter; for it can be changed. Now, all the aforesaid make up (the natural) man; and all this can be changed.
~ Phineas Quimby, 1802-1866 ~
in Annetta Gertude Dresser, *The Philosophy of P. P. Quimby*, 1895

We are always getting ready to live but never living.
~ Ralph Waldo Emerson, 1803-1882 ~
Journals of Ralph Waldo Emerson, 1863

Try to keep your soul young and quivering right up to old age, and to imagine right up to the brink of

death that life is only beginning. I think that is the only way to keep adding to one's talent, to one's affections, and one's inner happiness.
~ George Sand, 1804-1876 ~
in *The Writing Art*, Bertha Smith & Virginia C. Lincoln, eds., 1931

Life can only be understood backwards, but it must be lived forwards.
~ Søren Kierkegaard, 1813-1855 ~
Life

Life is not a problem to be solved, but a reality to be experienced.
~ Kierkegaard ~

The most difficult thing but an essential one is to love Life, to love it even while one suffers, because Life is All.
~ Leo Tolstoy, 1828-1910 ~

That it will never come again
Is what makes life so sweet.
~ Emily Dickinson, 1830-1886 ~

Life is like playing a violin in public and learning the instrument as one goes along.
~ Samuel Butler, 1835-1902 ~

Live all you can; it's a mistake not to. It doesn't so much matter what you do in particular, so long as you have your life. If you haven't had that then what have you had?
~ Henry James, 1843-1916 ~
The Ambassadors, 1903

Is life not a hundred times too short – to get bored?
~ Friedrich Nietzsche, 1844-1900 ~
Beyond Good and Evil, 1886

Life is no brief candle to me. It is a sort of splendid torch which I have got a hold of for the moment, and I want to make it burn as brightly as possible before handing it on to future generations.
~ George Bernard Shaw, 1856-1950 ~

If you want to have life, you have to die every moment for it. Life and death are only different expressions of the same thing looked at from different standpoints; they are the falling and the rising of the same wave, and the two form one whole.
~ Vivekananda, 1863-1902 ~
The Complete Works of Swami Vivekananda, 1984-1987, 1:112-13, 1926

There is no cure for birth and death save to enjoy the interval.
~ George Santayana, 1863-1952 ~
"War Shrines," *Soliloquies in England and Later Soliloquies*, 1922

After all it is those who have a deep and real inner life who are best able to deal with the "irritating details of outer life."
~ Evelyn Underhill, 1875-1941 ~
The Letters of Evelyn Underhill, 1943

There are only two ways to live your life. One is as though nothing is a miracle. The other is as though everything is a miracle.
~ Albert Einstein, 1879-1955 ~

Life is exquisitely a time-thing, like music.
~ E. E. Just, 1883-1941 ~

Life was meant to be lived, and curiosity must be kept alive. One must never, for whatever reason, turn his back on life.
~ Eleanor Roosevelt, 1884-1962 ~

Life does not accommodate you, it shatters you … Every seed destroys its container or else there would be no fruition.
~ Florida Scott-Maxwell, 1884-1978 ~

As we live we are transmitters of life and when we fail to transmit life, life fails to flow through us … And if, as we work, we can transmit life into our work, still more life rushes into us to compensate, to be ready as we ripple with life through the days.
~ D. H. Lawrence, 1885-1930 ~
Complete Poems, 1957

If you wish to live, you must first attend your own funeral.
~ Katherine Mansfield, 1888-1923 ~
in Antony Alpers, *Katherine Mansfield*, 1954

But warm, eager, living life – to be rooted in life – to learn, to desire, to know, to feel, to think, to act. That is what I want. And nothing less. That is what I must try for.
~ Mansfield ~
The Journal of Katherine Mansfield, J. Middleton Murry, ed., 1927

Life is like a game of cards. The hand that is dealt to you represents determinism, the way you play it is free will.
~ Jawaharlal Nehru, 1889-1964 ~

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I am interested in this world, in this life, not some other world or future life.
~ Nehru ~

I like living. I have sometimes been wildly, despairingly, acutely miserable, racked with sorrow, but through it all I still know quite certainly that just to be alive is a grand thing.
~ Agatha Christie, 1890-1976 ~

There are positive motivations in the human spirit not born of fear and guilt and hate, but of life and love. The life instinct not only battles against the death instinct, it has an autonomy and purpose of its own.
~ Karl Menninger, 1893-1990 ~
A Psychiatrist's World, 1959

You must understand the whole of life, not just one little part of it. That is why you must read, that is why you must look at the skies, that is why you must sing and dance, and write poems, and suffer, and understand.
~ Jiddu Krishnamurti, 1895-1986 ~

You can't do anything about the length of your life, but you can do something about its width and depth.
~ Evan Esar, 1899-1995 ~

Life has its own hidden forces which you can only discover by living.
~ P. R. Régamey, b. 1900 ~
Poverty: An Essential Element in the Christian Life, Rosemary Sheed, tr., 1949

Life is a partial, continuous, progressive, multiform and conditionally interactive self-realization of the potentialities of atomic electron states.
~ J. D. Bernal, 1901-1971 ~
The Origin of Life, 1967

I postpone death by living, by suffering, by error, by risking, by giving, by loving.
~ Anaïs Nin, 1903-1977 ~

If you really want to live you'd better start at once to try.
If you don't it doesn't really matter, but you'd better start to die.
~ W. H. Auden, 1907-1973 ~

In the time of your life – live.
~ William Saroyan, 1908-1981 ~
The Time of Your Life, 1939

We are involved in a life that passes understanding and our highest business is our daily life.
~ John Cage, 1912-1992 ~
"Where Are We Going and What Are We Doing?," *Silence: Lectures and Writings*, 1961

Life is a sum of all your choices.
~ Albert Camus, 1913-1960 ~

As in music, the point of life is its pattern at every stage of its development, and in a world where there is neither self nor other, the only identity is just This – which is all, which is energy, which is God by no name.
~ Alan Watts, 1915-1973 ~
In My Own Way, 1972

If you don't live the only life you have, you won't live some other life, you won't live any life at all.
~ James Baldwin, 1924-1987 ~

Life lives itself. I am involved with it all, yet I cling to none of it. It is what is. No big deal.
~ Ram Dass, 1931- ~
Journey of Awakening: A Meditator's Guidebook, 1978

There is no worse bitterness than to reach the end of your life and realized you have not lived.
~ M. Scott Peck, 1936-2005 ~

Every moment one lives is different from the other. The good, the bad, the hardship, the joy, the tragedy, love, and happiness are all interwoven into one single indescribable whole that is called life. You cannot separate the good from the bad. And perhaps there is no need to do so, either.
~ Jacqueline Onassis, 1939-1994 ~

Life is what happens to you when you're busy making other plans.
~ John Lennon, 1940-1980 ~
"Beautiful Boy," *Starting Over*, 1980

Life is a marvelous, transitory adventure.
~ Nikki Giovanni, 1943- ~

The question is not whether we will die, but how we will live.
~ Joan Borysenko, 1945- ~

I don't believe that life is supposed to make you feel good, or to make you feel miserable either. Life is just supposed to make you feel.
~ Gloria Naylor, 1950- ~

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LILA / LEISURE

Related States & Conditions: Creativity/Discovery/Innovation, Dance/Movement, Distraction/Diversion, Dreams/Dreaming, Enjoyment/Pleasure, Exploration, Growth/Expansion, Happiness/Contentment, Humor/Laughter, Innocence, Laziness, Music, Openness/Receptivity, Renewal, Spontaneity

Syntonic: Acceptance, Actualization/Fulfillment, Affirmation/Approval, Appreciation, Attention/Awareness, Celebration, Imagination, Presence, Release, Sensibility/Sensuality

Dystonic: Attachment, Avoidance/Denial/Refusal, Complacency, Criticism/Judgment, Delusion, Depression/Despair/Distress, Fault, Fear, Guilt, Habit, Limitation, Regret, Struggle, Worry

Eternity is a child at play with colored balls.
~ Heraclitus, c. 540-c. 480 BCE ~
Fragment 53

Time is a child moving counters in a board game.
~ Heraclitus ~

If a man insisted always on being serious, and never allowed himself a bit of fun and relaxation, he would go mad or become unstable without knowing it.
~ Herodotus, c. 485-c. 425 BCE ~

Life must be lived as play, playing certain games, making sacrifices, singing and dancing, and then a man will be able to propitiate the gods.
~ Plato, c. 427-347 BCE ~

He does not seem to me to be a free man who does not sometimes do nothing.
~ Cicero, 106-43 BCE ~

Just as children embrace in fantasy intercourse,
or set up their own candy shop,
this world is a game.
Night falls, and the child
comes home hungry, without his friends.
~ Jalaluddin Rumi, 1207-1273 ~
"The Most Useful Trade," Mathnawi II, 2597-99
The Pocket Rumi Reader, Kabir Helminski, ed., 2001

All the world's a stage,
And all the men and women merely players;
They have their exits and their entrances,
And one man in his time plays many parts.
~ William Shakespeare, 1564-1616 ~
As You Like It, 1600

To be for one day entirely at leisure is to be for one day an immortal.
~ Chinese Saying ~

To be at ease is better than to be at business. Nothing really belongs to us but time, which even he has who has nothing else.
~ Baltasar Gracián y Morales, 1601-1685 ~

Men deal with life as children with their play,
Who first misuse, then cast their toys away.
~ Alexander Pope, 1688-1744 ~

Games lubricate the body and the mind.
~ Benjamin Franklin, 1706-1790 ~

I would not exchange my leisure hours for all the wealth in the world.
~ Comte de Mirabeau, 1749-1791 ~

Man only plays when in the full meaning of the word he is a man, and he is only completely a man when he plays.
~ Friedrich von Schiller, 1759-1805 ~

Deep meaning often lies in childish plays.
~ Schiller ~

It is a happy talent to know how to play.
~ Ralph Waldo Emerson, 1803-1882 ~

He enjoys true leisure who has time to improve his soul's estate.
~ Henry David Thoreau, 1817-1862 ~
Journal, 1906

A broad margin of leisure is as beautiful in a man's life as in a book. Haste makes waste, no less in life than in housekeeping. Keep the time, observe the

hours of the universe, not of the cars. What are threescore years and ten hurriedly and coarsely lived to moments of divine leisure in which your life is coincident with the life of the universe?
~ Thoreau ~

Work is not always required ... there is such a thing as sacred idleness, the cultivation of which is now fearfully neglected.
~ George MacDonald, 1824-1905 ~

In every real man a child is hidden that wants to play.
~ Friedrich Nietzsche, 1844-1900 ~

Life is too important to be taken seriously.
~ Oscar Wilde, 1856-1900 ~

Don't take life too seriously. You will never get out of it alive.
~ Elbert Hubbard, 1856-1915 ~

We don't stop playing because we grow old; we grow old because we stop playing.
~ George Bernard Shaw, 1856-1950 ~

It is in his pleasure that a man really lives; it is from his leisure that he constructs the true fabric of self.
~ Agnes Repplier, 1858-1950 ~
Essays in Idleness, 1893

Life is but a playground, however gross the play may be. However we may receive blows, and however knocked about we may be, the Soul is there and is never injured.
~ Vivekananda, 1863-1902 ~
The Complete Works of Swami Vivekananda, 1984-1987, 2:402, 1926

All souls are playing, some consciously, some unconsciously.
~ Ibid., 5:270

To condemn spontaneous and delightful occupations because they are useless for self-preservation shows an uncritical prizing of life irrespective of the content.
~ George Santayana, 1863-1952 ~
The Sense of Beauty, 1896

Play is a uniquely adaptive act, not subordinate to some other adaptive act, but with a special function of its own in human experience ... Seriousness seeks to exclude play, whereas play can very well include seriousness.
~ Johan Huizinga, 1872-1945 ~
Homo Ludens: A Study of the Play Element in Culture, 1938

Modern methods of production have given us the possibility of ease and security for all; we have chosen, instead, to have overwork for some and starvation for the others. Hitherto we have continued to be as energetic as we were before there were machines; in this we have been foolish, but there is no reason to go on being foolish for ever.
~ Bertrand Russell, 1872-1970 ~
In Praise of Idleness, 1935

To be able to fill leisure intelligently is the last product of civilization. At present very few people have reached this level.
~ Russell ~
The Conquest of Happiness, 1930

The true object of all human life is play. Earth is a task garden; heaven is a playground.
~ G. K. Chesterton, 1874-1936 ~
All Things Considered, 1908

When we are full of life, when each sense overflows with vitality, then we become prodigal, we scatter ourselves broadcast, we take chances, risk great odds, love, laugh, dance, write poems, paint pictures, romp with children; in short, we play. It is only the impotent who do not play. The people who play are the creators.
~ Holbrook Jackson, 1874-1948 ~
Southward Ho! And other Essays, 1914

The creation of something new is not accomplished by the intellect but by the play instinct acting from inner necessity. The creative mind plays with the object it loves.
~ Carl Jung, 1875-1961 ~

Friends, I beg you do not shirk your daily task of indolence.
~ Don Marquis, 1878-1937 ~

Play is the exultation of the possible.
~ Martin Buber, 1878-1965 ~

The idea that leisure is of value in itself is only conditionally true ... The average man simply spends his leisure as a dog spends it. His recreations are all puerile, and the time supposed to benefit him really only stupefies him.
~ H. L. Mencken, 1880-1956 ~
"Minority Report," Number 87, *Notebooks*, 1956

Idleness is the beginning of all vices, the crown of all virtues.
~ Franz Kafka, 1883-1924 ~
in *The Enlightened Mind: An Anthology of Sacred Prose*, Stephen Mitchell, ed., 1991

My pieces of time play with eternity.
~ Antonio Porchia, 1886-1968 ~
Voices, W. S. Merwin, tr., 1988

The supreme accomplishment is to blur the line between work and play.
~ Arnold Toynbee, 1889-1975 ~

Imagination needs moodling – long, inefficient, happy idling, dawdling and puttering.
~ Brenda Ueland, 1892-1985 ~

Play your part in life, but never forget that it is only a role.
~ Paramahansa Yogananda, 1893-1952 ~
"Par-a-gram"

There seems to be a philosophic contradiction between being busy and being wise. Those who are wise won't be busy, and those who are too busy can't be wise. The wisest man therefore is he who loafs most gracefully.
~ Lin Yutang, 1895-1976 ~
The Importance of Living, 1937

If you can spend a perfectly useless afternoon in a perfectly useless manner, you have learned how to live.
~ Lin ~

We do not know a man until we know how he spends his leisure. It is when a man ceases to do the things he has to do, and does the things he likes to do, that his character is revealed. It is when the repressions of society and business are gone and when the goads of money and fame and ambition are lifted, and man's spirit wanders where it listeth, that we see the inner man, his real self.
~ Lin ~
My Country and My People, 1935

Half of the poetry of life would be gone, if we did not feel that life was either a dream, or a voyage with transient travelers, or merely a stage in which the actors seldom realized that they were playing their parts.
~ Lin ~
The Importance of Living, 1937

My work is a game, a very serious game.
~ M. C. Escher, 1898-1972 ~

Anything on earth you want to do is play. Anything on earth you have to do is work. Play will never kill you, work will. I never worked a day in my life.
~ Leila Denmark, 1898- ~

But games always cover something deep and intense, else there would be no excitement in them, no pleasure, no power to stir us.
~ Antoine de Saint-Exupéry, 1900-1944 ~
Airman's Odyssey, 1942

It's kind of fun to do the impossible.
~ Walt Disney, 1901-1966 ~

As soon as man apprehends himself as free and wishes to use his freedom, his activity is play.
~ Jean-Paul Sartre, 1905-1980 ~
in *The Observer*, 1970

Life is full of internal dramas. Instantaneous and sensational, played to an audience of one.
~ Anthony Dymoke Powell, 1905-2000 ~
in *The New York Times*, 1958

In producers, loafing is productive; and no creator, of whatever magnitude, has ever been able to skip that stage, any more than a mother can skip gestation.
~ Jacques Barzun, 1907-2005 ~

Each day, and the living of it, has to be a conscious creation in which discipline and order are relieved with some play and pure foolishness.
~ May Sarton, 1912-1995 ~

The universe is at root a magical illusion and a fabulous game, and … there is no separate "you" to get something out of it, as if life were a bank to be robbed. The only real "you" is the one that comes and goes, manifests and withdraws itself eternally in and as every conscious being. For "you" is the universe looking at itself from billions of points of view, points that come and go so that the vision is forever new … Yet just as there is no time but the present, and no one except the all-and-everything, there is never anything to be gained – though the zest of the game is to pretend that there is.
~ Alan Watts, 1915-1973 ~
The Book on the Taboo Against Knowing Who You Are, 1989

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The way of liberation makes it very clear that life is not going anywhere, because it is already *there*. In other words, it is playing, and those who do not play with it have simply missed the point.
~ Watts ~

Indeed, whether you know it or not, in everyday life you are, for the most part, playing a role and wearing a mask. The mistake you make is that you identify with the mask you see when looking in the mirror – a secondary aspect of yourself that reflects but a fraction of the richness of your essential being.
~ Vilayat Khan, 1916-2004 ~
Awakening: A Sufi Experience, 1999

Human affairs are not serious, but they have to be taken seriously.
~ Iris Murdoch, 1919-1999 ~

Hope for the best. Expect the worst.
Life is a play. We're unrehearsed.
~ Mel Brooks, 1926- ~

For century after century, consciously or unconsciously, human beings have depended on toys ... Everything through which we try to satisfy our desires becomes a toy.
~ Dainin Katagiri, 1928-1990 ~
Returning to Silence, 1988

Playfulness is as sacred as any prayer, or maybe more sacred than any prayer, because playfulness, laughter, singing, dancing will relax you. And the truth is only possible in a relaxed state of being.
~ "Osho" Rajneesh, 1931-1990 ~

We must learn to give fun a high priority in life. Like all other positive change, this also develops from the essential first step – learning to love ourselves. Each of us must take the time to find humorous books or movies, play the games we enjoy, tell jokes to friends, doodle, or have fun with coloring books, whatever the choice is of the child inside you. Not only does play make you feel good; it's also a disinhibitor that opens the door to creativity, an essential element of inner changes.
~ Bernie Siegel, 1932- ~
Love, Medicine & Miracles, 1986

Hobbies that demand skill, habits that set goals and limits, personal interests, and especially inner discipline help to make leisure what it is supposed to be – a chance for *re-creation* ...The flow experience that results from the use of skills leads to growth; passive entertainment leads nowhere ... The energy that could be used to focus on complex goals, to provide for enjoyable growth, is squandered on patterns of stimulation that only mimic reality. Mass leisure, mass culture, and even high culture when only attended to passively and for extrinsic reasons ... are parasites of the mind. They absorb psychic energy without providing substantive strength in return. They leave us more exhausted, more disheartened than we were before.
~ Mihaly Csikszentmihalyi, 1934- ~
Flow: The Psychology of Optimal Experience, 1990

Imaginative play is a key that opens the doors of intuition.
~ Frances Vaughan, 1935- ~

Humanity has advanced, when it has advanced, not because it has been sober, responsible, and cautious, but because it has been playful, rebellious, and immature.
~ Tom Robbins, 1936- ~

Time you enjoy wasting, is not wasted.
~ John Lennon, 1940-1980 ~

We are led profoundly into our soulfulness through the playful turns of life, and not necessarily or only in weighty matters.
~ Thomas Moore, 1940- ~
Soul Mates: Honoring the Mysteries of Love and Relationship, 1994

Improvisation, composition, writing, painting, theater, invention, all creative acts are forms of play, the starting place of creativity in the human growth cycle, and one of the great primal functions.
~ Stephen Nachmanovitch, 1950- ~
Free Play: The Power of Improvisation in Life and the Arts, 1990

The more you see of people here or anywhere else, the more you realize that the whole world's like a play. You can change the costumes and some of the lines, but the characters are the same all over.
~ Luella Foster ~

Take heart, truth and happiness will get you in the end. You can't lose in this game. Have fun. It goes on too long to be taken seriously all the time.
~ John & Lyn St. Clair Thomas ~
Eyes of the Beholder, 1982

Necessity may be the mother of invention, but play is certainly the father.
~ Roger von Oech ~

LIMITATION

Related States & Conditions: Avoidance/Denial/Refusal, Complacency, Conformity, Defeat, Dependence, Oppression

Syntonic: Actualization/Fulfillment, Autonomy/Control, Centering, Confidence, Courage, Daring/Challenge, Exploration, Growth/Expansion, Initiative, Manifestation, Openness/Receptivity, Possibility/Potential, Power, Preparation/Readiness, Release, Understanding, Vision/Visualization

Dystonic: Attachment, Criticism/Judgment, Delusion, Depression/Despair/Distress, Distraction/Diversion, Fault, Fear, Guilt, Habit, Hate, Regret, War/Aggression/Violence, Worry

A person must not attempt to put restrictions on others that he is not prepared to comply with himself. By his own good example he will gain the co-operation of others. Excessively severe restrictions will not endure. One who attempts to enforce them will not succeed.
~ *Yi Jing*, c. 1150 BCE ~
"Ken: Keeping Still" in *The Photographic I Ching*, Dhiresha McCarver, tr., 1997

All limits are self-imposed.
~ Icarus ~

Oftimes a man, too distrustful of his strength, fails to secure what is rightfully his, being dragged backward by a spirit deficient in courage.
~ Pindar, 518-438 BCE ~

Do not confine your children to your own learning, for they were born in another time.
~ Hebrew Saying ~

One must not tie a ship to a single anchor, nor life to single hope.
~ Epictetus, 50-120 ~

The world is a book, and those who do not travel, read only a page.
~ Augustine of Hippo, 354-430 ~

If you memorize slogans,
you are unable to make
subtle adaptations according
to the situation ...
If you just stick to your
teacher's school and memorize slogans,
this is not enlightenment,
it is a part of intellectual knowledge.
~ Fayan Wenyi, 885-958 ~

The wine of divine grace is limitless:
All limits come from the faults of the cup.
Moonlight floods the whole sky from horizon to horizon;
How much it can fill your room depends on its windows.
Grant a great dignity, my friend, to the cup of your life;
Love has designed it to hold His eternal wine.
~ Jalaluddin Rumi, 1207-1273 ~
"The Wine and the Cup," Mathnawi
Teachings of Rumi, Andrew Harvey, tr., 1999

Avoid knotted ideas;
untie yourself in a higher world.
Limit your talk
for the sake of timeless communion.
~ Rumi ~
"Empty the Glass of Your Desire"
The Pocket Rumi Reader, Kabir Helminski, ed., 2001

Beware the man of one book.
~ Thomas Aquinas, 1225-1274 ~

The impediments are in us ... It is always you yourself that hinder yourself, because your attitude toward things is wrong. Therefore begin first with yourself and let yourself go. Truly, if you will not flee first from yourself, wherever else you may flee, there you will find impediments and restlessness, wherever it may be.
~ Meister Eckhart, 1260-1327 ~
in Matthew Fox, *Passion for Creation: The Earth-Honoring Spirituality of Meister Eckhart*, 2000

You yourself are your own barrier – rise from within it.
~ Shamseddin Hafiz, 1320-1390 ~

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We can only be what we give ourselves the power to be.
~ Cherokee Saying ~

Do just once what others say you can't do, and you will never pay attention to their limitations again.
~ James R. Cook, 1728-1779 ~

It is in self-limitation that a master first shows himself.
~ Johann von Goethe, 1749-1832 ~

The man with insight enough to admit his limitations comes nearest to perfection.
~ Goethe ~

Rules and models destroy genius and art.
~ William Hazlitt, 1778-1830 ~

Every man takes the limits of his own field of vision for the limits of the world.
~ Arthur Schopenhauer, 1788-1860 ~

I call that mind free which resists bondage of habit, which does not mechanically repeat itself and copy the past, which does not live on old virtues, which does not enslave itself to precise rules.
~ William Ellery Channing, 1789-1842 ~

Who so belongs only to his age references only poppinjays and mumbo-jumbos.
~ Thomas Carlyle, 1795-1881 ~

The world owes all its onward impulses to men ill at ease. The happy man inevitably confines himself within ancient limits.
~ Nathaniel Hawthorne, 1804-1864 ~

People generally think that it is the world, the environment, external relationships, which stand in one's way, in the way of one's good fortune … and at bottom it is always man himself that stands in his own way.
~ Søren Kierkegaard, 1813-1855 ~

No man can put a chain about the ankle of his fellow man, without at least finding the other end of it about his own neck.
~ Frederick Douglass, 1817-1895 ~
Life and Times of Frederick Douglass, 1895

The man who does not read good books has no advantage over the man who can't read them.
~ Mark Twain, 1835-1910 ~

What we have grown accustomed to seems good enough, and they who fall into ways and ruts find it natural to walk therein to the end.
~ John Lancaster Spalding, 1840-1916 ~
Glimpses of Truth, 1903

Do not quench your inspiration and your imagination; do not become the slave of your model.
~ Vincent van Gogh, 1853-1890 ~

It is one of the commonest of mistakes to consider that the limit of our power of percepton is also the limit of all there is to perceive.
~ C. W. Leadbeater, 1854-1934 ~

The recipe for perpetual ignorance is a very simple and effective one: be satisfied with your opinions and content with your knowledge.
~ Elbert Hubbard, 1856-1915 ~

Every man, indeed, works with the limitations of his qualities, just as we all struggle beneath the weight of the superincumbent atmosphere; our defects are even a part of our qualities, and it would be foolish to quarrel with them.
~ Havelock Ellis, 1859-1939 ~
Selected Essays, 1936

Life is not an artificial canal to be confined within prescribed channels. When once this is clearly seen in our own lives, then we shall not be able to be misled by any more fabrications.
~ Rabindranath Tagore, 1861-1941 ~

The moment that any life, however good, *stifles* you, you may be sure it isn't your real life.
~ A. C. Benson, 1862-1925 ~
Extracts from the Letters of Dr. A. C. Benson to M. E. A., 1926

When a man has put a limit on what he will do, he has put a limit on what he can do.
~ Charles Schwab, 1862-1939 ~

When I am bound by nature, by name and form, by time, space, and causality, I do not know what I truly am. But even in this bondage my real Self is not completely lost. I strain against the bonds; one by one they break, and I become conscious of my innate grandeur.
~ Vivekananda, 1863-1902 ~
The Complete Works of Swami Vivekananda, 1984-1987, 8:249

You can't shake hands with a clenched fist.
~ Mahatma Gandhi, 1869-1948 ~

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The only difference between a rut and a grave is their dimensions.
~ Ellen Glasgow, 1873-1945 ~

Something we were withholding made us weak
Until we found it was ourselves.
~ Robert Frost, 1874-1963 ~

There is no cause for you to be miserable and unhappy. You yourself impose limitations on your true nature of infinite Being, and then weep that you are but a finite creature.
~ Ramana Maharshi, 1879-1950 ~
The Spiritual Teaching of Ramana Maharshi, 1972

Mind is consciousness which has put on limitations. You are originally unlimited and perfect. Later you take on limitations and become the mind.
~ Maharshi ~

Face your deficiencies and acknowledge them; but do not let them master you. Let them teach you patience, sweetness, insight ... The marvelous richness of human experience would lose something of rewarding joy if there were no limitations to overcome. The hilltop hour would not be half so wonderful if there were no dark valley to traverse.
~ Helen Keller, 1880-1968 ~

It is our duty as men and women to proceed as though limits to our abilities do not exist.
~ Pierre Teilhard de Chardin, 1881-1955 ~

The unlimited part of ourselves becomes limited and earthbound for the purpose of making this life, which is the outward life, more intelligible. Therefore there is one loss and one gain. The loss is the loss of freedom, and the gain is the experience of life which is fully gained by coming to this limitation of life which we call the life of an individual.
~ Hazrat Khan, 1882-1927 ~
The Mysticism of Sound and Music, 1991

The only limit to our realization of tomorrow will be our doubts of today.
~ Franklin D. Roosevelt, 1882-1945 ~

If one feels one's limits very intensely, one must burst.
~ Franz Kafka, 1883-1924 ~
The Diaries of Franz Kafka 1914-1923, Max Brod, ed., Martin Harry Greenberg, tr., 1949

But you who walk facing the sun, what images drawn on the earth can hold you?
You who travel with the wind, what weathervane shall direct your course?
What man's law shall bind you if you break your yoke but upon no man's prison door?
What laws shall you fear if you dance but stumble against no man's iron chains?
And who is he that shall bring you to judgment if you tear off your garment yet leave it in no man's path?
~ Khalil Gibran, 1883-1931 ~
The Prophet, 1923

Our firmest convictions are apt to be the most suspect; they mark our limitations and our bounds. Life is a petty thing unless it is moved by the indomitable urge to extend its boundaries.
~ José Ortega y Gasset, 1883-1955 ~

Let the sky and God be our limit and eternity our measurement.
~ Marcus Garvey, 1887-1940 ~
African Fundamentalism, 1925

There is really, then, no limitation outside our own ignorance, and since we all can conceive a greater good than we have so far experienced, we all have within our own minds the ability to transcend previous experiences and rise triumphant over them, but we shall never triumph over them while we persist in going through the same old mental reactions.
~ Ernest Holmes, 1887-1960 ~
"Opening Our Minds to God"

One of the reasons why so few of us ever act, instead of react, is because we are continually stifling our deepest impulses.
~ Henry Miller, 1891-1980 ~

We must not only cut asunder the snare of the mind and the senses, but flee also from the snare of the thinker, the snare of the theologian and the church-builder, the meshes of the Word and the bondage of the Idea. All these are within us waiting to wall in the spirit with forms; but we must always go beyond, always denounce the lesser for the greater, the finite for the Infinite; we must be prepared to proceed from illumination to illumination, from experience to experience, from soul-state to soul-state ... Nor must we attach ourselves even to truths we hold most securely, for they are but forms and expressions of the Ineffable

who refuses to limit itself to any form or expression.
~ Sri Aurobindo, 1892-1950 ~
in Anne Moberly & Eleanor Jourdain, *An Adventure*, 1904

We think too small. Like the frog at the bottom of the well. He thinks the sky is only as big as the top of the well. If he surfaced, he would have an entirely different view.
~ Mao Zedong, 1893-1976 ~

People mistake their limitations for high standards.
~ Jean Toomer, 1894-1967 ~
Essentials: Definitions and Aphorisms, XL, 1931

Either/or situations are not "valid" statements of human experience, once this experience transcends rigidly rational (or so-called Aristotelian) frames of reference: they deal only with an artificialized, conceptualized and thus emasculated world – the world of egos.
~ Dane Rudhyar, 1895-1985 ~

In order to break out of prison, one must first confess to being in prison.
~ Wilhelm Reich, 1897-1957 ~

Until you've lost your reputation, you never realize what a burden it was or what freedom really is.
~ Margaret Mitchell, 1900-1949 ~

There are no limits to either time or distance, except as man himself may make them. I have but to touch the wind to know these things.
~ Hal Borland, 1900-1978 ~

As long as you keep a person down, some part of you has to be down there to hold him down, so it means you cannot soar as you otherwise might.
~ Marian Anderson, 1902-1993 ~

Is life so wretched? Isn't it rather your hands which are too small, your vision which is muddied? You are the one who must grow up.
~ Dag Hammarskjöld, 1905-1961 ~
Markings, 1964

Everyone is a prisoner of his own experiences. No one can eliminate prejudices – just recognize them.
~ Edward R. Murrow, 1908-1965 ~

When all you own is a hammer, every problem starts looking like a nail.
~ Abraham Maslow, 1908-1970 ~

Do not let what you cannot do interfere with what you can do.
~ John Wooden, 1910- ~

I think knowing what you can *not* do is more important than knowing what you can do.
~ Lucille Ball, 1911-1989 ~
in Eleanor Harris, *The Real Story of Lucille Ball*, 1954

The only limits are, as always, those of vision.
~ James Broughton, 1913-1999 ~

What and how much had I lost by trying to do only what was expected of me instead of what I myself had wished to do? What a waste, what a senseless waste.
~ Ralph Ellison, 1914-1994 ~
Invisible Man, 1952

Our whole life is a mystery of which very little comes to our conscious understanding. But when we *accept only what we can consciously rationalize*, our life is actually reduced to the most pitiful limitations, though we may think otherwise.
~ Thomas Merton, 1915-1968 ~

We have been believers believing in our burdens and our demigods too long. Now the needy no longer weep and pray; the long-suffering arise, and our fists bleed against the bars with a strange insistency.
~ Margaret Walker, 1915-1998 ~
"We Have Been Believers"

The only way to loosen the ties that bind us is by finding freedom within – freedom not from circumstances, but from our conditioned thoughts and emotions.
~ Vilayat Khan, 1916-2004 ~
Awakening: A Sufi Experience, 1999

I have never been contained except that I made the prison.
~ Mari Evans, 1923- ~

We spend most of our days preventing the heart from beating out its greatness. The things we would rather encourage lie choking among the weeds of our restrictions. And before we know it time has eluded us. There is not much time allotted us, and half of that we sleep. While we are awake we should allow our hearts to bear the shame of being seen living.
~ Efua Sutherland, 1924- ~

Yes, you can be a dreamer and a doer too, if you will remove one word from your vocabulary: impossible.
~ Robert H. Schuller, 1926- ~

We set up conditions for our happiness and become trapped. Happiness can come to us at any time if we are free. Why do we commit ourselves to only one idea of happiness? When we do this, we limit our happiness. If we let go of that idea, happiness will come to us from every direction.
~ Thich Nhat Hanh, 1926- ~
The Path of Emancipation, 2000

An individual has not started living until he can rise above the narrow confines of his individualistic concerns to the broader concerns of all humanity.
~ Martin Luther King, Jr., 1929-1968 ~
The Words of Martin Luther King, Jr., Coretta Scott King, ed., 1983

There's only one reason you're not experiencing bliss at the present moment, and it's because you're thinking or focusing on what you don't have. Right now you have everything you need to be in bliss.
~ Anthony deMello, 1931-1987 ~
Awareness, 1990

What has been has nothing whatsoever to do with what can be.
~ Lynn Grabhorn, 1931- ~

The person who is truly effective has the humility and reverence to recognize his own perceptual limitations and to appreciate the rich resources available through interaction with the hearts and minds of other human beings.
~ Stephen Covey, 1932- ~
The 7 Habits of Highly Effective People, 1989

He who is conceived in a cage yearns for the cage.
~ Yevgeny Yevtushenko, 1933- ~

Argue for your limitations, and sure enough, they're yours.
~ Richard Bach, 1936- ~

Holding on to beliefs limits our experience of life. That doesn't mean that beliefs or ideas or thinking are problems; the stubborn attitude of having to have things a particular way, grasping on to our beliefs and thoughts, all these cause the problems. To put it simply, using your belief systems this way creates a situation in which you choose to be blind instead of being able to see, to be deaf instead of being able to hear, to be dead rather than alive, asleep rather than awake.
~ Pema Chödrön, 1936- ~
The Wisdom of No Escape: And the Path of Loving-Kindness, 1991

When we cling, often forever, to our old patterns of thinking and behaving, we fail to negotiate any crisis, to truly grow up, and to experience the joyful sense of rebirth that accompanies the successful transition into greater maturity ... One extends one's limits only by exceeding them.
~ M. Scott Peck, 1936-2005 ~
The Road Less Travelled, 1978

You are your only limit to the beauty, pleasures, knowledge, wisdom, fascination, serenity, and love that you can receive from this earth and all its processes, forms, minds ... Live as simply and as naturally and as close to the earth as possible, inhibiting only two aspects of your unlimited self: your capacity to reproduce and your desire for material things.
~ Daniel Kozlovsky, 1937- ~
An Ecological and Evolutionary Ethic, 1974

The bonds of our culture are often invisible, and its walls are glass. We may think we are free. *We cannot leave the trap until we know we are in it.* None but ourselves ... are the warders and jailers ... It is as if the key were always within reach through the bars, but we never think to look for it.
~ Marilyn Ferguson, 1938- ~
The Aquarian Conspiracy, 1980

Cultural norms and mores are the great unexamined assumptions that run our lives. We become *accustomed* to roles; they become *customary* and therefore unchallenged. Custom is like buildup of smog. We only notice it when it has been swept away on a clear, clean day.
~ Ibid.

The transformed self breaks out of the compartments structured by cultural role assignments, not only acknowledging aspects long suppressed but also by recognizing how the assigned traits can become distorted.
~ Ibid.

The epitome of the human realm is to be stuck in a huge traffic jam of discursive thought.
~ Chögyam Trungpa, 1939-1987 ~
The Myth of Freedom, 1976

All my limitations are self-imposed, and my liberation can only come from true self-love.
~ Max Robinson, 1939-1988 ~

You cannot get ahead while you are getting even.
~ Dick Armey, 1940- ~

Examine the labels you apply to yourself. Every label is a boundary or limit you will not let yourself cross.
~ Wayne Dyer, 1940- ~

Men, even more than women, are fettered to gender roles. Women at least have had the guts to break out of bondage. Only gay men have had the courage to expose themselves to the woman inside them and to challenge the current masculinity.
~ Gloria Anzaldúa, 1942-2004 ~
"La conciencia de la mestiza: Towards a New Consciousness," *Borderlands/La Frontera: The New Mestiza*, 1987

To confine our attention to terrestrial matters would be to limit the human spirit.
~ Stephen Hawking, 1942- ~

We all have the power to make reality. Why make it inside boundaries when the boundless is so near?
~ Deepak Chopra, 1947- ~
Journey Into Healing: Awakening the Wisdom Within You, 1994

To explain why we become attached to our birthplaces we pretend that we are trees and speak of roots. Look under your feet. You will not find gnarled growths sprouting through the soles. Roots, I sometimes think, are a conservative myth, designed to keep us in our places.
~ Salman Rushdie, 1947- ~
Shame, 1983

While there is a place for racial identities in a world shaped by racism … if we are to move beyond racism we shall have, in the end, to move beyond current racial identities.
~ K. Anthony Appiah, 1954- ~

A person wrapped up in himself makes a very small package.
~ Denzel Washington, 1954- ~

It is remarkable how much mediocrity we live with, surrounding ourselves with daily reminders that the average is acceptable. Our world suffers from terminal normality. Take a moment to assess all of the things around you that promote your being "average." These are the things that keep you powerless to go beyond a "limit" you arbitrarily set for yourself. The first step to having what you really want is the removal of everything in your environment that represents mediocrity, removing those things that are limiting. One way is to surround yourself with friends who ask more of you than you do.
~ Stewart Emery, 1941- ~

If you limit your choices only to what seems possible or reasonable, you disconnect yourself from what you truly want, and all that is left is compromise.
~ Robert Fritz, 1943- ~

We hear about people who go back to their roots. That is good, but don't get stuck in the root. There is the branch, the leaf, the flower – all reaching toward the immense sky.
~ Natalie Goldberg ~
Writing Down the Bones, 1986

I'm free when I allow myself to unfold. As soon as I restrict myself to known outcomes, I've got a noose around my neck.
~ Adele Goldstone ~

Healthy boundaries are flexible enough that we can choose what to let in and what to keep out.
~ Anne Katherine ~

Some of the world's greatest feats were accomplished by people not smart enough to know they were impossible.
~ Doug Larson ~

Never make the mistake of limiting the visions of your future by the narrow experience of your past.
~ Lewis Losoncy ~

The walls we build around us to keep sadness out also keep out the joy.
~ Jim Rohn ~

The greatest of all faults is to be conscious of none. Recognizing our limitations and imperfections is the first requisite of progress. Those who believe they have arrived believe they have nowhere to go. Some not only have closed their minds to new truth, but they sit on the lid.
~ Dale E. Turner ~

It's not what you are that holds you back; it's what you think you are not.
~ Denis Waitley ~

LISTENING

Related States & Conditions: Attention/Awareness, Communication, Disclosure/Veracity, Idea/Opinion, Learning, Meaning, Openness/Receptivity, Questioning/Doubt

Syntonic: Appreciation, Focus/Intention, Differentiation/Division/Separation, Insight/Instinct/Intuition, Preparation/Readiness, Respect, Tolerance, Understanding, Vision/Visualization, Wisdom

Dystonic: Attachment, Criticism/Judgment, Delusion, Distraction/Diversion, Fault, Habit, Haste/Impatience, War/Aggression/Violence

Give your ears, hear the sayings,
Give your heart to understand them;
It profits to put them in your heart.
~ Amenemope, c. 11th C. BCE~
The Instruction of Amenemope, Ch. 1, Miriam Lichtheim, tr.

Don't listen with the ears; listen with the mind. No, don't listen with the mind, but listen with the qi … This qi is an emptiness which is receptive to all things. The Way is understood through emptiness.
~ Zhuangzi, c. 369-c. 286 BCE ~
Zhuang Zi, Chapter 4

Know how to listen, and you will profit even from those who talk badly.
~ Plutarch, c. 46-c. 120 ~

You are used to listening to the buzz of the world, but now is the time to develop the inner ear that listens to the inner world. It is time to have a foot in each world, and it can be done.
~ Bartholomew, 1st C. CE ~

We must learn to hear the tongue of the Invisible.
~ *Qur'an*, 610-622 ~

What is "listening"? It is the light of the ears spontaneously listening, the ears only listening inward and not outward. Not listening outward yet being alert is inward listening; it is not that there is really such a thing as listening inward.
~ Lu Dong Bin, c. 798 ~
The Secret of the Golden Flower: The Classic Chinese Book of Life, IV.25, Thomas Cleary, tr., 1991

The beginning of wisdom is silence. The second step is listening.
~ Unknown ~

Listen, for your tongue makes you deaf.
~ Native American Saying ~

It would be better to listen to other people in order to become enlightened rather than to speak so as to shine in front of them.
~ Madame de Sable, 1599-1678 ~
The Maxims of Madame de Sable, Arthur Chandler, tr.

It is the province of knowledge to speak and it is the privilege of wisdom to listen.
~ Oliver Wendell Holmes, 1809-1894 ~

And listen to others, even the dull and ignorant; they too have their story.
~ Max Ehrmann, 1872-1945 ~
Desiderata, 1927

A good listener is not only popular everywhere, but after a while he knows something.
~ Wilson Mizner, 1876-1933 ~

It seems to me we learn to love by being genuinely interested in others so that we listen to them with attention, actually hearing what they have to say. When you listen more than you talk, you are loving – that is, if you love to talk. When you talk more than you listen, when you don't like to talk, then you are loving!
~ Rebecca Beard, b. 1885 ~
Everyman's Search, 1951

When you seem to be listening to my words, they seem to be your words, with me listening.
~ Antonio Porchia, 1886-1968 ~
Voices, W. S. Merwin, tr., 1988

All things and all men, so to speak, call on us with small or loud voices. They want us to listen. They want us to understand their intrinsic claims, their

justice of being. But we can give it to them only through the love that listens.
~ Paul Tillich, 1888-1965 ~

So when you are listening to somebody, completely, attentively, then you are listening not only to the words, but also to the feeling of what is being conveyed, to the whole of it, not part of it.
~ Jiddu Krishnamurti, 1895-1986 ~

When people talk, listen completely. Most people never listen.
~ Ernest Hemingway, 1899-1961 ~

Holy listening – to "listen" another's soul into life, into a condition of disclosure and discovery – may be almost the greatest service that any human being ever performs for another.
~ Douglas V. Steere, 1901-1995 ~

Listen more often
To things than to beings;
The fire's voice is heard,
Hear the voice of the water.
Hear in the wind
The bush's sob:
It is the ancestors' breath.
~ Birago Diop, 1906-1989 ~
"Breaths," *African Heritage: Intimate Views of the Black Africans from Life, Love, Literature*, Jacob Drachler, ed., 1963

Skillful listening is the best remedy for loneliness, loquaciousness, and laryngitis.
~ William Arthur Ward, 1921- ~

Listening, not imitation, may be the sincerest form of flattery.
~ Joyce Brothers, 1927- ~

Listening is a difficult and sometimes tedious art. It is so much easier to tell people what to do ... To listen to someone means to become open and vulnerable to him/her and to allow them to disturb us, to change our habits and our ways of thinking and seeing things.
~ Jean Vanier, 1928- ~
Network of Friends: The Letters of Jean Vanier to the Friends and Communities of L'Arche, John Sumarah, ed., 1994

Listening involves patience, openness, and the desire to understand – highly developed qualities of character. It's so much easier to operate from a low emotional level and to give high-level advice.
~ Stephen Covey, 1932- ~
The 7 Habits of Highly Effective People, 1989

By far the most important form of attention we can give our loved ones is listening ... True listening is love in action.
~ M. Scott Peck, 1936-2005 ~
The Road Less Travelled, 1978

Learn to be quiet enough to hear the sound of the genuine within yourself so that you can hear it in other people.
~ Marion Wright Edelman, 1939- ~

I know you believe you understand what you think I said, but I am not sure you realize that what you heard is not what I meant.
~ Unknown ~

The person who cannot listen cannot converse. One has to take in what the other presents. Conversation involves holding the material the other has taken from his "cabinet," treating it with attention and respect.
~ Thomas Moore, 1940- ~
Soul Mates: Honoring the Mysteries of Love and Relationship, 1994

We don't know how to listen. Everybody seems to be listening, but what they're really doing is rehearsing what to say next, when the other person shuts up and they can jump in with their agenda, their "I did this, I did that, this was my experience."
~ Gloria Anzaldúa, 1942-2004 ~

I'm glad I understand that while language is a gift, listening is a responsibility.
~ Nikki Giovanni, 1943- ~
"Griots," *Racism 101*

What we hear is the quality of our listening.
~ Robert Fripp, 1946- ~

When listening to another person, don't just listen with your mind, listen with your whole body. Feel the energy field of your inner body as you listen. That takes attention away from thinking and creates a still space that enables you to truly listen without the mind interfering. You are giving the other person space – space to be. Most people don't know how to listen because the major part of their attention is taken up by thinking. They pay more attention to that than to what the other person is saying, and none at all to what really matters: the Being of the other person underneath the words and the mind.
~ Eckhard Tolle, 1948- ~
The Power of Now: A Guide to Spiritual Enlightenment, 1999

LITTLE

Related States & Conditions: Appearance/Form, Autonomy/Control, Being/Essence/Soul, Humility/Modesty, Limitation, Moderation, Questioning/Doubt, Restraint, Seeking, Simplicity

Syntonic: Acceptance, Appreciation, Attention/Awareness, Detachment, Expedience, Ingenuity, Initiative, Openness/Receptivity, Patience, Possibility/Potential, Power, Preparation/Readiness, Release, Tolerance, Understanding, Vision/Visualization

Dystonic: Anger, Attachment, Avoidance/Denial/Refusal, Criticism/Judgment, Defeat, Delusion, Dependence, Depression/Despair/Distress, Distraction/Diversion, Fault, Fear, Greed, Guilt, Habit, Hate, Jealousy/Envy, Regret, Revenge, War/Aggression/Violence, Worry

The man who moved a mountain was the one who began carrying away small stones.
~ Chinese Saying ~

A tree that can fill the span of a man's arms grows from a downy tip;
A terrace nine stories high rises from hodfuls of earth;
A journey of a thousand miles starts beneath one's feet.
~ Laozi, 570-490 BCE ~
Dao dejing

Do the great while it is still small.
~ Ibid.

Dripping water can even fill a pitcher, drop by drop; one who is wise is filled with good, even if one accumulates it little by little.
~ Buddha, c. 563-483 BCE ~
The Dhammapada, Thomas Cleary, tr., 1994

Little by little does the trick.
~ Aesop, fl. c. 550 BCE ~
"The Crow and the Pitcher"

Pepper is small in quantity and great in virtue.
~ Plato, c. 427-347 BCE ~

Civil confusions often spring from trifles but decide great issues.
~ Aristotle, 384-322 BCE ~

He who doesn't find a little enough will find nothing enough.
~ Epicurus, 341-270 BCE ~

Well-being is attained little by little, and is no little thing itself.
~ Zeno of Citium, c. 335-264 BCE ~

He is almost always a slave who cannot live on little.
~ Horace, 65-8 BCE ~
Satires

Perseverance is more prevailing than violence; and many things which cannot be overcome when they are together, yield themselves up when taken little by little.
~ Plutarch, c. 46-c. 120 ~

Remember this – that very little is needed to make a happy life.
~ Marcus Aurelius, 121-180 ~

The seed of the banyan tree, though exceedingly small, grows into a large tree and affords abundant shade; in like manner, however small may be the benefit of a virtuous act, it covers as it were the face of heaven.
~ *Naladiyar*, c. 5th-6th C. ~
4.8, F. J. Leeper, tr., 1873

A little that makes for concord is better than a great deal that makes for division.
~ Abu 'Uthman Amr Ibn Bahr Al-Jahiz, c. 788-869 ~
The Exploits of the Turks and the Army of the Khalifate in General

For a man who is contented with little,
Wealth is inexhaustible.
He who continually seeks and is never satisfied
Will experience a constant rain of sorrow.
~ Saskya Pandita, 1182-1251 ~

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Do well the little things now; so shall great things come to thee by and by asking to be done.
~ Persian Saying ~

Little by little the bird makes its nest.
~ Haitian Saying ~

A little and a little, collected together, becomes a great deal; the heap in the barn consists of single grains, and drop and drop make the inundation.
~ Moslih Sa'adi, 1184-1291 ~

From a little spark may burst a mighty flame.
~ Dante Alighieri, 1265-1321 ~

Small rooms or dwellings set the mind in the right path, large ones cause it to go astray.
~ Leonardo da Vinci, 1452-1519 ~

Trifles make perfection, but perfection is no trifle.
~ Michelangelo Buonarotti, 1475-1564 ~

Be great in little things.
~ Francis Xavier, 1506-1552 ~

Great accomplishments are composed of minute details.
Those who succeed in attaining the Whole
have attended carefully to each tiny part.
Those who fail have ignored or taken too lightly
what they deemed to be insignificant.
The enlightened person overlooks nothing.
~ Hanshan Deqing, 1546-1623 ~
Journey to Dreamland, Jy Din Shakya, tr., 1998

In small proportions we just beauties see;
And in short measures, life may perfect be.
~ Ben Jonson, 1572-1637 ~
The Underwood, 1640

Know how to do good a little at a time, and often.
~ Baltasar Gracián y Morales, 1601-1685 ~

Human felicity is produced not so much by great pieces of good fortune that seldom happen as by little advantages that occur every day.
~ Benjamin Franklin, 1706-1790 ~

Beware of little expenses; a small leak will sink a great ship.
~ Franklin ~

Little strokes fell great oaks.
~ Franklin ~

There is nothing so minute, or inconsiderable, that I would not rather know it than not.
~ Samuel Johnson, 1709-1784 ~

If one is to do good, it must be done in minute particulars.
~ William Blake, 1757-1827 ~

Small service is true service while it lasts:
Of humblest Friends, bright Creature! Scorn not one:
The Daisy, by the shadow that it casts,
Protects the lingering dewdrop from the sun.
~ William Wordsworth, 1770-1850 ~
"To A Child Written in Her Album," in *The Poems*, John O. Hayden, ed., 1989

The happiness of life is made up of minute fractions – the little, soon-forgotten charities of a kiss or smile, a kind look or heartfelt compliment.
~ Samuel Taylor Coleridge, 1772-1834 ~

Life is made up, not of great sacrifices or duties, but of little things, in which smiles and kindness and small obligations, given habitually, are what win and preserve the heart and secure comfort.
~ Humphrey Davy, 1778-1829 ~

Do not delude yourself with the notion that you may be untrue and uncertain in trifles and in important things the contrary. Trifles make up existence, and give the measure by which to try us; and the fearful power of habit after a time, suffers not the best will to ripen into action.
~ Karl Maria von Weber, 1786-1826 ~

A drop of ink may make a million think.
~ Lord Byron, 1788-1824 ~

A great man is always willing to be little.
~ Ralph Waldo Emerson, 1803-1882 ~

Life is too short to be little.
~ Benjamin Disraeli, 1804-1881 ~

Most people would succeed in small things if they were not troubled with great ambitions.
~ Henry Wadsworth Longfellow, 1807-1882 ~

Do not take lightly small good deeds,
Believing they can hardly help.
For drops of water one by one
In time can fill a giant jar.
~ Patrul Rinpoche, 1808-1887 ~
The Words of My Perfect Teacher, 1994

Despise not small things, either for evil or good, for a look may work thy ruin, or a word create thy wealth. A spark is a little thing, yet it may kindle the world.
~ Martin Tupper, 1810-1889 ~

The difference between ordinary and extraordinary is that little extra.
~ John Ruskin, 1819-1900 ~

Nothing can be done except little by little.
~ Charles Baudelaire, 1821-1867 ~

True life is lived when tiny changes occur.
~ Leo Tolstoy, 1828-1910 ~

If we attend continually and promptly to the little that we can do, we shall ere long be surprised to find how little remains that we cannot do.
~ Samuel Butler, 1835-1902 ~

I am done with great things and big plans, great institutions and big successes. I am for those tiny, invisible loving human forces that work from individual to individual, creeping through the crannies of the world like so many rootlets, or like the capillary oozing of water, yet which, if given time, will rend the hardest monuments of human pride.
~ William James, 1842-1910 ~

Great things are not done by impulse, but by a series of small things brought together.
~ Vincent van Gogh, 1853-1890 ~

In practical daily life we are hurt by small things; we are enslaved by little beings. Misery comes because we think we are finite – we are little beings. And yet how difficult it is to believe that we are infinite beings! In the midst of all this misery and trouble, when a little thing may throw me off balance, it must be my care to believe that I am infinite.
~ Vivekananda, 1863-1902 ~
The Complete Works of Swami Vivekananda, 1984-1987, 2:399, 1926

Nothing is particularly hard if you divide it into small jobs.
~ Henry Ford, 1863-1947 ~

No matter how insignificant the thing you have to do, do it as well as you can, give it as much of your care and attention as you would give to the thing you regard as most important, For it will be by those small things that you shall be judged.
~ Mahatma Gandhi, 1869-1948 ~
"The Life Of The Satyagrahi," *Selections From Gandhi*, Nirmal Kumar Bose, ed., 1948

Each small task of every day is part of the total harmony of the universe.
~ Therèse of Lisieux, 1873-1897 ~

Be master of your petty annoyances and conserve your energies for the big, worthwhile things. It isn't the mountain ahead that wears you out – it's the grain of sand in your shoe.
~ Robert Service, 1874-1958 ~

If you will cling to Nature, to the simple in Nature, to the little things that hardly anyone sees, and that can so unexpectedly become big and beyond measuring; if you have this love of inconsiderable things and seek quite humbly as a ministrant to win the confidence of what seems poor: then everything will become easier, more coherent and somehow more conciliatory for you, not in your intellect, perhaps, which lags behind astonished, but in your inmost consciousness, waking and cognizance.
~ Rainer Maria Rilke, 1875-1926 ~
Letters to a Young Poet, 1992

Here, the eye learns to appreciate slight variations to possibilities inherent in emptiness. It sees that the emptiness is full of small things, like grasshoppers in their samurai armor clicking and jumping as you pass.
~ Kathleen Norris, 1880-1966 ~

I long to accomplish a great and noble task, but it is my chief duty to accomplish small tasks as if they were great and noble.
~ Helen Keller, 1880-1968 ~

Let us not take it for granted that life exists more fully in what is commonly thought big than in what is commonly thought small.
~ Virginia Woolf, 1882-1941 ~
The Common Reader, First Series, 1925

What have you done with your gift of sex? It was a failure, in the end that is all that they will say. But it might easily have succeeded. A mere trifle, indeed so small as not to be perceived, decided between its failure and success. Why are you surprised? So it was with the greatest battles in the

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history of the world. Trifles decide trifles.
~ Franz Kafka, 1883-1924 ~
The Diaries of Franz Kafka 1914-1923, Max Brod, ed., Martin Harry Greenberg, tr., 1949

If you can't do great things, do small things in a great way. Don't wait for great opportunities. Seize common, everyday ones and make them great.
~ Napoleon Hill, 1883-1970 ~

When you have a great and difficult task, something perhaps almost impossible, if you only work a little at a time, every day a little, suddenly the work will finish itself.
~ Isak Dinesen, 1885-1962 ~

A mountain is composed of tiny grains of earth. The ocean is made up of tiny drops of water. Even so, Life is but an endless series of little details, actions, speeches and thoughts … And the consequences whether good or bad of even the least of them is far-reaching.
~ Sivananda, 1887-1963 ~

Don't be afraid to give your best to what seemingly are small jobs. Every time you conquer one it makes you that much stronger. If you do the little jobs well, the big ones will tend to take care of themselves.
~ Dale Carnegie, 1888-1955 ~

The smallest fact is a window through which the infinite may be seen.
~ Aldous Huxley, 1894-1963 ~

There is greater pleasure in picking up a small pearl in an ash-can than in looking at a large one in a jeweler's window.
~ Lin Yutang, 1895-1976 ~
The Importance of Living, 1937

What saves a man is to take a step. Then another step.
~ Antoine de Saint-Exupéry, 1900-1944 ~

One can get just as much exultation in losing oneself in a little thing as in a big thing. It is nice to think how one can be recklessly lost in a daisy.
~ Anne Morrow Lindbergh, 1906-2001 ~
Bring Me a Unicorn, 1972

Victory is won not in miles but in inches. Win a little now, hold your ground, and later, win a little more.
~ Louis L'Amour, 1908-1988 ~

Everyone is trying to accomplish something big, not realizing that life is made up of little things.
~ Frank A. Clark, 1911- ~

Life is made up of small pleasures. Happiness is made up of those tiny successes. The big ones come too infrequently. And if you don't collect all these tiny successes, the big ones don't really mean anything.
~ Norman Lear, 1922- ~

It does not matter how small you are if you have faith and a plan of action.
~ Fidel Castro, 1927- ~
in *The New York Times*, 1959

We must not … ignore the small daily differences we can make which, over time, add up to big differences that we often cannot foresee.
~ Marion Wright Edelman, 1939- ~

Whatever steps we take, even if they are small, the most important thing is to rejoice in those small steps; then they become powerful. Always we should appreciate what we are able to do, and not feel bad about what we haven't done.
~ Tulku Thondup, 1939- ~
Healing Meditations, 1998

You have to appreciate the little things in life because the big things may never get here, and then you've only hung around for nothing.
~ Paul Reiser, 1957- ~

When each person does the small job of taking care of himself or herself, the big job of taking care of everyone is automatically complete.
~ Roger Jahnke ~
The Healer Within, 1997

The little things are most worthwhile – quiet word, a look, a smile.
~ Margaret Lindsey ~

A little lantern can do what the great sun can never do – it can shine in the night.
~ Unknown ~

Do not take lightly small misdeeds,
Believing they can do no harm:
Even a tiny spark of fire
Can set alight a mountain of hay.
It isn't the great pleasures that count the most; it's making a great deal out of the little ones.
~ Jean Webster ~

LOGOS

Related States & Conditions: Actualization/Fulfillment, Appearance/Form, Autonomy/Control, Being/Essence/Soul, Communication, Creativity/Discovery/Innovation, Eloquence/Poetry, Expression, Manifestation, Meaning, Power

Syntonic: Appreciation, Attention/Awareness, Desire, Faith, Focus/Intention, Initiative, Openness/Receptivity, Patience, Possibility/Potential, Preparation/Readiness, Release, Responsibility, Vision/Visualization

Dystonic: Anger, Attachment, Avoidance/Denial/Refusal, Criticism/Judgment, Depression/Despair/Distress, Distraction/Diversion, Fault, Fear, Greed, Habit, Hate, Jealousy/Envy, Loquacity, Regret, Revenge, War/Aggression/Violence, Worry

If Mind and Divine Speech are used as meant, you will not differ from the immortals in any way.
~ Khemetic Saying ~
Temt Tchaas: Egyptian Proverbs, Muata Ashaya Ashby, ed., 1994

The tongue of a man is his sword and effective speech is stronger than all fighting.
~Khemetic Saying ~
Selections from the Husia: Sacred Wisdom of Ancient Egypt, Maulana Karenga, tr., 1984

Pleasant words are like a honeycomb, sweetness to the soul and health to the body.
~ Solomon, 10th C. BCE ~
in *The Bible*, Proverbs 16:24

Without knowing the force of words, it is impossible to know more … If names be not correct, language is not in accordance with the truth of things. If language be not in accordance with the truth of things, affairs cannot be carried on to success.
~ Kongfuzi, c. 551-c. 479 BCE ~
Analects

The beginning of wisdom is to call things by their right names.
~ Chinese Saying ~

Words are the physicians of a mind diseased.
~ Aeschylus, 525-456 BCE ~

Speech is a mirror of the soul: as a man speaks so he is.
~ Publilius Syrus, c. 42 BCE ~
Moral Sayings

Words should be scattered like seed: no matter how small the seed may be, if it has found favorable ground, it unfolds its strength.
~ Seneca, c. 4 BCE-65 CE ~

How forcible are right words!
~ *The Bible*, c. 367 CE ~
Job 6:25

My words shall be the uprightness of my heart.
~ Ibid., 33:3

When you attain understanding of the living word, you never forget it. When you attain understanding of the dead word, you can't even save yourself.
~ Yuanwu Kekin, 1063-1135 ~
in *Zen Essence: The Science of Freedom*, Thomas Cleary, tr. & ed., 1989

I am a strong knife-blade word,
not some *if* or *maybe* dissolving in air.
~ Jalaluddin Rumi, 1207-1273 ~
"All Rivers at Once"

Good words are worth much, and cost little.
~ George Herbert, 1593-1633 ~
Jacula Prudentum, 1651

Kind words do not cost much. They never blister the tongue or lips. They make other people good-natured. They also produce their own image on men's souls, and a beautiful image it is.
~ Blaise Pascal, 1623-1662 ~

Language is not only the vehicle of thought, it is a great and efficient instrument in thinking.
~ Humphrey Davy, 1778-1829 ~

There are words which are worth as much as the best action for they contain the germ of them all.
~ Madame Swetchine, 1782-1857 ~

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Words are things and a small drop of ink
Falling like dew, upon a thought, produces
That which makes thousands, perhaps millions
think.
~ Lord Byron, 1788-1824 ~

Every word is supposed to have a meaning. Now, words are like nuts. Some are full, some partially full, and some are empty. The food, or wisdom, is in the word; and, if the word contains no wisdom, then it is like husks or froth. It fails to satisfy the desire of the person who seeks the substance. Natural food is to satisfy the natural man; and spiritual food, or wisdom, is to satisfy the inner, or scientific, man. The child before it begins to know is fed by natural food, while its spiritual food is opinions expressed in words. Therefore, as I said, words contain more or less truth. All are not full, and some are empty. But, when a person speaks a word that contains the real substance, and applies it to the thing spoken of, that is what is called the bread of life; and he neither hungers nor thirsts for wisdom in regard to that.
~ Phineas Quimby, 1802-1866 ~
in Annetta Gertude Dresser, *The Philosophy of P. P. Quimby*, 1895

Words are also actions, and actions are a kind of words.
~ Ralph Waldo Emerson, 1803-1882 ~
The Poet, 1844

Words – so innocent and powerless as they are, as standing in a dictionary, how potent for good and evil they become in the hands of one who knows how to combine them.
~ Nathaniel Hawthorne, 1804-1864 ~

Words, like nature, half reveal and half conceal the soul within.
~ Alfred Lord Tennyson, 1809-1892 ~

A word is not a crystal, transparent and unchanged; it is the skin of a living thought, and may vary greatly in color and content according to the circumstances and the time in which it is used.
~ Oliver Wendell Holmes, 1809-1894 ~

All words are pegs to hang ideas on.
~ Henry Ward Beecher, 1813-1887 ~

All seed-sowing is a mysterious thing, whether the seed fall into the earth or into souls. Man is a husbandman; his whole work rightly understood is to develop life, to sow it everywhere. Such is the mission of humanity, and of this divine mission the great instrument is speech. We too often forget that language is both a seed-sowing and a revelation.
~ Henri-Frédéric Amiel, 1821-1881 ~
Journal intime, 1883

A word is dead when it is said, some say.
I say it just begins to live that day.
~ Emily Dickinson, 1830-1886 ~

A powerful agent is the right word. Whenever we come upon one of those intensely right words in a book or newspaper the resulting effect is physical as well as spiritual, and electrically prompt … The difference between the right word and the almost right word is the difference between lightning and the lightning bug.
~ Mark Twain, 1835-1910 ~

Words and magic were in the beginning one and the same thing, and even today words retain much of their magical power.
~ Sigmund Freud, 1856-1939 ~

Do not talk to me of Archimedes' lever. He was an absent-minded person with a mathematical imagination. Mathematics command my respect, but I have no use for engines. Give me the right word and the right accent and I will move the world.
~ Joseph Conrad, 1857-1924 ~

Words are only a mode of mind acting on mind.
~ Vivekananda, 1863-1902 ~
The Complete Works of Swami Vivekananda, 1984-1987, 6:34, 1926

Start some kind word on its travels. There is no telling where the good it may do will stop.
~ Wilfred Grenfell, 1865-1940 ~

You see these dictators on their pedestals, surrounded by the bayonets of their soldiers and the truncheons of their police. Yet in their hearts there is unspoken – unspeakable! – fear. They are afraid of words and thoughts! Words spoken abroad, thoughts stirring at home, all the more powerful because they are forbidden. These terrify them. A little mouse – a little tiny mouse! – of thought appears in the room, and even the mightiest potentates are thrown into panic.
~ Winston Churchill, 1874-1965 ~

Speech is civilization itself. The word, even the most contradictory word, preserves contact – it is silence which isolates.
~ Thomas Mann, 1875-1955 ~
The Magic Mountain, 1975

Think before you speak is criticism's motto; speak before you think, creation's.
~ E. M. Forster, 1879-1970 ~

Perhaps of all the creations of man, language is the most astonishing.
~ Lytton Strachey, 1880-1932 ~
in George H. W. Ryland, *Words and Poetry*, 1925

The origin of the whole creation is in movement, in other words: in vibration. It is this original state of the existence of life which is called in the ancient tradition sound, or the word. The first manifestation of this sound is therefore audible, the next manifestation visible.
~ Hazrat Khan, 1882-1927 ~
The Mysticism of Sound and Music, 1991

The words that enlighten the soul are more precious than jewels.
~ Khan ~

Words are molds into which the creative substance of your consciousness flows. Words without meaning, while they may have some effect through constant repetition, cannot have the same effect that words with meaning have. Your words will have meaning in such degree as you actually feel that they are the activity of Spirit within you.
~ Ernest Holmes, 1887-1960 ~
This Thing Called You, 1948

The limits of my language mark the limits of my world.
~ Ludwig Wittgenstein, 1889-1951 ~
Tractatus Logico-Philosophicus, 1921

Spoken words are sounds occasioned by the vibrations of thoughts; thoughts are vibrations sent forth by the ego or by the soul. Every word you utter should be potent with soul vibration. A man's words are lifeless if he fails to impregnate them with spiritual force. Talkativeness, exaggeration, or falsehood makes your words as ineffective as paper bullets shot from a toy gun. The speech and prayers of garrulous or inaccurate persons are unlikely to produce beneficial changes in the order of things. Man's words should represent not only truth but also his definite understanding and realization. Speech without soul force is like husks without corn … Words saturated with sincerity, conviction, faith, and intuition are like highly explosive vibration bombs, which, when set off, shatter rocks of difficulties and create the change desired.
~ Paramahansa Yogananda, 1893-1952 ~
Scientific Healing Affirmations, 1958

I'm thinking of a queer feeling I sometimes get, a feeling that I've got something important to say and the power to say it – only I don't know what it is, and I can't make any use of the power.
~ Aldous Huxley, 1894-1963 ~

Words form the thread on which we string our experience.
~ Huxley ~

It has not been for nothing that the word has remained man's principal toy and tool: without the meanings and values it sustains, all man's other tools would be worthless.
~ Lewis Mumford, 1895-1990 ~
The Transformations of Man, 1956

Man does not talk because he thinks, but thinks because he talks, because he has words to play with, and thinking is only the tumbling about of words.
~ Lin Yutang, 1895-1976 ~
From Pagan to Christian, 1959

We dissect nature along lines laid down by our native language. Language is not simply a reporting device for experience but a defining framework for it.
~ Benjamin Whorf, 1897-1941 ~
"Thinking in Primitive Communities," *New Directions in the Study of Language*, Eric H. Lenneberg, ed., 1964

One kind word can turn over all of heaven and earth.
~ Shunryu Suzuki, 1905-1971 ~

The Word, Logos, Tao, is not an ingredient of Being. It is That of which beings, things, events are the manifestations, of which all are incarnations during their existence – time.
~ Frederick Franck, 1909- ~
A Little Compendium on That Which Matters, 1993

Kind words can be short and easy to speak, but their echoes are truly endless.
~ Mother Teresa, 1910-1997 ~

Words are your business, boy. Not just *the* Word. Words are everything. The key to the Rock, the answer to the Question.
~ Ralph Ellison, 1914-1994 ~
"And Hickman Arrives," 1960

Songs are sneaky things. They can slip across borders. Proliferate in prisons. Penetrate hard shells. I always believed the right song at the right moment could change history.
~ Pete Seeger, 1919- ~

If we have the Word let us say it
If we have the Word let us be it
If we have the Word let us DO.
~ Mari Evans, 1923- ~
"Nightstar"

Every legend contains its residuum of truth, and the root function of language is to control the universe by describing it.
~ James Baldwin, 1924-1987 ~
Notes of a Native Son, 1963

The words were living things to her. She sensed them bestriding the air and charging the room with strong colors.
~ Paule Marshall, 1929- ~
Brown Girl, Brownstones, 1959

We die. That may be the meaning of life. But we do have language. That may be the measure of our lives.
~ Toni Morrison, 1931- ~
Nobel Prize Address, 1993 December 7

Oppressive language does more than represent violence; it is violence; does more than represent the limits of knowledge; it limits knowledge.
~ Ibid.

The name we give to something shapes our attitude towards it.
~ Katherine Paterson, 1932- ~

Poetry is the way we help give name to the nameless so it can be thought.
~ Audre Lorde, 1934-1992 ~

Whenever we name things, we structure consciousness … Language releases the unknown from limbo, expressing it in a way that the whole brain can know it.
~ Marilyn Ferguson, 1938- ~
The Aquarian Conspiracy, 1980

Words set things in motion. I've seen them doing it. Words set up atmospheres, electrical fields, charges.
~ Toni Cade Bambara, 1939-1995 ~

Language describes, suggests, excites; words act like a spell. In erotic literature, whose goal is to inflame the blood and arouse desires, there is room for euphemism but not timidity.
~ Isabel Allende, 1942- ~
Aphrodite: A Memoir of the Senses, Margaret Sayers Peden, tr., 1998

"To sing" means to use one's Soul voice. It means to say on the breath the truth of one's power and one's need.
~ Clarissa Pinkola Estes, 1943- ~
Women Who Run with the Wolves, 1992

Be careful of the words you say, keep them soft and sweet;
You never know from day to day which ones you'll have to eat.
~ Unknown ~

Regardless of what language you speak, your intent manifests through the word. What you dream, what you feel, and what you really are, will all be manifested through the word … The word is a force; it is a power you have to express and communicate, to think, and thereby to create the events in your life.
~ Miguel Ruiz, 1952- ~
The Four Agreements, 1997

Speech is the materialization, externalization, and internalization of the vibrations of forces.
~ Thi Minh-Ha Trinh, 1952- ~

You relate to and experience the world through language … existence is seen and dreamed from the point of view of this language. For me languages are schools of life.
~ Chenjerai Hove, 1956- ~
Prologue, *Shebeen Tales: Messages from Harare*, 1997

Language is first of all bodily and it remains always secretly rooted in bodily gesture, rhythm, tone and melody. If we began to awaken ourselves to that bodily, poetic, gestural depth in all of our speaking, we would be waking up to a layer in language that we share with all of the other animals and with the wind.
~ David Abram, 1957- ~
Radio interview, Insight & Outlook, by Scott London, 1999

LONELINESS

Related States & Conditions: Being/Essence/Soul, Differentiation/Division/Separation, Individuality, Self, Silence/Stillness, Solitude, Retreat/Withdrawal

Syntonic: Actualization/Fulfillment, Appreciation, Attention/Awareness, Communication, Connection/Interbeing/Interdependence, Focus/Intention, Friendship, Introspection/Self-Knowledge, Love-Agape, Openness/Receptivity, Patience, Possibility/Potential, Preparation/Readiness, Release, Vision/Visualization

Dystonic: Anger, Attachment, Avoidance/Denial/Refusal, Criticism/Judgment, Dependence, Depression/Despair/Distress, Fault, Fear, Hate, Jealousy/Envy, Regret, Revenge, War/Aggression/Violence, Worry

The worst loneliness is not to be comfortable with yourself.
~ Mark Twain, 1835-1910 ~

We must always be more or less lonely, but sometimes it is given to spirit to touch spirit … Then we understand and are understood.
~ Janet Erskine Stuart, 1857-1914 ~
in Maud Monahan, *Life and Letters of Janet Erskine Stuart*, 1922

Through a marvelous law of natural compensation, he who gives of himself grows, and he who turns inward and lives from small pleasures, is afraid to share them with others, and only thinks avariciously of cultivating his appetites loses his humanity and becomes loneliness itself. He carries in his breast all the dreariness of winter.
~ José Martí, 1853-1895 ~
Martí Pensamientos, Carlos Ripoll, ed.

Who knows what true loneliness is – not the conventional word but the naked terror? To the lonely themselves it wears a mask. The most miserable outcast hugs some memory or some illusion. Now and then a fatal conjunction of events may lift the veil for an instant. For an instant only. No human being could bear a steady view of moral solitude without going mad.
~ Joseph Conrad, 1857-1924 ~

At the bottom no one in life can help anyone else in life; this one experiences over and over in every conflict and every perplexity: that one is alone. That isn't as bad as it may first appear; and again it is the best thing in life that each should have everything in himself; his fate, his future, his whole expanse and world.
~ Rainer Maria Rilke, 1875-1926 ~

Man does not become lonely because of circumstances, he makes himself lonely.
~ Wilhelm Stekel, 1868-1940 ~
Marriage at the Crossroads, 1931

There are those among you who seek the talkative through fear of being alone.
The silence of aloneness reveals to their eyes their naked selves and they would escape.
~ Khalil Gibran, 1883-1931 ~
The Prophet, 1923

Man is essentially alone and lonely, and from this isolation he cannot be saved by someone else but only by himself through the fact that he loves, that he belongs to another human being. This opening-up of ourselves is the great liberating function of love.
~ Oswald Schwarz, 1883-1949 ~
The Psychology of Sex, 1949

What loneliness is more lonely than distrust?
~ T. S. Eliot, 1885-1965 ~

The cure for loneliness is solitude.
~ Marianne Moore, 1887-1972 ~

Being alone is in the deepest sense the human condition. Loneliness is the disease of feeling isolated, cut off from human contact and human warmth. Some people battle all their lives against this poignant emotion, struggling constantly to come to terms with the immutable fact of their existence: that all human beings are separate, one from another, and will remain so all their lives; each sealed within a thin veneer of skin. If this struggle is successful, the individual ultimately transcends his physical limitations and becomes

most himself precisely because he is closely bound to others.
~ Eric P. Mosse, b. 1891- ~
The Conquest of Loneliness, 1957

The person who tries to live alone will not succeed as a human being. His heart withers if it does not answer another heart. His mind shrinks away if he hears only the echoes of his own thoughts and finds no other inspiration.
~ Pearl S. Buck, 1892-1973 ~

The whole conviction of my life now rests upon the belief that loneliness, far from being a rare and curious phenomenon, peculiar to myself and to a few other solitary men, is the central and inevitable fact of human existence.
~ Thomas Wolfe, 1900-1938 ~

The kind of relatedness to the world may be noble or trivial, but even being related to the basest kind of pattern is immensely preferable to being alone.
~ Erich Fromm, 1900-1980 ~

Great men are often lonely. This is understandable, because they have built such high standards for themselves that they often feel alone. But that same loneliness is part of their ability to create.
~ Yousuf Karsh, 1908-1995 ~
in *Parade*, 1978 December 3

We're born alone, we live alone, we die alone. Only through our love and friendship can we create the illusion for the moment that we're not alone.
~ Orson Welles, 1915-1985 ~

The moment of birth is an "alone" world, as is the moment of death. In between these most significant moments there is the aloneness of the moments of tears, moments of struggle for change, moments of decision. These are times when man is faced only with himself, for no one else can ever truly understand his tears, his striving, or the complex motivations behind his decisions. Most men remain essentially strangers, even to those who love them.
~ Leo Buscaglia, 1924-1998 ~
Love, 1972

You should live alone. You should learn about that. It is the terminal abode.
~ Dainin Katagiri, 1928-1990 ~
in Natalie Goldberg, *Writing Down the Bones*, 1986

To "feel less alone" is, without doubt, an ultimate quest of all life. Yet perhaps never before has loneliness been so widespread as it is today.
~ Matina Horner, 1929- ~

The thing that makes you exceptional, if you are at all, is inevitably that which must also make you lonely.
~ Lorraine Hansberry, 1930-1965 ~

You cannot be lonely if you like the person you're alone with.
~ Wayne Dyer, 1940- ~

The gift of loneliness is sometimes a radical vision of society or one's people that has not previously been taken into account.
~ Alice Walker, 1944- ~
in *Interviews With Black Writers*, John O'Brien, ed., 1973

Loneliness is a terrible thing to endure so we must become fast friends with ourselves.
~ Larry Chang, 1949- ~

The moment we allow the self to believe it can do without other people we create the kind of loneliness, depression and disconnection that makes life not worth living.
~ Iyanla Vanzant, 1953- ~
Acts of Faith: Daily Meditations for People of Color, 1993

People drain me, even the closest of friends, and I find loneliness to be the best state in the union to live in.
~ Margaret Cho, 1968-~

At the innermost core of all loneliness is a deep and powerful yearning for union with one's lost self.
~ Brendan Francis ~

I need to wander in the field of aloneness and learn to enjoy it, and when loneliness bites, take out a map and find my way out without panic, without jumping to the existential nothingness of the world, questioning everything.
~ Natalie Goldberg ~
Writing Down the Bones, 1986

When consciousness is all alone, it feels surrounded by presences. When it is two people fused into one, the two halves united – lover and loved one – it feels lonely and impoverished.
~ Stephen Jourdain ~
Life-Liked, Keith Waldrop, tr.

LOQUACITY

Related States & Conditions: Communication, Habit, Indulgence/Temptation

Syntonic: Appreciation, Attention/Awareness, Balance, Centering, Compassion/Empathy/Kindness, Composure/Peace/Tranquility, Discipline, Eloquence/Poetry, Focus/Intention, Humility/Modesty, Listening, Moderation, Respect, Restraint, Retreat/Withdrawal, Silence/Stillness, Simplicity, Tact/Discretion

Dystonic: Anger, Attachment, Avoidance/Denial/Refusal, Criticism/Judgment, Delusion, Fault, Fear, Hate, Jealousy/Envy, Regret, Revenge, War/Aggression/Violence, Worry

Put a bridle on thy tongue; set a guard before thy lips, lest the words of thine own mouth destroy thy peace ... On much speaking cometh repentance, but in silence is safety ... It is better to be silent or to say things of more value than silence. Sooner throw a pearl than hazard an idle or useless word; and do not say a little in many words, but a great deal in few.
~ Khemetic Saying ~
Temt Tchaas: Egyptian Proverbs, Muata Ashaya Ashby, ed., 1994

Much wisdom often goes with fewest words.
~ Sophocles, c. 496-406 BCE ~

To do all the talking and not be willing to listen is a form of greed.
~ Democritus, c. 460-c. 400 BCE ~

Wise men talk because they have something to say; fools talk because they have to say something.
~ Plato, c. 427-347 BCE ~

Brevity is the best recommendation of speech, whether in a senator or an orator.
~ Cicero, 106-43 BCE ~

I prefer tongue-tied knowledge to ignorant loquacity.
~ Cicero ~
De Oratore, 3.142

We have two ears and one mouth so that we can listen twice as much as we speak.
~ Epictetus, 50-120 ~

The less you speak, the less you err.
~ Solomon Ibn Gabriol, c. 1020-1057 ~
Mivchar Hapeninim, 338

Much talking is the cause of danger.
Silence is the means of avoiding misfortune.
The talkative parrot is shut up in a cage.
Other birds, without speech, fly freely about.
~ Saskya Pandita, 1182-1251 ~

Be brief, for no discourse can please when too long.
~ Miguel de Cervantes, 1547-1616 ~

Brevity is the soul of wit.
~ William Shakespeare, 1564-1616 ~
Hamlet, 1601

It is such a great fault to talk too much that, in business and conversation, if what is good is also brief, it is doubly good, and one gains by brevity what one often loses by an excess of words.
~ Madame de Sable, 1599-1678 ~
The Maxims of Madame de Sable, Arthur Chandler, tr.

As it is the characteristic of great wits to say much in few words, so it is of small wits to talk much and say nothing.
~ François de La Rochefoucauld, 1613-1680 ~

I have made this letter longer than usual, because I lack the time to make it short.
~ Blaise Pascal, 1623-1662 ~

Loquacity storms the ear, but modesty takes the heart.
~ Robert South, 1634-1716 ~

The more you say, the less people remember. The fewer the words, the greater the profit.
~ François Fénelon, 1651-1715 ~

They talk most who have the least to say.
~ Matthew Prior, 1664-1721 ~

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People who know little are usually great talkers, while men who know much say little.
~ Jean-Jacques Rousseau, 1712-1778 ~

When you have nothing to say, say nothing.
~ Charles Caleb Colton, 1780-1832 ~

Cities force growth and make people talkative and entertaining, but they also make them artificial.
~ Ralph Waldo Emerson, 1803-1882 ~

Exaggerated turns of speech conceal mediocre affections: as if the fulness of the soul might not sometimes overflow in the emptiest of metaphors, since no one, ever, can give the exact measurements of his needs, nor of his conceptions, nor of his sufferings, and the human word is like a cracked cauldron upon which we beat out melodies fit for making bears dance when we are trying to move the stars to pity.
~ Gustave Flaubert, 1812-1880 ~
Madame Bovary, 1857

Blessed is the man who, having nothing to say, abstains from giving us wordy evidence of the fact.
~ George Eliot, 1819-1880 ~
Impressions of Theophrastus Such, 1879

Nothing is more unseemly than to give very long legs to very brief ideas.
~ Joaquim Machado de Assis, 1839-1908 ~
Dom Casmurro, 1924

People who lead a lonely existence always have something on their minds that they are eager to talk about.
~ Anton Chekhov, 1860-1904 ~

Be still when you have nothing to say; when genuine passion moves you, say what you've got to say, and say it hot.
~ D. H. Lawrence, 1885-1930 ~

Courage is what it takes to stand up and speak; courage is also what it takes to sit down and listen.
~ Winston Churchill, 1874-1965 ~

After the expression of negative emotions one notices in oneself or in other people another curious mechanical feature. This is talking. There is no harm in talking by itself. But with some people, especially with those who notice it least, it really becomes a vice. They talk all the time, everywhere they happen to be, while working, while traveling, even while sleeping. They never stop talking to someone if there is someone to talk to, and if there is no one, they talk to themselves.
~ P. D. Ouspensky, 1878-1947 ~
The Psychology of Man's Possible Evolution, 1974

If A equals success, then the formula is A equals X plus Y plus Z where X is work. Y is play. Z is keep your mouth shut.
~ Albert Einstein, 1879-1955 ~

Be sincere … be brief … be seated.
~ Franklin D. Roosevelt, 1882-1945 ~

You talk when you cease to be at peace with your thoughts;
And when you can no longer dwell in the solitude of your heart you live in your lips. And sound is a diversion and a pastime.
And in much of your talking, thinking is half murdered.
~ Khalil Gibran, 1883-1931 ~
The Prophet, 1923

Nothing is often a good thing to say, and always a clever thing to say.
~ Will Durant, 1885-1982 ~

Our chief defect is that we are more given to talking about things than to doing them.
~ Jawaharlal Nehru, 1889-1964 ~

Don't talk unless you can improve the silence.
~ Lawrence Coughlin, 1929-2001 ~

Every time we open our mouths we release a powerful energy. If we could learn to hold on to that energy, it could be used to nurture our dreams, heal our bodies and fuel our minds. But we always have so much to say. Talking can take us off the track, knock us off our center and kill off our dreams when we speak mindlessly. Talking is something we must learn to use, not something we must always do.
~ Iyanla Vanzant, 1953- ~
Acts of Faith: Daily Meditations for People of Color, 1993

Wisdom is the reward you get for a lifetime of listening when you'd have preferred to talk.
~ Doug Larson ~

If it takes a lot of words to say what you have in mind, give it more thought.
~ Dennis Roch ~

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LOVE - AGAPE

Related States & Conditions: Being/Essence/Soul, Compassion/Empathy/Kindness, Connection/Interbeing/Interdependence, Engagement/Integration/Involvement, Giving/Serving, Goodness/Virtue, Oneness/Unity/Wholeness, Presence, Spirituality, Surrender, Understanding

Syntonic: Acceptance, Appreciation, Attention/Awareness, Centering, Focus/Intention, Forgiveness, Humility/Modesty, Listening, Openness/Receptivity, Patience, Practice, Reciprocity/Reflection, Respect

Dystonic: Anger, Attachment, Avoidance/Denial/Refusal, Criticism/Judgment, Dependence, Differentiation/Division/Separation, Fault, Fear, Hate, Jealousy/Envy, Greed, Guilt, Regret, Revenge, War/Aggression/Violence, Worry

See the world as yourself. Have faith in the way things are.
Love the world as yourself; then you can care for all things.
~ Laozi, 570-490 BCE ~

You yourself, as much as anybody in the entire universe, deserve your love and affection.
~ Buddha, c. 563-483 BCE ~

Love is all we have, the only way that each can help the other.
~ Euripides, c. 485-406 BCE ~
Orestes, 408 BCE

I will reveal to you a love potion, without medicine, without herbs, without any witch's magic; if you want to be loved, then LOVE.
~ Hecaton of Rhodes, Early 1st C. BCE ~

There is nothing love cannot face; there is no limit to its faith, its hope and its endurance.
~ Paul of Tarsus, 10-67 CE ~
in *The Bible*, I Corinthians 13:7

Love is not contained in speaking or hearing;
Love is an ocean whose depth is invisible.
There are innumerable drops in this boundless Sea;
The seven seas are nothing to this Ocean.
Love makes the seas boil like a pot,
And rubbles the mountains to sand,
And splits the heavens into fragments,
And makes tremble the entire earth.
~ Jalaluddin Rumi, 1207-1273 ~
"Love Makes the Seas Boil Like a Pot," Mathnawi
Teachings of Rumi, Andrew Harvey, tr., 1999

The one to whom's unveiled the mystery of love
Exists no longer, but is annihilated in love.
Place before the sun a burning candle,
See how its shining disappears before those lights:
The candle exists no longer, is transfigured into Light.
There are no more signs of it; it itself becomes a Sign.
~ Ibid., "It Itself Becomes a Sign"

Love is all important and is its own reward.
~ Tamil Saying ~
in John Templeton, *Agape Love: A Tradition Found in Eight World Religions*, 1999

It is not a matter of thinking a great deal but of loving a great deal, so do whatever arouses you most to love.
~ Teresa of Avila, 1515-1582 ~

Let grace and goodness be the principal lodestone of thy affections. For love which hath ends, will have an end; whereas that which is founded on true virtue, will always continue.
~ John Dryden, 1631-1700 ~

To love one person with a private love is poor and miserable: to love all is glorious.
~ Thomas Traherne, 1637-1674 ~

When love is the spirit of your life, it will have the freedom and universality of a spirit; it will always live and work in love, not because of this or that, here or there, but because the spirit of love can only love, wherever it is or goes, or whatever is done to it. As the spark knows no motion but that of flying upwards, whether it be in the darkness of

night, or in the light of day, so the spirit of love is always in the same course; it knows no difference of time, place or persons; but whether it gives or forgives, bears or forebears, it is equally doing its own delightful work, equally blessed from itself.
~ William Law, 1686-1761 ~
Selected Mystical Writings of William Law, S. Hobhouse, ed., 1948

Where love is concerned, too much is not even enough.
~ Pierre-Augustin de Beaumarchais, 1732-1799 ~
Le Mariage de Figaro, 1778

Love one human being purely and warmly, and you will love all. The heart in this heaven, like the sun in its course, sees nothing from the dew drop to the ocean, but a mirror which it brightens, and warms and fills.
~ Johann Richter, 1763-1825 ~

Love is a symbol of eternity. It wipes out all sense of time, destroying all memory of a beginning and all fear of an end.
~ Madame de Staël, 1766-1817 ~

To love for the sake of being loved is human, but to love for the sake of loving is angelic.
~ Alphonse de Lamartine, 1790-1869 ~

The greatest happiness of life is the conviction that we are loved – loved for ourselves, or rather, loved in spite of ourselves.
~ Victor Hugo, 1802-1885 ~

Love, and you shall be loved. All love is mathematically just, as much as the two sides of an algebraic equation.
~ Ralph Waldo Emerson, 1803-1882 ~

Perfect love means to love the one through whom one became unhappy.
~ Søren Kierkegaard, 1813-1855 ~

I have seen the truth. It is not as though I had invented it with my mind. I have seen it, *seen it*, and the living image of it has filled my soul forever … In one day, one hour, everything could be arranged at once! *The chief thing is to love.*
~ Fyodor Dostoevsky, 1821-1881 ~

Love should come before logic … Only then will man come to understand the meaning of life.
~ Dostoevsky ~

When faith and hope fail, as they do sometimes, we must try charity, which is love in action. We must speculate no more on our duty, but simply do it.
~ Dinah Mulock, 1826-1887 ~

Love is but the discovery of ourselves in others, and the delight in the recognition.
~ Alexander Smith, 1829-1867 ~
Dreamthorp, 1863

You will find as you look back upon your life that the moments when you have really lived are the moments when you have done things in the spirit of love.
~ Henry Drummond, 1851-1897 ~

Love many things, for therein lies the true strength, and whosoever loves much performs much, and can accomplish much, and what is done in love is done well.
~ Vincent van Gogh, 1853-1890 ~

Keep love in your heart. A life without it is like a sunless garden when the flowers are dead. The consciousness of loving and being loved brings a warmth and richness to life that nothing else can bring.
~ Oscar Wilde, 1856-1900 ~

The love we give away is the only love we keep.
~ Elbert Hubbard, 1856-1915 ~

Love is the only reality and it is not a mere sentiment. It is the ultimate truth that lies at the heart of creation.
~ Rabindranath Tagore, 1861-1941 ~

He who wants to do good knocks at the gate; he who loves finds the gate open.
~ Tagore ~

Love is always a manifestation of bliss. The least shadow of pain falling upon it is always a sign of physicality and selfishness.
~ Vivekananda, 1863-1902 ~
The Complete Works of Swami Vivekananda, 1984-1987, 8:276

Pure love has no motive. It has nothing to gain.
~ Ibid., 6:90

Divine love is distinguished from human love in this supremely important particular: it is free from partiality.
~ James Allen, 1864-1912 ~

True happiness is to be won by learning to love with such elevation of spirit as to attain the power to stand up to grief … Surpass the old love with an even greater new love.
~ Benedetto Croce, 1866-1952 ~

One of the very fundamental principles of life is so much love, so much love in return; so much love, so much growth; so much love, so much power; so much love, so much life – strong, healthy, rich, exulting, and abounding life. The world is beginning to realize the fact that love, instead of being a mere indefinite something, is a vital and living force, the same as electricity is a force, though perhaps of a different nature.
~ Ralph Waldo Trine, 1866-1958 ~
What All the World's A-Seeking, 1896

A coward is incapable of exhibiting love; rather it is the passion of the brave.
~ Mahatma Gandhi, 1869-1948 ~

There is a law that man should love his neighbor as himself. In a few hundred years it should be as natural to mankind as breathing or the upright gait; but if he does not learn it he must perish.
~ Alfred F. Adler, 1870-1937 ~

Where there is great love there are always miracles.
~ Willa Cather, 1873-1947 ~

Earth's the right place for love:
I don't know where it's likely to go better.
~ Robert Frost, 1874-1963 ~

To think out in every implication the ethic of love for all creation – this is the difficult task which confronts our age.
~ Albert Schweitzer, 1875-1965 ~

Love is the triumph of imagination over intelligence.
~ H. L. Mencken, 1880-1956 ~

Love alone can unite living beings so as to complete and fulfill them … for it alone joins them by what is deepest in themselves. All we need is imagine our ability to love developing until it embraces the totality of men and of the earth.
~ Pierre Teilhard de Chardin, 1881-1955 ~

The nature of love is as the nature of water in the depth of the earth. If we do not dig deep enough, we find mud, not water; but when we dig deep, we find pure water.
~ Hazrat Khan, 1882-1927 ~
The Complete Sayings of Hazrat Inayat Khan, 1991

Love gives naught but itself and takes naught but from itself.
Love possesses not nor would it be possessed;
For love is sufficient unto love …
Love has no other desire but to fulfill itself.
To melt and be like a running brook that sings its melody to the night.
To wake at dawn with a winged heart and give thanks for another day of loving.
~ Khalil Gibran, 1883-1931 ~
The Prophet, 1923

Those who have only possessive love or jealous love, or who fail to find completion in merely human love, are often frustrated to the point of illness. These arrive at wholeness and healing only when they find the great divine love which is impersonal, which is never possessive, and asks for nothing in return.
~ Rebecca Beard, b. 1885 ~
Everyman's Search, 1951

There is no difficulty that enough love will not conquer; no disease that enough love will not heal; no door that enough love will not open; no gulf that enough love will not bridge; no wall that enough love will not throw down; no sin that enough love will not redeem … It makes no difference how deeply seated may be the trouble; how hopeless the outlook; how muddled the tangle; how great the mistake. A sufficient realization of love will dissolve it all. If only you could love enough you would be the happiest and most powerful being in the world.
~ Emmet Fox, 1886-1951 ~
The Sermon on the Mount, 1934

The absolute value of love makes life worthwhile, and so makes Man's strange and difficult situation acceptable. Love cannot save life from death; but it can fulfill life's purpose.
~ Arnold Toynbee, 1889-1975 ~

Love is a medicine for the sickness of the world; a prescription often given, too rarely taken.
~ Karl Menninger, 1893-1990 ~

I am sure that the heart can shake a throne. It is the wholeness of love that accomplishes great

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things in this universe.
~ Lin Yutang, 1895-1976 ~
The Importance of Living, 1937

Love is indescribable and unconditional. I could tell you a thousand things that it is not, but not one that it is.
~ Duke Ellington, 1899-1974 ~
Music Is My Mistress, 1973

Unconditional love not only means that I am with you, but also that I am for you, all the way, right or wrong.
~ Ellington ~

Love is the only sane and satisfactory answer to the problem of human existence.
~ Erich Fromm, 1900-1980 ~

Love is perhaps the only glimpse we are permitted of eternity.
~ Helen Hayes, 1900-1993 ~

Love is the only way to grasp another human being in the innermost core of his personality.
~ Viktor Frankl, 1905-1998 ~

To be capable of giving and receiving mature love is as sound a criterion as we have for the fulfilled personality. But by that very token it is a goal gained only in proportion to how much one has fulfilled the prior condition of becoming a person in one's own right.
~ Rollo May, 1909-1994 ~
Man's Search for Himself, 1953

The love we desire is already within us ... Your task is not to seek for love, but merely to seek and find all of the barriers within yourself that you have built against it.
~ Helen Schucman, 1910-1981 ~
A Course in Miracles, 1975

Love is, above all, the gift of oneself.
~ Jean Anouilh, 1910-1987 ~

I have found the paradox that if I love until it hurts, then there is no hurt, but only more love.
~ Mother Teresa, 1910-1997 ~

The hunger for love is much more difficult to remove than the hunger for bread.
~ Mother Teresa ~

Love is a fruit in season at all times, and within the reach of every hand.
~ Mother Teresa ~

Do not think that love, in order to be genuine, has to be extraordinary. What we need is to love without getting tired.
~ Mother Teresa ~

I have an everyday religion that works for me: Love yourself first and everything else falls into line. You really have to love yourself to get anything done in this world.
~ Lucille Ball, 1911-1989 ~

We are not made to love only one or two individuals. We have the immense capacity to be in love with everyone.
~ Eknath Easwaran, 1911-1999 ~

Love stretches your heart and makes you big inside.
~ Margaret Walker, 1915-1998 ~
Jubilee, 1966

People need loving the most when they deserve it least.
~ Mary C. Crowley, 1915- ~

One can be liberated from the prison of duality to attain the liberty of at-onement only through the magical spell of unconditional love – that ecstatic embrace that bridges the separation between lover and beloved.
~ Vilayat Khan, 1916-2004 ~
Awakening: A Sufi Experience, 1999

Love is the extremely difficult realization that something other than oneself is real ... We can only learn to love by loving.
~ Iris Murdoch, 1919-1999 ~

A life without love, no matter how many other things we have, is an empty, meaningless one.
~ Leo Buscaglia, 1924-1998 ~
Love, 1972

Love creates an "us" without destroying the "me."
~ Ibid.

Love is the only force capable of transforming an enemy into a friend.
~ Martin Luther King, Jr., 1929-1968 ~
The Words of Martin Luther King, Jr., Coretta Scott King, ed., 1983

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Love is something you do; the giving of self, the sacrifices you make, even for people who offend or do not love in return. Love is a value that is actualized through loving actions.
~ Stephen Covey, 1932- ~
The 7 Habits of Highly Effective People, 1989

The idea is to love because it feels good, not because it will help us live forever. Love is the end itself, not the means. Love makes life worth living, no matter how long life lasts. It also increases the likelihood of physical healing, but that is the bonus, the icing on the cake.
~ Bernie Siegel, 1932- ~
Love, Medicine & Miracles, 1986

For small creatures such as we the vastness is bearable only through love.
~ Carl Sagan, 1934-1996 ~

The most revolutionary statement in history is "Love thine enemy."
~ Eldridge Cleaver, 1935-1998 ~

Genuine love is self-replenishing. The more you nurture the spiritual growth of others, the more your own spiritual growth is nurtured ... As I grow through love, so grows my joy, ever more present, ever more constant.
~ M. Scott Peck, 1936-2005 ~
The Road Less Travelled, 1978

When we come to the last moment of this lifetime, and we look back across it, the only thing that's going to matter is "What was the quality our love?"
~ Richard Bach, 1936- ~

Many speak of their unconditional love for another. But in truth one does not have unconditional love for another. Unconditional love is the experience of being, there is no "I" and "other" and anyone or anything it touches is experienced in love. You cannot unconditionally love someone. You can only *be* unconditional love. It is not a dualistic emotion. It is a sense of oneness with all that is.
~ Stephen Levine, 1937- ~
Who Dies? An Investigation of Conscious Living and Conscious Dying, 1982

Love is not what we become, but what we already are.
~ Levine ~

The aching need created by lack of love can only be filled by learning anew to love and be loved. All of us must discover for ourselves that love is a force as real as gravity, and that being upheld in love every day, every hour, every minute is not a fantasy – it is intended as our natural state.
~ Deepak Chopra, 1947- ~
The Path to Love, 1997

Our well-being is dependent on our giving love. It is not about what comes back; it is about what goes out.
~ Alan Cohen, 1950 ~

Love is a force more formidable than any other. It is invisible – it cannot be seen or measured, yet it is powerful enough to transform you in a moment, and offer you more joy than any material possession could.
~ Barbara De Angelis, 1951- ~

In real love, real union, or communion there are no rules.
~ bell hooks, 1952- ~
in *Tricycle: The Buddhist Review*, 1992 Fall

Love is what we were born with. Fear is what we have learned here. The spiritual journey is the relinquishment – or unlearning – of fear and the acceptance of love back into our hearts. Love is the essential existential fact. It is our ultimate reality and our purpose on earth.
~ Marianne Williamson, 1952- ~
A Return to Love, 1992

Love is just love, or love is; the concept of "divine" or "human" doesn't make any difference to love. For love does not discriminate; it only unites and unifies everything.
~ Ajahn Dhiravamsa ~

Love is not blind – it sees more, not less. But because it sees more, it is willing to see less.
~ Rabbi Julius Gordon ~

Effort matters in everything, love included. Learning to love is purposeful work.
~ Michael Levine ~

If you genuinely love, or at least send kind thoughts to a thing, it will change before your eyes.
~ John & Lyn St. Clair Thomas ~
Eyes of the Beholder, 1982

LOVE - EROS

Related States & Conditions: Appearance/Form, Attachment, Connection/Interbeing/Interdependence, Desire, Engagement/Integration/Involvement, Partnership/Marriage, Passion, Relationship, Sensibility/Sensuality, Sex/Sexuality, Suffering, Surrender

Syntonic: Acceptance, Appreciation, Attention/Awareness, Communication, Exploration, Focus/Intention, Forgiveness, Openness/Receptivity, Patience, Reciprocity/Reflection, Release, Respect, Spontaneity

Dystonic: Anger, Avoidance/Denial/Refusal, Criticism/Judgment, Delusion, Dependence, Fault, Fear, Hate, Inaction, Jealousy/Envy, Greed, Guilt, Regret, Revenge, War/Aggression/Violence, Worry

Being deeply loved by someone gives you strength, while loving someone deeply gives you courage.
~ Laozi, 570-490 BCE ~

Love, you know, is strangely whimsical, containing affronts, jars, parleys, wars, then peace again. For you to ask advice to love by, is all one as if you ask advice to run mad by.
~ Terence, c. 190-159 BCE ~
The Eunuch, Act I

I hate and love. You ask, perhaps, how can that be?
I know not, but I feel the agony.
~ Catullus, 84-54 BCE ~

If you'd be loved, be worthy to be loved.
~ Ovid, c. 43 BCE–17 CE ~

Better to have loved and lost, than to have never loved at all.
~ Augustine of Hippo, 354-430 ~

The garden of love is green without limit
and yields many fruits other than sorrow or joy.
Love is beyond either condition:
without spring, without autumn, it is always fresh.
~ Jalaluddin Rumi, 1207-1273 ~
"When a Man and Woman Become One," Mathnawi I, 1793-94
The Pocket Rumi Reader, Kabir Helminski, ed., 2001

Intellect, in its effort to explain Love, got stuck in the mud like an ass.
Love alone could explain love and loving.
~ Rumi ~

If love be good, from whence cometh my woe?
~ Geoffrey Chaucer, c. 1340-1400 ~

The heart that loves is always young.
~ Greek Saying ~

It is impossible to love and to be wise.
~ Francis Bacon, 1561-1626 ~

Love sought is good, but given unsought is better.
~ William Shakespeare, 1564-1616 ~
Twelfth Night, III.i, 1602

Love built on beauty, soon as beauty, dies.
~ John Donne, 1572-1631 ~

It is a singular characteristic of love that we cannot hide it where it exists, or pretend it where it does not exist.
~ Madame de Sable, 1599-1678 ~
The Maxims of Madame de Sable, Arthur Chandler, tr.

If love is judged by most of its effects, it resembles hate more than friendship.
~ François de La Rochefoucauld, 1613-1680 ~

In the arithmetic of love, one plus one equals everything, and two minus one equals nothing.
~ Ninon de L'Enclos, 1623-1706 ~

Absence is to love what wind is to fire; it extinguishes the small, it enkindles the great.
~ Roger de Bussy-Rabutin, 1618-1693 ~

I love you so passionately, that I hide a great part of my love, not to oppress you with it.
~ Madame de Sevigne, 1626-1696 ~

Had we not loved ourselves at all, we could never have been obliged to love anything. So that self-love is the basis of all love.
~ Thomas Traherne, 1637-1674 ~

A love that can last forever takes but a second to come about.
~ Cuban Saying ~

To love is to place our happiness in the happiness of another.
~ Gottfried Leibniz, 1646-1716 ~

Beware you be not swallowed up in books!
An ounce of love is worth a pound of knowledge.
~ John Wesley, 1703-1791 ~

Love is the wisdom of the fool and the folly of the wise.
~ Samuel Johnson, 1709-1784 ~

Where love is concerned, too much is not even enough.
~ Pierre-Augustin de Beaumarchais, 1732-1799 ~
Le Mariage de Figaro, 1778

Love, as it exists in society, is nothing more than the exchange of two fantasies and the contact of two skins.
~ Sébastien Chamfort, 1741-1794 ~
Maximes et pensées, 1796

A life without love, without the presence of the beloved, is nothing but a mere magic-lantern show. We draw out slide after slide, swiftly tiring of each, and pushing it back to make haste for the next.
~ Johann von Goethe, 1749-1832 ~

Love is not entirely a delirium, yet it has many points in common therewith.
~ Thomas Carlyle, 1795-1881 ~

The most powerful symptom of love is a tenderness which becomes at times almost insupportable.
~ Victor Hugo, 1802-1885 ~

Whoso loves
Believes the impossible.
~ Elizabeth Barrett Browning, 1806-1861 ~

To love is to admire with the heart; to admire is to love with the mind.
~ Théophile Gautier, 1811-1872 ~

Love is a springtime plant that perfumes everything with its hope, even the ruins to which it clings.
~ Gustave Flaubert, 1812-1880 ~

There is no remedy for love but to love more.
~ Henry David Thoreau, 1817-1862 ~

To say that you can love one person all your life is just like saying that one candle will continue burning as long as you live.
~ Leo Tolstoy, 1828-1910 ~

Nothing is potent against love save impotence.
~ Samuel Butler, 1835-1902 ~

Love matches, so called, have illusion for their father and need for their mother.
~ Friedrich Nietzsche, 1844-1900 ~

The real genius for love lies in not getting into, but getting out of, love.
~ George A. Moore, 1852-1933 ~

Who, being loved, is poor?
~ Oscar Wilde, 1856-1900 ~

When you really want love you will find it waiting for you.
~ Wilde ~
De Profundis, 1905

Where they love they do not desire and where they desire they do not love.
~ Sigmund Freud, 1856-1939 ~

Let no one who loves be called unhappy. Even love unreturned has its rainbow.
~ J. M. Barrie, 1860-1937 ~

Love does not claim possession, but gives freedom.
~ Rabindranath Tagore, 1861-1941 ~

Love is the child of illusion and the parent of disillusion.
~ Miguel de Unamuno, 1864-1936 ~

If love does not know how to give and take without restrictions, it is not love, but a transaction that never fails to lay stress on a plus and a minus.
~ Emma Goldman, 1869-1940 ~

The way to love anything is to realize that it might be lost.
~ G. K. Chesterton, 1874-1936 ~

Love is the irresistible desire to be irresistibly desired.
~ Robert Frost, 1874-1963 ~

Love consists in this, that two solitudes protect and border and salute each other.
~ Rainer Maria Rilke, 1875-1926 ~

For one human being to love another: that is perhaps the most difficult of all our tasks, the ultimate, the last test and proof, the work for which all other work is but preparation. It is a high inducement to the individual to ripen … a great exacting claim upon us, something that chooses us out and calls us to vast things.
~ Rilke ~

In spite of all indignant protests to the contrary, the fact remains that love, its problems and its conflicts, is of fundamental importance in human life and, as careful inquiry consistently shows, is of far greater significance than the individual suspects.
~ Carl Jung, 1875-1961 ~
Two Essays in Analytical Psychology, 1953

Love is like war: easy to begin but very hard to stop.
~ H. L. Mencken, 1880-1956 ~

Love is the greatest refreshment in life.
~ Pablo Picasso, 1881-1973 ~

We don't love qualities, we love a person; sometimes by reason of their defects as well as their qualities.
~ Jacques Maritain, 1882-1973 ~
Reflections on America, 1958

When love beckons to you follow him,
Though his ways are hard and steep.
And when his wings enfold you yield to him,
Though the sword hidden among his pinions may wound you.
And when he speaks to you believe in him,
Though his voice may shatter your dreams as the north wind lays waste the garden.
For even as love crowns you so shall he crucify you. Even as he is for your growth so is he for your pruning …
But if in your fear you would seek only love's peace and love's pleasure,
Then it is better for you that you cover your nakedness and pass out of love's threshing floor,
Into the seasonless world where you shall laugh, but not all of your laughter, and weep, but not all of your tears …
And think not that you can direct the course of love, for love, if it finds you worthy, directs your course.
Love has no other desire but to fulfill itself.
But if you love and must needs have desires, let these be your desires:
To melt and be like a running brook that sings its melody to the night.
To know the pain of too much tenderness.
To be wounded by your own understanding of love;
And to bleed willingly and joyfully.
~ Khalil Gibran, 1883-1931 ~
The Prophet, 1923

For a love to grow through the tests of everyday living, one must respect that zone of privacy where one retires to relate to the inside instead of the outside.
~ Gibran ~

I wonder why love is so often equated with joy when it is everything else as well. Devastation, balm, obsession, granting and receiving excessive value, and losing it again. It is recognition, often of what you are not but might be. It sears and it heals. It is beyond pity and above law. It can seem like truth.
~ Florida Scott-Maxwell, 1884-1978 ~

We can perhaps learn to prepare for love. We can welcome its coming, we can learn to treasure and cherish it when it comes, but we cannot make it happen. We are elected into love.
~ Irene Claremont de Castillejo, 1885-1967 ~

I find it easier to think of love as being present than to talk of loving. It fits better with my belief that love happens and cannot be taught or learned.
~ de Castillejo ~
Knowing Woman: A Feminine Psychology, 1973

To fall in love is easy, even to remain in it is not difficult; our human loneliness is cause enough. But it is a hard quest worth making to find a comrade through whose steady presence one becomes steadily the person one desires to be.
~ Anna Louise Strong, 1885-1970 ~

Love is mainly an affair of short spasms. If these spasms disappoint us, love dies. It is very seldom that it weathers the experience and becomes friendship.
~ Jean Cocteau, 1889-1963 ~

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Lovers who have nothing to do but love each other are not really to be envied; love and nothing else very soon is nothing else.
~ Walter Lippmann, 1889-1974 ~

Saving love doesn't bring any interest.
~ Mae West, 1892-1980 ~

Love is … not a fact of nature of which we become aware, but rather a creation of the human imagination.
~ Joseph Wood Krutch, 1893-1970 ~

Love is a universal migraine,
A bright stain on the vision,
Blotting out reason.
~ Robert Graves, 1895-1985 ~

To love is to make of one's heart a swinging door.
~ Howard Thurman, 1889-1981 ~
Recapture the Spirit, 1963

Love, I find, is like singing. Everybody can do enough to satisfy themselves, though it may not impress the neighbors as being very much.
~ Zora Neale Hurston, 1891-1960 ~
Dust Tracks on a Road: An Autobiography, 1942

In real love you want the other person's good. In romantic love you want the other person.
~ Margaret Anderson, 1891-1973 ~

Love anything and your heart will be wrung and possibly broken. If you want to make sure of keeping it intact you must give it to no one, not even an animal. Wrap it carefully round with hobbies and little luxuries; avoid all entanglements. Lock it up safe in the casket or coffin of your selfishness. But in that casket – safe, dark, motionless, airless – it will change. It will not be broken; it will become unbreakable, impenetrable, irredeemable. To love is to be vulnerable.
~ C. S. Lewis, 1898-1963 ~

To fall in love is to create a religion that has a fallible God.
~ Jorge Luis Borges, 1899-1986 ~
"The Meeting in a Dream," *Other Inquisitions*, 1960

Life has taught us that love does not consist of gazing at each other, but in looking outward together in the same direction. There is no comradeship except through union in the same high effort.
~ Antoine de Saint-Exupéry, 1900-1944 ~
Wind, Sand and Stars, 1939

To be loved, and to love, need courage, the courage to judge certain values as of ultimate concern – and to take the jump and stake everything on these values.
~ Erich Fromm, 1900-1980 ~

To love means to commit oneself without guarantee, to give oneself completely in the hope that our love will produce love in the loved person. Love is an act of faith, and whoever is of little faith is also of little love.
~ Fromm ~
The Art of Loving, 1956

Love is nothing but a favorable exchange between two people who get the most of what they can expect, considering their value on the personality market.
~ Fromm ~

One of the oldest human needs is having someone to wonder where you are when you don't come home at night.
~ Margaret Mead, 1901-1978 ~

Love for the joy of loving, and not for the offerings of someone else's heart.
~ Marlene Dietrich, 1901-1992 ~

I suppose love is whatever breaks and bridges the terrible pathos of separateness of human beings from each other. It doesn't mean much, however, unless it exists between two people who are uniquely themselves.
~ Max Lerner, 1902-1992 ~
The Unfinished Country, 1959

Do not seek the *because* – in love there is no because, no reason, no explanation, no solution.
~ Anaïs Nin, 1903-1977 ~

Him that I love, I wish to be free – even from me.
~ Anne Morrow Lindbergh, 1906-2001 ~

When you love someone, you do not love them all the time, in exactly the same way, from moment to moment. It is an impossibility. It is even a lie to pretend to. And yet, this is exactly what most of us demand. We have so little faith in the ebb and flow of life, of love, of relationships. We leap at the flow of time and resist in terror its ebb. We are

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afraid it will never return. We insist on permanency, on duration, on continuity; when the only continuity possible in life, as in love, is in growth, in fluidity – in freedom. The only real security is not in owning or possessing, not in demanding or expecting, not in hoping, even. Security in a relationship lies neither in looking back to what it was, nor forward to what it might be, but living in the present and accepting it as it is now. For relationships, too, must be like islands. One must accept them for what they are here and now, within their limits – islands surrounded and interrupted by the sea, continuously visited and abandoned by the tides. One must accept the serenity of the winged life, of ebb and flow, of intermittency.
~ Lindbergh ~

The emotion, the ecstasy of love, we all want, but God spare us the responsibility.
~ Jessamyn West, 1907- ~
Love Is Not What You Think, 1959

Love is that condition in which the happiness of another person is essential to your own.
~ Robert A. Heinlein, 1907-1988 ~

Genuine love ought to be founded on the mutual recognition of two liberties; the lovers would then experience themselves both as self and the other; neither would give up transcendence, neither would be mutilated. Together they would manifest values and aims in the world.
~ Simone de Beauvoir, 1908-1986 ~

Love is a fire. But whether it is going to warm your hearth or burn down your house, you can never tell.
~ Joan Crawford, 1908-1973 ~

The message that "love" will solve all our problems is repeated incessantly in contemporary culture – like a philosophical tom-tom. It would be closer to the truth to say that love is a contagious and virulent disease which leaves a victim in a state of near imbecility, paralysis, profound melancholia, and sometimes culminates in death … The happiest moments in any affair take place after the loved one has learned to accommodate the lover and before the maddening personality of either party has emerged like a jagged rock from the receding tides of lust and curiosity.
~ Quentin Crisp, 1908-1999 ~

Few people know what they mean when they say, "I love you." … Well, what does the word *love* mean? It means total interest. I think the reason very few people really fall in love with anyone is they're not willing to pay the price. The price is you have to adjust yourself to them.
~ Katharine Hepburn, 1909-2003 ~

Love has nothing to do with what you are expecting to get – only what you are expecting to give – which is everything. What you will receive in turn varies. But it really has no connection with what you give. You give because you love and cannot help giving. If you are very lucky, you may be loved back. That is delicious, but it does not necessarily happen.
~ Hepburn ~

I don't want people to love me. It makes for obligations.
~ Jean Anouilh, 1910-1987 ~

Love's blindness consists oftener in seeing what is not there than in seeing what is.
~ Peter de Vries, 1910-1993 ~

The art of love? It's knowing how to join the temperament of a vampire with the discretion of an anemone.
~ E. M. Cioran, 1911-1995 ~

The richest love is that which submits to the arbitration of time.
~ Lawrence Durrell, 1912-1990 ~

The beginning of love is to let those we love be perfectly themselves, and not to twist them to fit our own image. Otherwise we love only the reflection of ourselves we find in them.
~ Thomas Merton, 1915-1968 ~

Love is our true destiny. We do not find meaning of life by ourselves alone – we find it with another. We do not discover the secret of our lives merely by study and calculation in our own isolated meditations. The meaning of life is a secret that has to be revealed to us in love, *by the one we love*. And if this love is unreal, the secret will not be found, the meaning will never reveal itself, the message will never be decoded. At best we will receive a scrambled and partial message, one that will deceive and confuse us. We will never be fully real until we let ourselves fall in love.
~ Merton ~
Love and Living, 1966

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Never pretend to a love which you do not actually feel, for love is not ours to command.
~ Alan Watts, 1915-1973 ~

Love is friendship that has caught fire. It is quiet understanding, mutual confidence, sharing and forgiving. It is loyalty through good and bad times. It settles for less than perfection and makes allowances for human weaknesses. Love is content with the present, it hopes for the future, and it does not brood over the past. It's the day-in and day-out chronicle of irritations, problems, compromises, small disappointments, big victories and working toward common goals. If you have love in your life, it can make up for a great many things that are missing. If you don't have love in your life, no matter what else there is, it's not enough.
~ Ann Landers, 1918-2002 ~

Love … is the extremely difficult realization that something other than oneself is real … Falling out of love is very enlightening; for a short while you see the world with new eyes.
~ Iris Murdoch, 1919-1999 ~

Don't fall into the trap that there is only one special person that you are able to love. Instead, try to develop the expectation that the world is full of people that you can love and that can love you.
~ Ken Keyes, 1921-1995 ~

Love is an act of endless forgiveness, a tender look which becomes a habit.
~ Peter Ustinov, 1921-2004 ~
in *The Christian Science Monitor*, 1958

Love is always open arms. With arms open you allow love to come and go as it wills, freely, for it'll do so anyway. If you close your arms about love you'll find you are left only holding yourself.
~ Leo Buscaglia, 1924-1998 ~
Love, 1972

Everything we do in life is based on fear, especially love.
~ Mel Brooks, 1926- ~

Fantasy love is much better than reality love. Never doing it is very exciting. The most exciting attractions are between two opposites that never meet.
~ Andy Warhol, 1927-1987 ~

Love and time are the only two things in this world that cannot be bought, only spent.
~ Gary Gayne Jennings, 1928-1999 ~

Love doesn't just sit there, like a stone, it has to be made, like bread; remade all the time, made new.
~ Ursula Le Guin, 1929- ~
The Lathe of Heaven, 1971

You come to love not by finding the perfect person, but by seeing an imperfect person perfectly.
~ Sam Keen, 1931- ~

Hoping to fashion a mirror, the lover doth polish the face of his beloved until he produces a skull.
~ John Updike, 1932- ~

The difference between friendship and love is how much you can hurt each other.
~ Ashleigh Brilliant, 1933- ~

Everyone, naturally, wants love, but the real thing, when it arrives, is cruel, disconcerting and frightening. One's partner refuses merely to be an object, a thing, an impersonal presence, and demands one's precious time, careful reflection, and emotional entanglement.
~ Michael Novak, 1933- ~
in *Prophetic Voices: Ideas and Words on Revolution*, Ned O'Gorman, ed., 1969

Love ain't nothing but sex misspelled.
~ Harlan Ellison, 1934- ~

When you look back … on your love affairs … what you really find out is that the only person you really go to bed with is yourself.
~ Shirley MacLaine, 1934- ~

A soulmate is someone who has locks that fit our keys, and keys to fit our locks. When we feel safe enough to open the locks, our truest selves step out and we can be completely and honestly who we are; we can be loved for who we are and not for who we're pretending to be. Each unveils the best part of the other. No matter what else goes wrong around us, with that one person we're safe in our own paradise. Our soulmate is someone who shares our deepest longings, our sense of direction. When we're two balloons, and together our direction is up, chances are we've found the right person. Our soulmate is the one who makes life come to life.
~ Leslie Parrish, 1935 ~

Love is the self-delusion we manufacture to justify the trouble we take to have sex.
~ Dan Greenburg, 1936- ~

I define love thus: The will to extend one's self for the purpose of nurturing one's own or another's spiritual growth.
~ M. Scott Peck, 1936-2005 ~

To love and be loved is to feel the sun from both sides.
~ David Viscott, 1938-1996 ~

Love itself is the most elitist of passions. It acquires its stereoscopic substance and perspective only in the context of culture, for it takes up more place in the mind than it does in bed. Outside of that setting it falls flat into one-dimensional fiction.
~ Joseph Brodsky, 1940-1996 ~

Love deeply and passionately. You might get hurt, but it's the only way to live life completely.
~ H. Jackson Brown, Jr., 1940- ~

Romantic love is not only a necessary illusion, it is a desirable deception. Naturally, if we enter that illusion without an imagination for poetry and music, we may literally play the fool as love buffets us; but if we appreciate its theatrics, we could be profoundly deepened by it … It is one of the most powerful and most effective forms of soul-making.
~ Thomas Moore, 1940- ~
Soul Mates: Honoring the Mysteries of Love and Relationship, 1994

When love exists, nothing else matters, not life's predicaments, not the fury of the years, not a physical winding down or scarcity of opportunity; lovers will find a way to love each other because, by definition, that is their fate. But love, like luck, comes unbidden, thrusts us into a state of confusion, and burns off like a fog when we attempt to hold on to it. As to the reliability of love as a stimulus, therefore, it becomes the luxury of a fortunate few, unattainable for those who have not been the target of its arrow.
~ Isabel Allende, 1942- ~
Aphrodite: A Memoir of the Senses, Margaret Sayers Peden, tr., 1998

Do you want me to tell you something really subversive? Love is everything it's cracked up to be. That's why people are so cynical about it. It really is worth fighting for, being brave for, risking everything for. And the trouble is, if you don't risk everything, you risk even more.
~ Erica Jong, 1942- ~

We love because it's the only true adventure … Most of us love from our need to love, not because we find someone deserving.
~ Nikki Giovanni, 1943- ~

To love without role, without power plays, is revolution.
~ Rita Mae Brown, 1944- ~

If grass can grow through cement, love can find you at every time in your life.
~ Cher, 1946- ~
in *The Times*, 1998

What is often referred to as love may be pleasurable and exciting for a while, but it is an addictive clinging, an extremely needy condition that can turn into its opposite at the flick of a switch. Many "love" relationships, after the initial euphoria has passed, actually oscillate between "love" and hate, attraction and attack … Real love doesn't make you suffer.
~ Eckhard Tolle, 1948- ~
The Power of Now: A Guide to Spiritual Enlightenment, 1999

If you aren't good at loving yourself, you will have a difficult time loving anyone, since you'll resent the time and energy you give another person that you aren't even giving to yourself.
~ Barbara De Angelis, 1951- ~

Romantic love is a mental illness. But it's a pleasurable one. It's a drug. It distorts reality, and that's the point of it. It would be impossible to fall in love with someone that you really *saw* … What starts love is your ability to stupefy and blind yourself to the point of being able to fall in love. What stops it is waking up.
~ Fran Lebowitz, 1951- ~

Love means exposing yourself to the pains of being hurt, deeply hurt by someone you trust.
~ Renita Weems, 1954- ~

Love demands expression. It will not stay still, stay silent, be good, be modest, be seen and not heard, no. It will break out in tongues of praise, the high note that smashes the glass and spills the liquid.
~ Jeanette Winterson, 1959- ~

MANIFESTATION

Related States & Conditions: Actualization/Fulfillment, Appearance/Form, Cause, Creativity/Discovery/Innovation, Differentiation/Division/Separation, Diversity/Multiplicity, Expression, Impermanence, Logos, Thinking/Thought, Wonder/Mystery

Syntonic: Acceptance, Appreciation, Attention/Awareness, Exploration, Focus/Intention, Imagination, Openness/Receptivity, Release

Dystonic: Anger, Attachment, Avoidance/Denial/Refusal, Delusion, Dependence, Distraction/Diversion, Inaction, Jealousy/Envy, Greed, Guilt, Regret, Revenge, War/Aggression/Violence, Worry

When the tongue announces
what the heart conceives, only then
does anything take a step
from non-existence into being.
~ Hymn to Ptah ~
3rd Millennium BCE, Khemetic Sacred Text
in *Desert Wisdom: Sacred Middle Eastern Writings from the Goddess Through the Sufis*, Neil Douglas-Klotz, tr., 1995

Mind is the forerunner of all actions.
All deeds are led by mind, created by mind.
If one speaks or acts with a corrupt mind, suffering follows,
As a wheel follows the hoof of an ox pulling a cart.
Mind is the forerunner of all actions.
All deeds are led by mind, created by mind.
If one speaks or acts with a serene mind, happiness follows,
As surely as one's shadow.
~ Buddha, c. 563-483 BCE ~
The Dhammapada

All that is comes from the mind; it is based on the mind, it is fashioned by the mind.
~ Buddha ~
The Pali Canon

As a man thinketh in his heart so is he.
~ *The Bible*, c. 367 CE ~

I have already fully realized that all beings and all phenomena are of one's own mind. The mind itself is a transparency of Voidness. What therefore is the use of all this, and how foolish I am to try to dispel these manifestations physically.
~ Milarepa, 1040-1123 ~
The Hundred Thousand Songs of Milarepa, Garma C. C. Chang, ed., & tr., 1962

All the choir of heaven and furniture of earth – in a word, all those bodies which compose the mighty frame of the world – have not any subsistence without a mind.
~ George Berkeley, 1685-1753 ~

It is the mind that makes the body.
~ Sojourner Truth, 1797-1883 ~

Thought is the blossom; language the bud; action the fruit behind it.
~ Ralph Waldo Emerson, 1803-1882 ~

Life is a magic vase filled to the brim; so made that you cannot dip into it nor draw from it; but it overflows into the hand that drops treasures into it – drop in malice and it overflows hate; drop in charity and it overflows love.
~ John Ruskin, 1819-1900 ~

You must have the bird in your heart before you can find it in the bush.
~ John Burroughs, 1837-1921 ~
"The Art of Seeing Things"

We need only in cold blood to act as if the thing in question were real and it will infallibly end by growing into such a connection with our life that it will become real.
~ William James, 1842-1910 ~

The subjective mind is entirely under the control of the objective mind. With the utmost fidelity it reproduces and works out to its final consequences whatever the objective mind impresses upon it.
~ Thomas Troward, 1847-1916 ~

The difference between the subtlest mind and the grossest matter is only one of degree … You may

call the mind refined matter, or the body concretized mind; it makes little difference by which name you call which.
~ Vivekananda, 1863-1902 ~
The Complete Works of Swami Vivekananda, 1984-1987, 8:246, 1926

All thought becomes an image and the soul
Becomes a body.
~ William Butler Yeats, 1865-1939 ~
A Vision, 1925, 1937

Power is in your hands the moment you recognize it there. Begin at once to set the right forces into operation. Put forth your ideal, which will begin to clothe itself in material form, send out your thought-forces for its realization, continually hold and add to them, always strongly but always calmly, never allow the element of fear, which will keep the realization just so much further away, to enter in; but, on the contrary, continually water with firm expectation all the forces thus set into operation. Do not then sit and idly fold the hands, expecting to see all things drop into the lap … but take hold of the first thing that offers itself for you to do …be faithful to the thing in hand, always expecting something better, and know that this in hand is the thing that will open to you the next higher, and this the next and the next.
~ Ralph Waldo Trine, 1866-1958 ~
What All the World's A-Seeking, 1896

Men often become what they believe themselves to be. If I believe I cannot do something, it makes me incapable of doing it. But when I believe I can, then I acquire the ability to do it even if I didn't have it in the beginning.
~ Mahatma Gandhi, 1869-1948 ~

Every great work, every great accomplishment, has been brought into manifestation through holding to the vision, and often just before the big achievement comes apparent failure and discouragement.
~ Florence Scovel Shinn, 1871-1940 ~

It has often seemed to me that something great has only to be *thought* to exist indestructibly!
~ Rainer Maria Rilke, 1875-1926 ~
Letters of Rainer Maria Rilke 1892-1910, J. Bannard Greene & M. D. Herter Norton, eds., 1945

I feel it now: there's a power in me
to grasp and give shape to my world.
I know that nothing has ever been real
without my beholding it.
All becoming has needed me.
My looking ripens things
and they come toward me, to meet and be met.
~ Rilke ~
Rilke's Book of Hours: Love Poems to God, Anita Barrows & Joanna Macy, trs., 1996

Everything in the unconscious seeks outward manifestation, and the personality too desires to evolve out of its unconscious conditions and to experience itself as a whole.
~ Carl Jung, 1875-1961 ~

Like produces like, attracts like, creates like. If we could see our thought and take a picture of it and of our conditions we would see no difference between the two, for they are really but the inside and the outside of the same thing. We cannot make affirmations for fifteen minutes a day and spend the rest of our time denying the thing which we have affirmed, and affirming the thing which we have denied, and obtain the results which we seek. We send out the word and it sets the power in motion; then we think the opposite thing that neutralizes the first word, and zero is the result. We cannot demonstrate one iota beyond our mental ability to conceive and steadfastly to embody.
~ Ernest Holmes, 1887-1960 ~
"The Authority of the Soul"

The world (is) nothing but an objectivized dream, and whatever your powerful mind believes very intensely instantly comes to pass.
~ Paramahansa Yogananda, 1893-1952 ~
Autobiography of a Yogi, 1946

Formulate and stamp indelibly on your mind a mental picture of yourself as succeeding. Hold this picture tenaciously. Never permit it to fade. Your mind will seek to develop the picture … do not build up obstacles in your imagination.
~ Norman Vincent Peale, 1898-1993 ~

When you expect the best you release a magnetic force in your mind which by law of attraction tends to bring the best to you.
~ Peale ~
The Power of Positive Thinking, 1952

There is a definite connection between what is outer and what is inner in man, and it is ever our inner states that attract our outer life. Therefore,

the individual must always start with himself. It is one's self that must be changed.
~ Neville, 1905-1972~
"Fundamentals," *New Thought*, Summer 1953

Every action starts from an intention in the implicate order. The imagination is already the creation of the form; it already has the intention and the germs of all the movements needed to carry it out. And it affects the body and so on, so that as creation takes place in that way from the subtler levels of the implicate order, it goes through them until it manifests in the explicate.
~ David Bohm, 1917-1992 ~

The universe has no choice but to bring you the direct manifestation of your thoughts. The creative power is like a genie in a bottle. Your words are its command. The word "I" is the key that starts the engine of creation. The words "I am" are extremely powerful. They are commands to the universe ... If you repeat a thought or say a word, not once, not twice, but dozens, hundreds, thousands of times, do you have any idea of the creative power of that? A thought or word repeatedly expressed becomes just that, expressed. It becomes outwardly realized. It becomes your physical reality.
~ Neale Donald Walsch, 1943- ~
Conversations With God, Book 1, 1995

Manifestation is not magic. It is a process of working with natural principles and laws in order to translate energy from one level of reality to another.
~ David Spangler, 1945- ~

Everything that has taken form in your life – your body, your home, your job, your relationships – began first as an immaterial *thought form*, which can be a specific visual image or simply a general attitude and feeling. When you look at everything you've manifested in your life now, you're looking at a picture of the quality of your thinking and feeling.
~ Tae Yun Kim, 1946- ~
Seven Steps to Inner Power, 1991

The Life Force of the Universe flows through you and beats your heart. When you think, you use Its energy to create other forms of energy, and this energy literally *materializes* – takes form as matter. So, everything material, both objects and events, is a "crystallization" of thought energy. The artist and musician illustrate this process quite naturally. In their work, don't they take an intangible thought or feeling and turn it into something tangible – a painting or a symphony?
~ Ibid.

Intention combined with detachment leads to life-centered, present-moment awareness. And when an action is performed in present-moment awareness, it is most effective. Your intent is for the future, but your attention is in the present. As long as your attention is in the present, then your intent for the future will manifest, because the future is created in the present. You must accept the present as is. Accept the present and intend the future.
~ Deepak Chopra, 1947- ~
Seven Spiritual Laws of Success, 1994

The idea is like a blueprint, it creates an image of the form, which then magnetizes and guides the physical energy to flow into that form and eventually manifests it on the physical plane ... When we create something, we always create it first in thought form.
~ Shakti Gawain, 1948- ~

The tongue can create. The intent of the mind creates a force for the tongue. The power of this force will materialize as a physical condition or an emotional state for the owner. The tongue knows, even when the owner forgets, what you say is what you get – whether you want it or not.
~ Iyanla Vanzant, 1953- ~
Acts of Faith: Daily Meditations for People of Color, 1993

To imagine something, to closely focus one's thoughts upon it, has the potential to bring that "something" into being. Thus, people who take a tragic view of life and are always expecting the worst, usually manifest that reality. Those who expect that things will work together for the good, usually experience just that. In the realm of the sacred, this concept is taken even further, for what is magic but the ability to focus thought and energy to get results on the human plane.
~ Malidoma Somé, 1956- ~

Like attracts like. Whatever the conscious mind thinks and believes the subconscious identically creates.
~ Brian Adams ~
How to Succeed, 1985

The Infinite has left us free to experience whatsoever we desire to create through our minds.
~ Raymond Charles Barker ~

MEANING

Related States & Conditions: Actualization/Fulfillment, Belief/Religion, Creativity/Discovery/Innovation, Differentiation/Division/Separation, Focus/Intention, Goal/Ideal/Purpose, Journey/Path, Perspective, Value/Worth, Wonder/Mystery

Syntonic: Acceptance, Appreciation, Attention/Awareness, Exploration, Focus/Intention, Imagination, Openness/Receptivity, Release

Dystonic: Anger, Attachment, Avoidance/Denial/Refusal, Criticism/Judgment, Defeat, Delusion, Dependence, Distraction/Diversion, Jealousy/Envy, Greed, Guilt, Regret, Revenge, War/Aggression/Violence, Worry

It takes a strong disciple to rule over the mountainous thoughts and constantly go to the essence of the meaning; as mental complexity increases, thus will the depth of your decadence and challenge both be revealed.
~ Khemetic Saying ~
Temt Tchaas: Egyptian Proverbs, Muata Ashaya Ashby, ed., 1994

Words exist because of meaning; once you've gotten the meaning, you can forget the words. Where can I find a man who has forgotten words so I can have a word with him?
~ Zhuangzi, c. 369-c. 286 BCE ~

Man is troubled not by events, but by the meaning he gives them.
~ Epictetus, 50-120 ~

Observe carefully and you will see that everything that happens happens for a purpose. I don't just mean the actual unfolding of events in time, but the way these events carry meaning, as if some guiding hand were giving each event its own significance.
~ Marcus Aurelius, 121-180 ~
The Spiritual Teachings of Marcus Aurelius, Mark Forstater, tr., 2000

If you cling to appearances while searching for meaning, you won't find a thing.
~ Bodhidharma, 440-533 ~

When we return to the root, we gain the meaning; when we pursue external objects, we lose the reason. The moment we are enlightened within, we go beyond the voidness of a world confronting us.
~ Jianzhi Sengcan, 526-606 ~
On Believing in Mind, 8, Daisetz Teitaro Suzuki, tr.

Objects are defined subjectively. Since objects are defined arbitrarily, this gives rise to your arbitrary subjectivity.
~ Fuyan Qingyuan, 1067-1120 ~
in *Zen Essence: The Science of Freedom*, Thomas Cleary, tr. & ed., 1989

The human heart refuses to believe in a universe without purpose. ... What are the aims which are at the same time duties? They are the perfecting of ourselves and the happiness of others.
~ Immanuel Kant, 1724-1804 ~

Reason is the substance of the universe. The design of the world is absolutely rational.
~ Georg Wilhelm Hegel, 1770-1831 ~

The language of friendship is not words, but meanings. It is an intelligence about language.
~ Henry David Thoreau, 1817-1862 ~

Everything's got a moral, if only you can find it.
~ Lewis Carroll, 1832-1898 ~

No man means all he says, and yet very few say all they mean, for words are slippery and thought is viscous.
~ Henry Brooks Adams, 1838-1918 ~
The Education of Henry Adams, 1907

You must see the infinite, i.e., the universal in your particular, or it is only gossip.
~ Oliver Wendell Holmes, Jr., 1841-1935 ~
Holmes-Laski Letters, Vol. II, Mark de Wolfe Howe, ed., 1953

The mind does not react to stimuli, it responds to meanings.
~ William James, 1842-1910 ~

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He who has a why to live for can bear almost any how.
~ Friedrich Nietzsche, 1844-1900 ~

All things are subject to interpretation; whichever interpretation prevails at a given time is a function of power and not truth ... There are no facts, only interpretations.
~ Nietzsche ~

Search for a single, inclusive good is doomed to failure. Such happiness as life is capable of comes from the full participation of all our powers in the endeavour to wrest from each changing situation of experience its own full and unique meaning.
~ John Dewey, 1859-1952 ~

Let people have all the mythology they want, with its beautiful inspirations; for you must always bear in mind that emotional natures do not care for abstract definitions of truth.
~ Vivekananda, 1863-1902 ~
The Complete Works of Swami Vivekananda, 1984-1987, 2:393, 1926

I believe in general in a dualism between facts and the idea of those facts in human heads.
~ George Santayana, 1863-1952 ~
The Letters of George Santayana, Daniel Cory, ed., 1955

The mistake we make is to turn upon our past with angry wholesale negation ... The way of wisdom is to treat it airily, lightly, wantonly, and in a spirit of poetry; and above all to use its symbols, which are its spiritual essence, giving them a new connotation, a fresh meaning.
~ John Cowper Powys, 1872-1963 ~

The world in which we are born is brutal and cruel, and at the same time of divine beauty. Which element we think outweighs the other, whether meaninglessness or meaning, is a matter of temperament. If meaninglessness were absolutely preponderant, the meaningfulness of life would vanish to an increasing degree with each step in our development. But that is – or seems to me – not the case. Probably, as in all metaphysical questions, both are true: Life is –or has–meaning and meaninglessness.
~ Carl Jung, 1875-1961 ~
Memories, Dreams, Reflections, Aniela Jaffe, ed., 1963

The least of things with a meaning is worth more in life than the greatest of things without it.
~ Jung ~
Modern Man in Search of a Soul, 1933

Only when we are able to attribute a real meaning to the world and to life shall we be able to give ourselves to such action as will produce results of real value.
~ Albert Schweitzer, 1875-1965 ~
The Philosophy of Civilizations, 1987

The most incomprehensible thing about the world is that it is comprehensible.
~ Albert Einstein, 1879-1955 ~

Physical concepts are free creations of the human mind, and are not, however it may seem, uniquely determined by the external world.
~ Einstein ~
Evolution of Physics, 1938

There are no final solutions. Things may have no meaning. We have to face that possibility all the time. Everything is, in a sense, reversible.
~ Conrad Aiken, 1889-1973 ~
in *The New York Herald Tribune*, 1969

As long as one has a dream in his heart, he cannot lose the significance of living.
~ Howard Thurman, 1889-1981 ~

There is no agony like learning an untold story inside you.
~ Zora Neale Hurston, 1891-1960 ~

One of the most untruthful things possible, you know, is a collection of facts, because they can be made to appear so many different ways.
~ Karl Menninger, 1893-1990 ~
A Psychiatrist's World, 1959

Each man must look to himself to teach him the meaning of life. It is not something discovered: it is something molded.
~ Antoine de Saint-Exupéry, 1900-1944 ~
Wind, Sand and Stars, 1939

There is no meaning to life except the meaning man gives his life by the unfolding of his powers.
~ Erich Fromm, 1900-1980 ~

We Sioux spend a lot of time thinking about everyday things, which in our mind are mixed up with the spiritual. We see in the world around us many symbols that teach us the meaning of life ... You could notice it too, but you are usually too busy.
~ John "Fire" Lame Deer, 1903-1976 ~
Lame Deer, Seeker of Visions, 1972

There is not one big cosmic meaning for all. There is only the meaning we all give to our lives, an individual meaning.
~ Anaïs Nin, 1903-1977 ~

What makes people despair is that they try to find a universal meaning to the whole of life, and then end up saying it is absurd, illogical, empty of meaning … To seek a total unity is wrong. To give as much meaning to one's life as possible is right for me.
~ Nin ~
The Diary of Anaïs Nin, Vol. IV, Gunther Stuhlmann, ed., 1971

Science has, as its whole purpose, the rendering of the physical world understandable and beautiful. Without this you have only tables and statistics. The measure of our success is our ability to live with this knowledge effectively, actively and eventually with delight. If we succeed we will be able to cope with our knowledge and not create despair. But this also means appreciation of the plurality of knowledge. Order is not monolithic, it is plural.
~ J. Robert Oppenheimer, 1904-1967 ~
in *Look*, 1966

It is we ourselves who call forth the spirits through our own myth-making.
~ Pablo Neruda, 1904-1973 ~
Nobel Lecture, 1971 December 13

We live in our description of reality.
~ Gregory Bateson, 1904-1980 ~
Steps to an Ecology of Mind, 1972

Each attempted and successful clarification of the confusion in our daily lives and actions, each interception of anxiety, each achieved grain of certainty, each distanciation from oneself –regardless of how slight – each discarded prejudice and resentment: these are necessarily achievements in order to establish the new reality and to obtain for each and all a sense of meaningfulness. Everyone is free to achieve this. Whoever gambles away this freedom has gambled and lost his life and death.
~ Jean Gebser, 1905-1973 ~
The Ever-Present Origin, Noel Barstad & Algis Mikunas, trs. 1986

Life is nothing until it is lived; but it is yours to make sense of, and the of it is nothing other than the sense you choose.
~ Jean-Paul Sartre, 1905-1980 ~
Existentialism and Humanism, 1946

We only know and experience this life through the meaning or the relevance of perceptions that we assign to it.
~ Viktor Frankl, 1905-1998 ~
Man's Search for Meaning, 1959

I do not deal in happiness. I deal in meaning.
~ Richard Wright, 1908-1960 ~

We search for the meaning of life in the realities of our experiences, in the realities of our dreams, our hopes, our memories.
~ Chester Himes, 1909-1984 ~

The fact that life has no meaning is a reason to live – moreover, the only one.
~ E. M. Cioran, 1911-1995 ~
"Fractures," *Anathemas and Admirations*, 1986

It is not peace we seek but meaning …
It is not meaning that we need but sight.
~ Lawrence Durrell, 1912-1990 ~
"The Reckoning," *Collected Poems 1931-1974*, James A. Brigham, ed., 1971

If, after all, men cannot always make history have a meaning, they can always act so that their own lives can have one.
~ Albert Camus, 1913-1960 ~
Resistance, Rebellion, and Death, Justin O'Brien, tr., 1961

The universe is made of stories – not atoms.
~ Muriel Rukeyser, 1913-1980 ~

A change of meaning is a change of being. If we say consciousness is the content of being, therefore consciousness is meaning. We could widen this to a more general kind of meaning that may be the essence of all matter as meaning.
~ David Bohm, 1917-1992 ~
"Meaning as Being in the Implicate Order Philosophy of David Bohm: A Conversation," in *Quantum Implications: Essays in Honor of David Bohm*, 1987

Why does anyone tell a story? It does indeed have something to do with faith, faith that the universe has meaning, that our little human lives are not irrelevant, that what we choose to say or do matters, matters cosmically.
~ Madeleine L'Engle, 1918- ~

For, while the tale of how we suffer, and how we are delighted, and how we may triumph is never new, it always must be heard. There isn't any other tale to tell, it's the only light we've got in all this

darkness.
~ James Baldwin, 1924-1987 ~

The story is our escort; without it we are blind. Does the blind man own his escort? No, neither do we the story; rather it is the thing that owns us and directs us. It is the thing that makes us different from cattle; it is the mark on the face that sets one people apart from their neighbors.
~ Chinua Achebe, 1930- ~
Anthills of the Savannah, 1987

The more we have made our lives meaningful, the less we will regret at the time of death. The way we feel when we come to die is thus very much dependent on the way we have lived.
~ Dalai Lama, 1935- ~

Old friends pass away, new friends appear. It is just like the days. An old day passes, a new day arrives. The important thing is to make it meaningful: a meaningful friend – or a meaningful day.
~ Dalai Lama ~
Interview, *Time*, 1988 April 11

The need for meaning and the search for it – regardless of their form, their strength or their depth, or how definite or indefinite they may be, though they be nothing more than a vague sensation of the absence of "something" without which life is worthless – accompany the human "I" from its beginning right through to its end. They are inseparable and its most important dimension (because it embraces all the rest), its maturest and most complete expression, and the instrument of its self-constitution. Perhaps it could be said that the "I" is, in fact, this search for meaning – the meaning of things, events, its own life, itself.
~ Václav Havel, 1936- ~
Letters to Olga, Paul Wilson, tr., 1988

Faith is being gripped by a story, by a vision, by a ritual (game). It is being seized, being gripped by a pattern of meaning, a pattern of meaning that affects one's life-pattern, that becomes a paradigm for the way one sees the world.
~ David Leroy Miller, 1936- ~
Gods and Games: Toward a Theology of Play, 1970

We are the only creatures who both laugh and weep – I think it is because we are the only creatures who see the difference between the way things are and the way they might be.
~ Robert Fulghum, 1937- ~

The human brain ... learns by story; it remembers facts if they are made meaningful. But the truly significant stories of our time will never be reported on the six o'clock news. They are not events but *patterns* of events. Recognition of these deeper tendencies gives us clues to what today's stories mean for tomorrow.
~ Marilyn Ferguson, 1938- ~
The Aquarian Conspiracy, 1980

Nothing will have meaning "ultimately." Nothing will even mean tomorrow what it did today. Meaning changes with the context. My meaningfulness is here. It is enough that I am of value to someone today. It is enough that I make a difference now.
~ Hugh Prather, 1938- ~
Notes to Myself, 1970

Human beings construct meaning as spiders make webs. This is how we survive, our primary evolutionary business.
~ Catherine Bateson, 1939- ~

Myth is a kind of lensing system for the mind of God. It carries the codings of existence.
~ Jean Houston, 1939- ~

It takes eyes calibrated to the wide world, which can observe the most commonplace event or article and glimpse the incursions of eternity. This capacity gives meaning to ordinary days and liberates us from the unnecessary task of finding meaning outside our own limited lives. All that is required is imagination, a poet's perspective, eyes that see through sensations to their emotional and intellectual core.
~ Thomas Moore, 1940- ~
Original Self, 2000

Regardless of the relative picture, which is chaotic and most of the time apparently quite meaningless, we have a place in us, in our being, where we affirm infinite meaningfulness ... (that) comes to us in various ways and unexpectedly speaks to us or turns us around right in the middle of what appears meaningless.
~ Lex Hixon, 1942-1995 ~
Interview, 1995 August 8

To truly begin to figure out life is to accept its ultimately "un-figure-out-able" nature that leaves us delightfully perplexed, humbled, and grateful for a life we could not have planned if we tried.
~ James Finley, 1943- ~
The Contemplative Heart, 2000

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We tend not realize the extent to which we make up what we call the world, that is, the realm of relative truths. We set the boundaries, we make the definitions. We determine what is good, what is bad, what ought to be, and what ought not to be – all out of our inclinations of mind. But we seldom recognize the total relativity – the total meaninglessness – of all our defining. We don't *see* that it's through our obsession with meaning that we create meaninglessness.
~ Steve Hagen, 1945- ~
Buddhism Plain & Simple, 1997

Everything is held together with stories. That is all that is holding us together, stories and compassion.
~ Barry Lopez, 1945- ~

We perceive, which means we add meaning to every signal coming our way ... Everything we see, touch, hear, taste, or smell has been selected from the infinite reservoir of vibrating energy in the field ... You believe that you live in the world, when in fact the world lives within you.
~ Deepak Chopra, 1947- ~
Journey Into Healing: Awakening the Wisdom Within You, 1994

Sometimes legends make reality, and become more useful than the facts.
~ Salman Rushdie, 1947- ~
"Hit the Spittoon," *Midnight's Children*, 1981

The meaning of life is connected, inextricably, to the meaning of death; that mourning is a romance in reverse, and if you love, you grieve and there are no exceptions ... and if death is regarded as an embarrasment or an inconvenience, if the dead are regarded as a nuisance from whom we seek a hurried riddance, then life and the living are in for like treatment.
~ Thomas Lynch, 1948- ~
The Undertaking: Life Studies from the Dismal Trade, 1998

Authentic being ... carries intrinsic (not extrinsic) meaning; it is precisely the search for extrinsic or merely external meaning that constitutes inauthenticity (and thus existential despair).
~ Ken Wilber, 1949- ~
Transformations of Consciousness, 1986

Because you are a unique individual, your perceptions are unique. No matter how much you think you are like another person, the meanings you assign to what takes place in your life are yours alone.
~ Phillip McGraw, 1950- ~
Life Strategies: Doing What Works, Doing What Matters, 1999

Each person has a literature inside them.
~ Anna Deavere Smith, 1950- ~

Meaning doesn't lie in things. Meaning lies in us. When we attach value to things that aren't love – the money, the car, the house, the prestige – we are loving things that can't love us back. We are searching for meaning in the meaningless.
~ Marianne Williamson, 1952- ~
A Return to Love, 1992

It matters to people that their lives have a certain narrative unity; they want to be able to tell a story of their lives that makes sense. The story – my story – should cohere in the way appropriate by the standards made available in my culture to a person of my identity. In telling that story, how I fit into the wider story of various collectivities is, for most of us, important. It is not just gender identities that give shape (through, for example, rites of passage into woman- or manhood) to one's life: ethnic and national identities too fit each individual story into a larger narrative.
~ K. Anthony Appiah, 1954- ~
Color Conscious: The Political Morality of Race, 1996

It is not what we get. But who we become, what we contribute ... that gives meaning to our lives.
~ Anthony J. Robbins, 1960- ~

The meaning you know in life is the meaning you give. The fulfillment you truly experience is the fulfillment you create. No mere object or experience can ever satisfy your hunger for meaning. For it is a hunger not to possess or acquire, but to give, to create, to become.
~ Ralph Marston, 1961- ~

There can never be a single story. There are only ways of seeing.
~ Arundhati Roy, 1961- ~
"Not Again"

We can only see half of anything. The other half is the meaning we give to what we see.
~ Alice O. Howell ~

What you do every day should contribute to giving your life meaning. If it doesn't, why are you doing it?
~ Don Hutcheson ~

MEANS

Related States & Conditions: Ability, Action/Effort, Beginning/Endeavour, Expedience, Opportunity, Possibility/Potential, Skill/Talent/Resources, Wealth/Prosperity

Syntonic: Appreciation, Attention/Awareness, Creativity/Discovery/Innovation, Determination/Persistence/Resolve, Diligence, Exploration, Focus/Intention, Imagination, Ingenuity, Initiative, Openness/Receptivity, Patience, Release, Renewal

Dystonic: Anger, Avoidance/Denial/Refusal, Conformity, Criticism/Judgment, Delusion, Dependence, Fault, Fear, Greed, Guilt, Habit, Hate, Inaction, Jealousy/Envy, Limitation, Revenge, War/Aggression/Violence, Worry

Though by wicked acts one may reach one's aim, a wise man never resorts to such means. The wise are not ashamed if they do not reach their goal, provided they have righteously endeavoured for it.
~ Saskya Pandita, 1182-1251 ~

Everything without exception is an instrument and means of sanctification, providing that the present moment is all that matters.
~ Jean-Pierre de Caussade, 1675-1751 ~
The Sacrament of the Present Moment, 1989

It is a pitiful weakness to be resolved as to the end, and to remain irresolute as to the means.
~ John Lancaster Spalding, 1840-1916 ~
Aphorisms and Reflections, 1901

Having seen and felt the end, you have willed the means to the realization of the end.
~ Thomas Troward, 1847-1916 ~

Using vile means to attain worthy ends makes the ends themselves vile.
~ Anton Chekhov, 1860-1904 ~
The Selected Letters of Anton Chekhov, Lillian Hellman, ed., 1984

One of the greatest lessons I have learnt in my life is to pay as much attention to the means of work as to its end ... Proper attention to the finishing, strengthening, of the means is what we need. With the means all right, the end must come. We forget that it is the cause that produces the effect; the effect cannot come by itself; and unless the causes are exact, proper, and powerful, the effect will not be produced. Once the ideal is chosen and the means determined, we may almost let go the ideal, because we are sure it will be there, when the means are perfected.
~ Vivekananda, 1863-1902 ~
The Complete Works of Swami Vivekananda, 1984-1987, 2:1

Methods and means cannot be separated from the ultimate aim.
~ Emma Goldman, 1869-1940 ~
My Further Disillusionment, 1924

I have discovered in life that there are ways of getting almost anywhere you want to go, if you really want to go.
~ Langston Hughes, 1902-1967 ~

We will never have peace in the world until men everywhere recognize that ends are not cut off from means, because means represent the ideal in the making, and the end in process, and ultimately you can't reach good ends through evil means, because the means represent the seed and the end represents the tree.
~ Martin Luther King, Jr., 1929-1968 ~
The Trumpet of Conscience, 1967

If there is no joy, ease, or lightness in what you are doing, it does not necessarily mean that you need to change *what* you are doing. It may be sufficient to change the *how*. "How" is always more important than "what." See if you can give more attention to the *doing* than to the result that you want to achieve through it. Give your fullest attention to whatever the moment presents. This implies that you accept what *is*, because you cannot give your full attention to something and at the same time resist it.
~ Eckhard Tolle, 1948- ~
The Power of Now: A Guide to Spiritual Enlightenment, 1999

What you do to get somewhere is who you become when you arrive.
~ Geneen Roth, 1951 ~

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MEDITATION

Related States & Conditions: Attention/Awareness, Being/Essence/Soul, Centering, Enlightenment/Realization/Transcendence, Insight/Instinct/Intuition, Mind, Oneness/Unity/Wholeness, Practice, Presence, Self, Silence/Stillness, Spirituality

Syntonic: Acceptance, Appreciation, Composure/Peace/Tranquility, Diligence, Equanimity, Focus/Intention, Openness/Receptivity, Patience, Preparation/Readiness, Release, Renewal, Solitude

Dystonic: Anger, Delusion, Distraction/Diversion, Fear, Guilt, Habit, Hate, Jealousy/Envy, Limitation, Revenge, War/Aggression/Violence, Worry

Now, make thy body still. Meditate that you may know truth.
~ Khemetic Saying ~
Temt Tchaas: Egyptian Proverbs, Muata Ashaya Ashby, ed., 1994

When the mind is silent, beyond weakness or non-concentration, then it can enter into a world which is far beyond the mind: the highest End.
~ *Upanishads*, c. 1400-c. 800 BCE ~

Forced rigidity will lead to isolation, not meditation. True discipline rises from within; it is not repressively imposed. One whose body is peacefully at rest will be free from agitation … Let the peaceful stillness that has developed within extend naturally to every outward action.
~ *Yi Jing*, c. 1150 BCE ~
"Ken: Keeping Still" in *The Photographic I Ching*, Dhiresha McCarver, tr., 1997

To be in mental quiet is to observe the mind's own nature.
~ Laozi, 570-490 BCE ~

Even the gods wish to be as the wise ones devoted to meditation, delighting in the calm of detachment, perfectly awakened, imbued with mindfulness.
~ Buddha, c. 563-483 BCE ~
The Dhammapada, Thomas Cleary, tr., 1994

This is the only way … to explain existence, to oversome sadness and grievances, to banish death and misery, to find the right path, to realize Nirvana – it is correct meditation.
~ Buddha ~

When his mind has become serene
by the practice of meditation,
he sees the Self through the self
and rests in the Self, rejoicing.
~ *Bhagavad Gita*, c. 400 BCE ~
6:20, Stephen Mitchell, tr., 2000

Meditate on yourself as motionless awareness, free from any dualism, giving up the mistaken idea that you are just a derivative consciousness, or anything external or internal.
~ *Ashtavakra Gita* ~
1.13, John Richards, tr., 1994

Develop a meditation that is like water. Doing this, you will find that the thoughts and impressions that possess you will flow away. Just as people wash away their body liquids, their sweat and spittle, pus and blood, and yet the water is not troubled or disgusted – so this water meditation will bring you peace.
~ *Majjhima Nikaya* ~

Meditation is an unbroken flow of awareness toward the object of concentration.
~ Patanjali, c. 200-150 BCE ~
How to Know God: The Yoga Aphorisms of Patanjali, Swami Prabhavananda & Christopher Isherwood, trs., 1981

Meditation itself is the
Substance of wisdom;
Wisdom itself is the
Function of meditation.
~ Dajian Huineng, 638-713 ~

When you want to enter quietude, first tune and concentrate body and mind, so that they are free and peaceful. Let go of all objects, so that nothing

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whatsoever hangs on your mind, and the celestial mind takes its rightful place in this center.
~ Lu Dong Bin, c. 798 ~
The Secret of the Golden Flower: The Classic Chinese Book of Life, VIII.8, Thomas Cleary, tr., 1991

Deliberate meditation is the light of consciousness; let go, and it is then the light of essence. A hairsbreadth difference is as that of a thousand miles, so discernment is necessary. If consciousness is not stopped, spirit does not come alive; if mind is not emptied, the elixir does not crystallize.
~ Ibid., X.14-15

Your sole concern should be, as thought succeeds thought, to avoid clinging to any of them.
~ Huangbo Xiyun, 800-850 ~
The Zen Teachings of Huang Po, John Blofeld, tr., 1958

Do not give yourself entirely to activity and do not engage in active works all the time. Keep something of your heart and of your time for meditation.
~ Bernard de Clairvaux, 1091-1153 ~

The practice of true reality
Is simply to sit serenely
In silent introspection.
When you have fathomed this,
You cannot be turned around
By external causes and conditions.
This empty, wide-open mind
Is subtly and correctly
Illuminating.
~ Hongzhi Zhengjue, 1091-1157 ~

Where there is peace and meditation, there is neither anxiety nor death.
~ Francis of Assisi, c. 1181-1226 ~

Don't dwell on thoughts of good or bad. Don't desire to attain enlightenment. Let your thoughts come and go, without getting involved in them or trying to suppress them. Think the unthinkable. In other words, think no-thinking. Meditation is not a way to enlightenment, nor is it a method of achieving anything at all. It is peace and blessedness itself. It is the actualization of wisdom, the ultimate truth of the oneness of all things.
~ Eihei Dogen, 1200-1253 ~
"The Practice of Meditation," in *The Enlightened Mind: An Anthology of Sacred Prose*, Stephen Mitchell, ed., 1991

Cease from practice based on intellectual understanding pursuing words and following after speech, and learn the backward step that turns your light inwardly to illuminate yourself. Body and mind of themselves will drop away, and your original face will be manifest. If you want to attain *thusness*, you should practice *thusness* without delay.
~ Dogen ~

There have been thousands upon thousands of people who have practiced meditation and obtained its fruits. Do not doubt its possibilities because of the simplicity of its method. If you cannot find the truth right where you are, where else do you expect to find it?
~ Dogen ~
"The Practice of Meditation," in *Buddhism and Zen*, Nyogen Senzaki and Ruth McCandless, trs., 1987

There are no special techniques, just lay down all entanglements, put to rest all concerns, and watch quietly. Whenever you wander into distinctions among things, just bring your attention back. Don't think in terms like "the way to enlightenment" or "the path of purification." Avoid consciously anticipating understanding and beware of letting feelings of doubt or despair distract you. Go directly in like cutting through an iron bar with a single stroke, where there is no flavor, no path of reason, without getting involved in other thoughts.
~ Shoitsu, 1202-1280 ~
in *The Original Face: An Anthology of Rinzai Zen*, Thomas Cleary, tr., 1978

If you are to experience this noble birth, you must depart from all crowds and go back to the starting point, the core out of which you came. The crowds are the agents of the soul and their activities: memory, understanding, will, in all their diversifications. You must leave them all: sense perception, imagination, and all that you discover in self or intend to do.
~ Meister Eckhart, 1260-1327 ~
Sermon 4, in Lawrence LeShan, *How to Meditate*, 1974

People meditating on the fundamental carry out their ordinary tasks and activities in the midst of meditation and carry out meditation in the midst of ordinary tasks and activities. There is no disparity between meditation and activity ... People who really have their minds on the Way ... do not forget work on the fundamental no matter what they are doing. Yet if they still distinguish this work from ordinary activities even as they do them together, they will naturally be concerned about being distracted by activities and forgetting the

meditation work. This is because of viewing things as outside the mind … there are no activities outside of meditation; you dress in meditation and eat in meditation; you walk, stand, sit and lie down in meditation; you perceive and cognize in meditation; you experience joy, anger, sadness, and happiness in meditation.
~ Muso Kokushi, 1275-1351 ~
in *Dream Conversations on Buddhism and Zen*, Thomas Cleary, tr., 1994

Meditating deeply upon Dharma
Reach the depth of the source.
Branching streams cannot
Compare to this source!
Sitting alone in a great silence
Even though the heavens turn
And the earth is upset,
You will not even wink.
~ Jakushitsu Zenji, 1290-1368 ~
"Sitting Alone"

Meditation is a rich and powerful method of study for anyone who knows how to examine his mind … the greatest men make it their occupation … it is the occupation of the Gods.
~ Michel de Montaigne, 1533-1592 ~

For penetrating to the depths
Of one's own true self-nature,
And for attaining a vitality
Valid on all occasions,
Nothing can surpass
Meditation in the midst of activity.
~ Hakuin Ekaku, 1686-1769 ~

The spirit of meditation is the combating of self-willed thinking – it is a combat against the weight of one's feelings.
~ Hakuin ~

Meditation is to the soul as breath is to the body.
~ Richard Cambridge, 1717-1802 ~

Who has drunk will drink, who has dreamed will dream. He will not give up that alluring abyss, that sound of the fathomless, that entrance into the forbidden, that effort to handle the impalpable and to see the invisible; he returns to it, bends over it, he takes one step forward, then two; and thus it is that one penetrates into the impenetrable and there it is that one finds the boundless release of infinite meditation.
~ Victor Hugo, 1802-1885 ~

No great work has been ever produced except after a lone interval of still and musing meditation.
~ Walter Bagehot, 1826-1877 ~

While you meditate you are speaking with your own spirit. In that state of mind you put certain questions to your spirit and the spirit answers: the light breaks forth and the reality is revealed.
~ 'Abdu'l-Bahá, 1844-1921 ~
Paris Talks: Addresses Given by 'Abdu'l-Bahá in Paris in 1911-1912, 1979

Meditation is the key for opening the doors of mysteries. In that state man abstracts himself: in that state man withdraws himself from all outside objects; in that subjective mood he is immersed in the ocean of spiritual life and can unfold the secrets of things-in-themselves.
~ Ibid.

The power of meditation separates ourselves from the body, and then the soul knows itself as it is – the unborn, the deathless, and birthless being. No more is there any misery, no more births upon this earth, no more evolution.
~ Vivekananda, 1863-1902 ~
The Complete Works of Swami Vivekananda, 1984-1987, 4:249

The mind must be made to quiet down. It is rushing about. Just as I sit down to meditate, all the vilest subjects in the world come up. Why should the mind think thoughts I do not want it to think? I am, as it were, a slave to the mind. No spiritual knowledge is possible as long as the mind is restless and out of control.
~ Ibid., 8:110

Let the mind run on and do not restrain it; but keep watch on your mind as a witness watching its action. This mind is thus divided into two – the player and the witness. Now strengthen the witnessing part and do not waste time in restraining your wanderings. The mind must think; but slowly and gradually, as the witness does its part, the player will come more and more under control, until at last you cease to play or wander.
~ Ibid., 6:135

Spiritual meditation is the pathway to Divinity. It is a mystic ladder which reaches from earth to heaven, from error to Truth, from pain to peace. Every saint climbed it; every sinner must sooner or later come to it.
~ James Allen, 1864-1912 ~

There are no impediments to meditation. The very thought of such obstacles is the greatest impediment.
~ Ramana Maharshi, 1879-1950 ~

What is meditation? It is the suspension of thoughts.
~ Maharshi ~

The mind turned outward results in thoughts and objects. Turned inwards it becomes itself the Self.
~ Maharshi ~

Sow love, reap peace … Sow meditation, reap wisdom.
~ Sivananda, 1887-1963 ~

Before embarking on important undertakings, sit quietly, calm your senses and thoughts, and meditate deeply. You will then be guided by the great creative power of Spirit.
~ Paramahansa Yogananda, 1893-1952 ~

Meditation is not a means to an end. It is both the means and the end.
~ Jiddu Krishnamurti, 1895-1986 ~
The Second Penguin Krishnamurti Reader, Mary Lutyens, ed., 1973

To be one with THAT because of which we know we exist is meditation.
~ Nisargadatta, 1897-1981 ~

To meditate is to transcend time. Time is the distance that thought travels in its achievements. The travelling is always along the old path covered over with a new coating, new sights, but always the same road, leading nowhere – except to pain and sorrow. It is only when the mind transcends time that truth ceases to be an abstraction. Then bliss is not an idea derived from pleasure but an actuality that is not verbal. The emptying of the mind of time is the silence of truth, and the seeing of this is the doing: so there is no division between the seeing and the doing.
~ Ibid.

There is only one meditation – the rigorous refusal to harbor thoughts. To be free from thoughts is itself meditation.
~ Ibid.

The aim of meditation, when culminating in contemplation, is the stilling of all mental activity so that Mind itself, the source and condition of this activity, may be known in its original state. The practice ultimately leads the artist to find beauty and the mystic to find the godlike within himself. This is its highest purpose. Thus it leads them from materialism to mentalism, which teaches truth about "matter" and unveils the reality behind its manifold appearance.
~ Paul Brunton, 1898-1981 ~
The Spiritual Crisis of Man, 1970

The most important thing is to forget all gaining ideas, all dualistic ideas … Do not think about anything. Just remain on your cushion without expecting anything. Then eventually you will resume your own true nature. That is to say, your own true nature resumes itself.
~ Shunryu Suzuki, 1905-1971 ~
Zen Mind, Beginner's Mind, 1970

You must have a room or a certain hour of the day or so where you do not know what was in the morning paper, where you do not know who your friends are, you do not know what you owe anybody, or what they owe you – but a place where you can simply experience and bring forth what you are, and what you might be … At first you may find nothing's happening … But if you have a sacred place and use it, take advantage of it, something will happen.
~ Joseph Campbell, 1904-1987 ~
in Joseph Campbell & Bill Moyers, *The Power of Myth*, 1988

Meditation is not some strange technique that we have to learn with great effort and difficulty … Whatever we accomplish in this world we accomplish through the power of concentration, which is nothing but meditation … Above all, meditation stills the wandering mind and establishes us forever in a state of peace.
~ Paramahansa Muktananda, 1908-1982 ~

Meditation is the art of suspending verbal and symbolic thinking for a time, somewhat as a courteous audience will stop talking when a concert is about to begin.
~ Alan Watts, 1915-1973 ~

The mind of the Universe is accessed through meditative, non-ordinary states of consciousness – those wordlessly profound transpersonal dimensions described by the great mystics. It is our encounter with this "other reality" that catalyses a dramatic shift in perspective, widening the lens of our individual psyches … we may experience an altered notion of space – being both everywhere

and in one place – that corresponds to quantum theories of non-locality in space. Time, as well, may shift from being linear and one-dimensional to a multi-tiered dimension influenced by what scientists describe as acausal and nondetermined factors.
~ Vilayat Khan, 1916-2004 ~
Awakening: A Sufi Experience, 1999

Much of the work of any form of meditation is in learning to do one thing at a time: if you are thinking about something to be just thinking of it and nothing else; if you are dancing to be just dancing and not thinking about your dancing. This kind of exercise certainly produces more efficiency at anything we do rather than less. Tuning and training the mind as an athlete tunes and trains his body is one of the primary aims of all forms of meditation.
~ Lawrence LeShan, 1920- ~
How to Meditate, 1974

The secret of meditation is to be conscious of each second of your existence and to keep the sun of awareness continually shining – in both the physical and psychological realms, in all circumstances, on each thing that arises.
~ Thich Nhat Hanh, 1926- ~
The Sun My Heart: From Mindfulness to Insight Contemplation, Arnold Kotler, ed., 1988

The mystic, through meditation, may … cast off, temporarily, the shell of automatic perception, of automatic affective and cognitive controls in order to perceive more deeply into reality.
~ Arthur Deikman, 1929- ~
"Experimental Meditation," in *Altered States of Consciousness*, C. Tart, ed., 1972

There is no greater magic than meditation. To transform the negative into the positive. To transform darkness into light – that is the miracle of meditation.
~ "Osho" Rajneesh, 1931-1990 ~

Why meditate? To live in the moment. To dwell in the harmony of things. To awaken.
~ Ram Dass, 1931- ~
Journey of Awakening: A Meditator's Guidebook, 1978

When we go to the center, we leave behind time and space and separateness. We come to our Source and are in the Being from which we ever flow and in which we ever stand and apart from which we are not.
~ M. Basil Pennington, 1931- ~
Centering Prayer, 1980

Meditation allows us to directly participate in our lives instead of living life as an afterthought.
~ Stephen Levine, 1937- ~

All transformative technologies also train our attention. Gradually there is a sense that we have been betraying some sort of harmonious inner universe by our attitudes, behavior and beliefs. A realm of exquisite order, intelligence, and creative potential begins to reveal itself. Meditation is now doing *us*. Reality breaks through into larger, richer spaces. Now it is not a matter of seeing things differently but of seeing different things. Language fails, symbols fail.
~ Marilyn Ferguson, 1938- ~
The Aquarian Conspiracy, 1980

Meditation is not a matter of trying to achieve ecstasy, spiritual bliss or tranquility, nor is it attempting to become a better person. It is simply the creation of a space in which we are able to expose and undo our neurotic games, our self-deceptions, our hidden fears and hopes.
~ Chögyam Trungpa, 1939-1987 ~
The Myth of Freedom, 1976

Meditation is an empowering experience. In the stead of the narrow path of the outer-mind journey, with its many endless circles and its culs-de-sac, meditation is a journey to the everywhere of the universe, to the nowhere of the infinitesimal point at the center of the individual consciousness, as it joins the everywhere and the nowhere demonstrating they both are one.
~ W. Brugh Joy, 1939- ~
Joy's Way, 1978

To experience at will the naturally induced states of higher consciousness, to shift from the self to the Self by nothing more than the lowering of the eyelids, to experience the melting of one solid definition into the soft, amorphous, undefined, to begin to claim one's inheritance as a conscious universal entity – all can be accomplished through the art of meditation.
~ Ibid.

It's not about having any particular experience. The practice is about opening to whatever presents itself.
~ Joseph Goldstein, 1944- ~

... a small, moist piece of chocolate cake eaten with exquisite attention and tremendous gratitude.
~ Joan Borysenko, 1945- ~

Meditation helps keep us from identifying with the "movies of the mind."
~ Borysenko ~

Do *right meditation* even though it's useless. Do it for no purpose. Do it for its own sake. In fact there is no other way. If you have the least gaining idea, you are not fully engaged ... *Right meditation* is where everything is alive – where we neither create nor manipulate, neither possess nor obsess, neither try nor fail.
~ Steve Hagen, 1945- ~
Buddhism Plain & Simple, 1997

Notice what your mind is doing now. You don't have to seek to do this. You're already fully equipped. You don't have to go anywhere or do anything special. Simply make *just seeing* your intention. That's all.
~ Ibid.~

Meditation takes our awareness from the disturbed state of consciousness in the mind and the world of physical objects to the silent, undisturbed state of consciousness in the realm of the soul and spirit. Through regular practice we gain access to the infinite storehouse of knowledge – the ultimate reality of creation. We have the experience of who we really are – pure unbounded consciousness.
~ Deepak Chopra, 1947- ~
Journey Into Healing: Awakening the Wisdom Within You, 1994

Just become intensely conscious of the present moment. This is a deeply satisfying thing to do. In this way you draw consciousness away from mind activity and create a gap of no-mind in which you are highly alert and aware but not thinking. This is the essence of meditation.
~ Eckhard Tolle, 1948- ~
The Power of Now: A Guide to Spiritual Enlightenment, 1999

Real meditation is by no means a flowery, blissful process. But if we really do it in time we begin to know what it is we're after; we begin to see who we are.
~ Charlotte Joko Beck ~
Everyday Zen, 1989

The deepest sound is silence. This may seem paradoxical only if we regard silence as an absence of life and vibration. But for a meditator, silence is sound unified with all of its opposites. It is both sound and soundlessness, and it is in this confluence that the power of meditation emerges.
~ Deng Ming-Dao ~
365 Tao: Daily Meditations, 1992

Meditation is simplicity itself. One is to just let go, nothing special is supposed to happen.
~ Unknown ~

Meditation is simply about being yourself and knowing about who that is. It is about coming to realize that you are on a path whether you like it or not, namely the path that is your life.
~ Jon Kabat-Zinn ~

People speak of pure consciousness in the external, but the real meditation is internal – going to the source of the mind and remaining at the source of the mind. Individually, we identify with our individual minds, but we are only a part of the cosmic mind.
~ Kamal ~
in Derek Biermann, *Samadhi: Personal Journeys to Spiritual Truth*, 2000

A jeweller could meditate by envisioning that everything is as pure and radiant as shimmering gold; a winemaker might picture herself as distilling bliss from the grapes of experience; a shoemaker could imagine that he was sewing the leather of passion with the thread of freedom to produce shoes of enlightenment.
~ Miranda Shaw ~
Passionate Enlightenment: Women in Tantric Buddhism, 1994

Meditation reveals that the obvious place to begin is not in some other place, it's right here.
~ Angel Kyodo Williams ~
Being Black: Zen and the Art of Living with Fearlessness and Grace, 2000

Meditation has several phases. It has an active moment of sitting down, visualizing, chanting, whatever means the person has; then stillness of mind; then action, going out and doing something. It may be doing what you saw in the stillness. It may be what you saw on the screen of your mind before the stillness. The action is as much a meditation as are the sitting and the contemplation.
~ Dhyani Ywahoo ~
in *Weaving the Visions*, Judith Plaskow & Carol P. Christ, eds., 1989

MEMORY

Related States & Conditions: Continuity, Differentiation/Division/Separation, Focus/Intention, Impermanence, Legacy, Meaning, Perspective, Renewal, Vision/Visualization

Syntonic: Appreciation, Attention/Awareness, Detachment, Exploration, Openness/Receptivity, Release, Tolerance

Dystonic: Anger, Attachment, Avoidance/Denial/Refusal, Criticism/Judgment, Delusion, Dependence, Distraction/Diversion, Fault, Guilt, Jealousy/Envy, Regret, Revenge, War/Aggression/Violence

Nothing is so much strengthened by practice, or weakened by neglect, as memory.
~ Quintillian, c. 35-c. 100 CE ~
Institutio oratorio, John Selby Watson, tr., 1856

The best memory is that which forgets nothing but injuries. Write kindness in marble and write injuries in the dust.
~ Persian Saying ~

I myself have proved it to be of no small use, when in bed in the dark, to recall in fancy the external details of forms previously studied, or other noteworthy things conceived by subtle speculation; and this is certainly an admirable exercise, and useful for impressing things on the memory.
~ Leonardo da Vinci, 1452-1519 ~
Notebooks

Memory is a wonderfully useful tool, and without it judgment does its work with difficulty.
~ Michel de Montaigne, 1533-1592 ~
"Of Presumption," *Essais*, 1588, Donald M. Frame, tr., 1958

Nothing fixes a thing so intensely in the memory as the wish to forget it.
~ Montaigne ~

Memory is the primary and fundamental power, without which there could be no other intellectual operation.
~ Samuel Johnson, 1709-1784 ~
in *The Idler*, 1759 February 17

The secret of a good memory is attention, and attention to a subject depends upon our interest in it. We rarely forget that which has made a deep impression on our minds.
~ Tryon Edwards, 1809-1894 ~

Memories may escape the action of the will, may sleep a long time, but when stirred by the right influence, though that influence be light as a shadow, they flash into full stature and life with everything in place.
~ John Muir, 1838-1914 ~

As memory may be a paradise from which we cannot be driven, it may also be a hell from which we cannot escape.
~ John Lancaster Spalding, 1840-1916 ~

It is possible to live almost without memory, indeed to live happily, as the animals show us, but without forgetting it is utterly imposible to *live* at all.
~ Friedrich Nietzsche, 1844-1900 ~
"History in the Service and Disservice of Life," Gary Brown, tr., in *Unmodern Observations*, William Arrowsmith, ed., 1990

The advantage of a bad memory is that one enjoys several times the same good things for the first time.
~ Nietzsche ~

A strange thing is memory, and hope; one looks backward, and the other forward; one is of today, the other of tomorrow. Memory is history recorded in our brain, memory is a painter, it paints pictures of the past and of the day.
~ Grandma Moses, 1860-1961 ~

Some memories are realities, and are better than anything that can ever happen to one again.
~ Willa Cather, 1873-1947 ~

To acknowledge that the memory is poor is to say you don't think much!
~ Edgar Cayce, 1877-1945 ~
Reading No. 69-2

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A good memory constitutes about seventy percent of what commonly passes for genius.
~ Hesketh Pearson, 1887-1964 ~
in *Oscar Wilde: His Life and Wit*, 1946

You have to begin to lose your memory, if only in bits and pieces, to realize that memory is what makes our lives. Life without memory is no life at all, just as an intelligence without the possibility of expression is not really an intelligence. Our memory is our coherence, our reason, our feeling, even our action. Without it, we are nothing.
~ Luis Buñuel, 1900-1983 ~
My Last Sigh, 1983

Memory is not just the imprint of the past time upon us; it is the keeper of what is meaningful for our deepest hopes and fears. As such, memory is another evidence that we have a flexible and creative relation to time, the guiding principle being not the clock but the qualitative significance of our experiences.
~ Rollo May, 1909-1994 ~
Man's Search for Himself, 1953

Everybody needs his memories. They keep the wolf of insignificance from the door.
~ Saul Bellow, 1915-2005 ~

Remember the gist of the experience rather than the details. So, like the perfume of flowers, the essence survives the passage of time. Everlastingness is remembering the quintessence of an experience.
~ Vilayat Khan, 1916-2004 ~
Awakening: A Sufi Experience, 1999

The heart's memory eliminates the bad and magnifies the good; and thanks to this artifice we manage to endure the burdens of the past.
~ Gabriel García Márquez, 1928- ~

Take down the love letters from the bookshelf,
the photographs, the desperate notes,
peel your own image from the mirror.
Sit. Feast on your life.
~ Derek Walcott, 1930- ~
"Love after Love," *Collected Poems 1948-1984*, 1986

It's a pleasure to share one's memories. Everything remembered is dear, endearing, touching, precious. At least the past is safe – though we didn't know it at the time. We know it now because it's in the past, because we have survived.
~ Susan Sontag, 1933-2004 ~

If we weren't able to remember, we couldn't follow the rules that make other mental operations possible … A person who cannot remember is cut off from the knowledge of prior experiences, unable to build patterns of consciousness that bring order to the mind.
~ Mihaly Csikszentmihalyi, 1934- ~
Flow: The Psychology of Optimal Experience, 1990

I've never tried to block out the memories of the past, even though some are painful. I don't understand people who hide from their past. Everything you live through helps to make you the person you are now.
~ Sophia Loren, 1934- ~

Autobiography changes from moment to moment. It is not what happened but what is remembered. Its only sequence is that of memory. Alter the order of events and you change meaning.
~ John Rechy, 1934- ~
Autobiography: A Novel

Memory is potent. It makes us who we are. It gives us depth. It ties our past to our present to overcome the disjunction of a too literal life. It focuses our attention on the imagination of events rather than on events taken literally. Memory is a kind of poetry.
~ Thomas Moore, 1940- ~
Original Self, 2000

If you want to keep your memories, you first have to live them.
~ Bob Dylan, 1941- ~

To be without documentation is to be without a legitimate history. In the culture of forgetfulness, memory alone has no meaning.
~ bell hooks, 1952- ~

We are products of our past, the environment of our childhood. For those of us who had painful childhoods, we are determined to get away from our memories. We cannot. Our past is a part of our today. We carry it in our hearts … We must relive the memories before we can erase them
~ Iyanla Vanzant, 1953- ~
Acts of Faith: Daily Meditations for People of Color, 1993

It's surprising how much of memory is built around things unnoticed at the time.
~ Barbara Kingsolver, 1955- ~

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MIND

Related States & Conditions: Attention/Awareness, Attitude, Belief/Religion, Choice/Volition, Continuity, Dreams/Dreaming, Focus/Intention, Idea/Opinion, Imagination, Insight/Instinct/Intuition, Meaning, Perspective, Presence, Reality, Sensibility/Sensuality, Thinking/Thought, Vision/Visualization

Syntonic: Appreciation, Autonomy/Control, Detachment, Enlightenment/Realization/Transcendence, Exploration, Meditation, Openness/Receptivity, Release, Tolerance, Understanding

Dystonic: Anger, Attachment, Avoidance/Denial/Refusal, Criticism/Judgment, Delusion, Dependence, Distraction/Diversion, Fault, Fear, Guilt, Hate, Jealousy/Envy, Regret, Revenge, War/Aggression/Violence

The All is Mind. The universe is mental.
~ Hermes Trismegistus ~
in *The Kybalion: A Study of the Hermetic Philosophy of Ancient Egypt and Greece*, 1908

It is important to keep the mind pure because a man will become what he thinks.
~ *Maitri Upanishad*, c. 1400-c. 800 BCE ~

The whole universe is a projection of the mind; therefore it is a mode of the mind. The true nature of the mind is bliss, and when the mind is stilled, bliss absolute is revealed.
~ Mahatma Dattatreya, c. 1100 BCE ~
Avadhut Gita, II.1, Hari Prasad Shastri, tr., 1934

The mind, the mind, the mind –
This is the beginning and end of it all.
The quality of one's life depends on
Nothing but the mind.
~ Buddha, c. 563-483 BCE ~
Dhammapada

If your mind becomes firm like a rock
And no longer shakes
In a world where everything is shaking,
Your mind will be your greatest friend
And suffering will not come your way.
~ *Theragatha* ~
Buddha Speaks, Anne Bancroft, ed., 2000

A man must elevate himself by his own mind, not degrade himself. The mind is a friend of the conditioned soul, and his enemy as well.
~ *Bhagavad Gita*, c. 400 BCE ~
VI:5

Of course, there is no mind without restlessness; restlessness is the very nature of the mind.
~ *Yoga Vasistha* ~

No longer breathe only with the atmosphere surrounding you, but let your mind breathe in a similar way with the mind that runs through everything. For the power of mind is as universal and pervasive to the person willing to draw it in, as is the power of air to the person able to breathe.
~ Marcus Aurelius, 121-180 ~
The Spiritual Teachings of Marcus Aurelius, Mark Forstater, tr., 2000

The mind should be kept independent of any thoughts that arise within it. If the mind depends upon anything, it has no sure haven.
~ *Vajrachedika "The Diamond Sutra"* ~
in *The Enlightened Mind: An Anthology of Sacred Prose*, Stephen Mitchell, ed., 1991

Mind is the root of the myriad phenomena. All phenomena are born from mind. If you can completely comprehend mind, the myriad practices are complete … If you cultivate the Path by comprehending mind, you save effort and success is easy. If you cultivate the Path without comprehending mind, then you waste effort and there is no benefit. Thus we know that all good and evil come from one's own mind. If you seek outside of mind, it is impossible.
~ Bodhidharma, 440-533 ~

The mind within the senses does not dwell;
It has no place in outer things, like form,
And in between, the mind does not abide:
Not out, not in, not elsewhere can the mind be found.
~ Shantideva, 7th C. ~
The Way of the Boddhisattva, Padmakara, tr., 1997

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The substance of your mind is apart from annihilation and apart from eternity; its essence is neither polluted nor pure. Calm and complete, it is equal in ordinary people and sages, functioning responsively without convention. All realms of experience and all states of being are only manifestations of your own mind – do the moon reflected in water or images in a mirror have origination and extinction?
~ Shitou Xiqian, 700-790 ~
in *The Pocket Zen Reader*, Thomas Cleary, ed., 1999

In its true state, mind is naked, immaculate; not made of anything, being of the Voidness; clear, vacuous, without duality, transparent; timeless, uncompounded, unimpeded, colourless; not realizable as a separate thing, but as the unity of all things, yet not composed of them; of one taste, and transcendent over differentiation.
~ Padmasambhava, 8th C. ~
The Tibetan Book of The Great Liberation, W. Y. Evans-Wentz, ed., 1954

The essence of mind
Is formless;
This itself is the subtle
Body of reality.
The essence of mind is
Inherently empty;
This itself is the infinite
Body of space.
~ Huihai Dazhu, 8th C. ~

Mind has no color, is neither long nor short, doesn't appear or disappear; it is free from both purity and impurity; it was never born and can never die; it is utterly serene. This is the form of our original mind, which is also our original body.
~ Huihai ~
The Zen Teaching of Hui Hai, John Blofeld, tr., 1962

The life of the spirit comes from the prior death of the mind. If people can kill the mind, the original comes alive. Killing the mind does not mean quietism, it means undivided concentration. Buddha said, "Place the mind on one point, and everything can be done."
~ Lu Dong Bin, c. 798 ~
The Secret of the Golden Flower: The Classic Chinese Book of Life, IV.14, Thomas Cleary, tr., 1991

Everyone already has the lamp of mind, but it is necessary to light it so that it shines; then this is immortality.
~ Ibid.~

People in the world cannot
identify their own mind.
They believe that what
they see, or hear, or feel,
or know, is mind.
They are blocked by the visual,
the auditory, the tactile, and the mental,
so they cannot see the
brilliant spirit of the their
Original Mind.
~ Huangbo Xiyun, 800-850 ~

If you were to practice keeping your mind motionless at all times with the object of not creating any thought, the result would be no dualism, no dependence upon others, and no attachment; if you would allow all matters to take their own course throughout the day as if you were too ill to bother, without the specific to be known or unknown to others, with a mind like a block of stone that mends no holes, then the universal law would deeply impregnate your understanding.
~ Huangbo ~

The mind ground can go into the ordinary, into the holy, into the pure, into the defiled, into the real, into the conventional; but it is not your "real" or "conventional," "ordinary" or "holy." It can put labels on all the real and conventional, the ordinary and holy, but the real and conventional, the ordinary and holy, cannot put labels on someone in the mind ground. If you can get it, use it, without putting any more labels on it.
~ Linji Yixuan, d. 867 ~
in *Zen Essence: The Science of Freedom*, Thomas Cleary, tr. & ed., 1989

The penetrating spiritual light and vast open tranquility have never been interrupted since beginningless time. The pure, uncontrived, ineffable, complete true mind does not act as a partner to objects of material sense, and is not a companion of myriad things. When the mind is always as clear and bright as ten suns shining together, detached from views and beyond feelings, cutting through the ephemeral illusions of birth and death, this is what is meant by the saying, "Mind itself is Buddha."
~ Yuanwu Kekin, 1063-1135 ~
in *Zen Essence: The Science of Freedom*, Thomas Cleary, tr. & ed., 1989

When you are aware of the completeness, fluidity, and boundlessness of the basic mind, how can sense objects be partners to it? Basic mind is utterly

free, open and pure, clear and ethereal; keep thoroughly aware of it, and do not allow superficiality. Then it is so high there is nothing above it, so broad it is boundless; clean and bare, perfectly round, this basic mind is without contamination or contrivance.
~ Ibid.

Good and evil all arise from one's own mind. But tell me, besides your activities, thoughts, and discrimination, what do you call your own mind? Where does your mind come from? If you can discern where your own mind comes from, then boundless karmic obstruction will be cleared away instantly, and all sorts of marvels will come of themselves without being sought.
~ Dahui Zonggao, 1089-1163 ~

This mind, perfectly and fully realized, moves with a clear, tranquil spiritual awareness. It encompasses heaven, covers the earth, penetrates form, and rides with forbidding abruptness. It is a radiant light shining from the crown of your head, illuminating wherever you are; it is an awesome wind, rising up at each step you take, enveloping all things. If you are able to make this mind your own, then even though you do not seek excellence yourself, excellence comes to you of its own accord. Without seeking emancipation, you are not hindered by a single thing.
~ Daito, 1282-1334 ~

You must advance beyond
The stage where your reason
Is of any avail.
Discover the all-embracing
Mind that does not come into
Existence with the body or die
With the body's destruction,
Yet suffuses every act of
Seeing, hearing, smelling,
Speaking, moving.
~ Bassui Zenji, 1327-1387 ~

It is the mind that maketh good or ill,
That maketh wretch or happy, rich or poor.
~ Edmund Spenser, c. 1552-1599 ~
The Faerie Queene, 1590

All beings in all times and places are manifestations of one mind. When the mind is aroused, all sorts of things arise. When the mind is quiet, all things are quiet.
~ Man-An, 1591-1654 ~
in *Minding Mind – A Course in Basic Meditation*, Thomas Cleary, tr., 1995

The mind is its own place, and in itself
Can make a Heav'n of Hell, a Hell of Heav'n.
~ John Milton, 1608-1674 ~
Paradise Lost, 1667

It is not the place, not the condition, but the mind alone that can make anyone happy or miserable.
~ Roger L'Estrange, 1616-1704 ~

Happiness, or misery, is in the mind. It is the mind that lives.
~ William Cobbett, 1762-1835 ~

Man's mind is his essence; he is where his thoughts are.
~ Nachman of Breslov, 1772-1810 ~

Great minds have purpose; others have wishes. Little minds are tamed and subdued by misfortunes, but great minds rise above them.
~ Washington Irving, 1783-1859 ~

Few of us make the most of our minds. The body ceases to grow in a few years; but the mind, if we will let it, may grow almost as long as life lasts.
~ John William Lubbock, 1803-1865 ~
The Pleasures of Life, 1887

It is the mind that makes one wise or ignorant, bound or emancipated. One is holy because of his mind, one is wicked because of his mind, one is a sinner because of his mind, and it is the mind that makes one virtuous. So one whose mind is always fixed on God requires no other practices, devotion, or spiritual exercises.
~ Shri Ramakrishna, 1834-1886 ~

If we live in the mind we live in a more real way with the absent and the dead, than with those who are under the same roof with us.
~ John Lancaster Spalding, 1840-1916 ~
Aphorisms and Reflections, 1901

There is an immense ocean over which the mind can sail, upon which the vessel of thought has not yet been launched.
~ Richard Jeffries, 1848-1887 ~
The Story of My Heart, 1883

He who has a pure mind sees everything pure ... Everything depends on the mind. Nothing can be

achieved without purity of mind. It is said, "The aspirant may have received the grace of the Guru, the Lord and Vaishnavas; but he comes to grief without the grace of 'one'." That "one" is the mind.
~ Sri Saradamani Devi, 1853-1920 ~

All knowledge that the world has ever received comes from the mind; the infinite library of the universe is in your own mind.
~ Vivekananda, 1863-1902 ~
The Complete Works of Swami Vivekananda, 1984-1987, 1:28, 1926

There are not three minds in one man, but one state of it develops into others. Instinct develops into reason and reason into the transcendental consciousness; therefore, not one of the states contradicts the others.
~ Ibid., 1:185 ~

The discovery that the mind *can* regulate its thoughts, fostering some and dismissing others, is one of the most important stages in the art of self-culture. It is astonishing how little this art is practiced.
~ John Cowper Powys, 1872-1963 ~
The Meaning of Culture, 1929

In studying the history of the human mind one is impressed again and again by the fact that the growth of the mind is the widening of the range of consciousness, and that each step forward has been a most painful and laborious achievement. One could almost say that nothing is more hateful to man than to give up even a particle of his unconsciousness. Ask those who have tried to introduce a new idea!
~ Carl Jung, 1875-1961 ~
Psychological Reflections, Jolande Jacobi & R. F. Hull, eds., 1953

The mind is only thoughts. It is a form of energy. It manifests itself as the world. When the mind sinks into the Self then the Self is realized; when the mind issues forth the world appears and the Self is not realized.
~ Ramana Maharshi, 1879-1950 ~
Ramana Maharshi and the Path of Self-Knowledge, 1954

Anything the mind of man can conceive and believe, it can achieve.
~ Napoleon Hill, 1883-1970 ~

A mind is a terrible thing to waste.
~ United Negro College Fund Slogan ~

There's no height to which we cannot climb by using the active intelligence of our minds.
~ Marcus Garvey, 1887-1940 ~

We are surrounded by an All-Seeing, All-Knowing Mind, which is One and runs through all … Whatever name is given it there is but One. It is this One that creates for us, whatever we believe. Our thought operative through this One produces all our affairs. We are all centers in this Mind, centers of creative thought activity. There is nothing which appears in the manifest Universe other than an objectified thought, whether it be a bump on your head, a growth on your foot, or a planet. It could not be there were it not made out of Mind, for mind is all there is to make anything out of. Whatever is made is made out of it.
~ Ernest Holmes, 1887-1960 ~
Creative Mind, 1919

If the mind can produce ill health, it can also produce good health. Mind power has developed the different parts of the body; the mind supervises the manufacturing of physical cells and can revitalize them.
~ Paramahansa Yogananda, 1893-1952 ~
Scientific Healing Affirmations, 1958

The mind is and always will be our primary business.
~ Benjamin Mays, 1895-1984 ~

The reasonable mind keeps a balance when the logical mind has lost it.
~ Lin Yutang, 1895-1976 ~
My Country and My People, 1935

The mind is an instrument for communication, for practical purposes. The mind cannot grasp the truth. The Self witnesses the mind, but the mind cannot catch hold of the Self … The mind can only work with some name or form or image. If you give this up, the mind will be helpless.
~ Nisargadatta, 1897-1981 ~

Like millions of trees which are all rooted in one and the same earth, so millions of human minds are rooted in one and the same universal being. Everything and every creature owes its own being to the undifferentiated Being, Mind. If then we declare that there is something godlike immanent in all men, we are not guilty of declaring an absurdity. It is not enough for anyone to look at his body and say he has seen a man. He must look also

into the mysterious depths of his mind.
~ Paul Brunton, 1898-1981 ~
The Spiritual Crisis of Man, 1970

To speak of waves apart from water or water apart from waves is a delusion. Water and waves are one. Big mind and small mind are one. When you understand your mind in this way, you have some security in your feeling. As your mind does not expect anything from outside, it is always filled. A mind with waves in it is not a disturbed mind, but actually an amplified one. Whatever you experience is an expression of big mind. The activity of big mind is to amplify itself through various experiences. In one sense our experiences coming one by one are always fresh and new, but in another sense they are nothing but a continuous or repeated unfolding of the one big mind.
~ Shunryu Suzuki, 1905-1971 ~
Zen Mind, Beginner's Mind, 1970

Our "original mind" includes everything within itself. It is always rich and sufficient within itself. You should not lose your self-sufficient state of mind. This does not mean a closed mind, but actually an empty mind and a ready mind. If your mind is empty, it is always ready for anything; it is open to anything.
~ Ibid.

When your mind stops racing, it is naturally kind instead of rude, naturally loving instead of selfish.
~ Eknath Easwaran, 1911-1999 ~

Literally in the mind there are no limits, except those placed upon that mind by itself. Enlarged inner limits lead to vast experiences within.
~ John C. Lilly, 1915-2001 ~

As I see it, the mind is like a single point, the center of the universe, and mental states are like visitors who come to stay for short or long periods. Get to know these visitors well.
~ Ajahn Chah, 1917-1992 ~

A clear, attentive mind
Has no meaning but that
Which sees is truly seen.
~ Gary Snyder, 1930- ~
Riprap, 1959

The mind has exactly the same power as the hands: not merely to grasp the world, but to change it.
~ Colin Wilson, 1931- ~

The mind fits the world and shapes it as a river fits and shapes its own banks.
~ Annie Dillard, 1945- ~

The mind is the flow of information as it moves among the cells, organs, and systems of the body. The mind, as we experience it, is immaterial, yet it has a physical substrate that is both the body and the brain.
~ Candace Pert, 1946- ~

We cannot imprison the mind in the brain. The mind is in every cell of our body and also extends into the whole universe.
~ Deepak Chopra, 1947- ~
Journey Into Healing: Awakening the Wisdom Within You, 1994

The single most vital step on your journey toward enlightenment is this: learn to disidentify from your mind. Every time you create a gap in the stream of mind, the light of your consciousness grows stronger … Your mind is an instrument, a tool. It is there to be used for a specific task, and when that task is completed, you lay it down. As it is, I would say about 80 to 90 percent of most people's thinking is not only repetitive and useless, but because of its dysfunctional and often negative nature, much of it is harmful. Observe your mind and you will find this to be true. It causes a serious leakage of vital energy.
~ Eckhard Tolle, 1948- ~
The Power of Now: A Guide to Spiritual Enlightenment, 1999

The fact that it's in the nature of minds for storms to arise and pass away is not a problem … (It) helps in keeping the spirits up to remember that the weather is going to change. Our difficult mind states become a problem only if we believe they are going to go on forever.
~ Sylvia Boorstein ~
It's Easier Than You Think, 1995

Perceive freshly as you enter
The world of continual emergence.
That rock-bottomed essence of your mind,
Is always still, but ever-emerging;
Always there, as if waiting to be noticed.
~ Ji Aoi Isshi ~

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MODERATION

Related States & Conditions: Autonomy/Control, Balance, Equanimity, Happiness/Contentment, Limitation, Little, Restraint, Simplicity

Syntonic: Acceptance, Appreciation, Attention/Awareness, Detachment, Flexibility/Flow/Flux, Openness/Receptivity, Patience, Prudence, Release, Respect, Tact/Discretion, Tolerance

Dystonic: Anger, Attachment, Avoidance/Denial/Refusal, Conformity, Criticism/Judgment, Dependence, Distraction/Diversion, Fear, Greed, Hate, Haste/Impatience, Jealousy/Envy, Regret, Revenge, War/Aggression/Violence, Worry

Neither let prosperity put out the eyes of circumspection, nor abundance cut off the hands of frugality. They that too much indulge in the superfluities of life shall live to lament the want of its necessities.
~ Khemetic Saying ~
Temt Tchaas: Egyptian Proverbs, Muata Ashaya Ashby, ed., 1994

Moderation is a tree with roots of contentment, and fruits of tranquility and peace.
~ Khemetic Saying ~

One is advised to hold fast to the middle way, and not attempt to change too much too soon … Avoid excesses of any nature. Extreme conservatism paralyzes; reckless and violent change will not succeed.
~ *Yi Jing*, c. 1150 BCE ~
"Wu Wang: Freedom from Error" in *The Photographic I Ching*, Dhiresha McCarver, tr., 1997

To those who choose the path of Enlightenment, there are two extremes that should be carefully avoided. First, there is the extreme of indulgence in the desires of the body. Second, there is the opposite extreme of ascetic discipline, torturing one's body and mind unreasonably.
~ Buddha, c. 563-483 BCE ~
in *The Teaching of the Buddha*, Bukkyo Dendo Kyokai, ed., 1966

We regard independence of outward things as a great good, not so as in all cases to use little, but so as to be contented with little if we have not much, being honestly persuaded that they have the sweetest enjoyment of luxury who stand least in need of it, and that whatever is natural is easily procured and only the vain and worthless hard to win.
~ Epicurus, 341-270 BCE ~
Letter to Menoeceus, in Diogenes Laertius, *Lives of Eminent Philosophers*, R. D. Hicks, tr., 1992

Bit by bit, the wise enjoy
the wealth they earn, slowly, very slowly,
as some precious elixir is savored
drop by drop, not gulped unceremoniously.
~ Vishnu Sharma, c. 200 BCE ~
Panchatantra, II.62, Chandra Rajan, tr., 1993

Never go to excess, but let moderation be your guide … Whatever you undertake, there are three rules to be observed. In the first place, it is necessary to subject appetite to reason, for that is the surest means of fulfilling your duty; again, you must estimate the importance of the object you wish to accomplish that the effort you bestow upon it may be neither greater nor less than the case demands. Finally, observe moderation in all that concerns the aspect and dignity of a gentleman; and moderation is best attained by observing … decorum … and never transgressing its limits. But the most important of these three rules is to subject appetite to reason.
~ Cicero, 106-43 BCE ~

There is a proper measure in all things, certain limits beyond which and short of which right is not to be found.
~ Horace, 65-8 BCE ~

Everything that exceeds the bounds of moderation, has an unstable foundation.
~ Seneca, c. 4 BCE-65 CE ~

My view is that the golden rule in life is never to have too much of anything.
~ Terence, c. 190-159 BCE ~
Andria, 166 BCE

Only the intelligent can understand what is obvious and what is concealed. Strength may be good or it may be evil. The same is true of

weakness. The ideal is moderation ... Purify the heart, that is all.
~ Zhou Dunyi, 1017-1073 ~

Be moderate in your love of your friend, lest one day he become your enemy. And be moderate in hating your enemy, lest one day he become your friend.
~ Muhammad ibn Al-Hasan ibn Hamdun, 1102-1166 ~
in Bernard Lewis, *A Middle East Mosaic*, 2000

Excess is the pest of pleasure, and self-restraint is not its scourge, it is its spice.
~ Michel de Montaigne, 1533-1592 ~
The Essays of Montaigne, Vol. IV, Book 3, ch. 13, George B. Ives, tr., 1925

Pure reason avoids extremes, and requires one to be wise in moderation.
~ Jean-Baptiste Moliére, 1622-1673 ~
Le Misanthrope, 1666

Always rise from the table with an appetite, and you will never sit down without one.
~ William Penn, 1644-1718 ~

Avoid extremes; and shun the fault of such
Who still are pleas'd too little or too much.
~ Alexander Pope, 1688-1744 ~

Use, do not abuse; neither abstinence nor excess ever renders man happy.
~ François-Marie Voltaire, 1694-1778 ~
"Cinquième discours: sur la nature de plaisir," *Sept discours en vers sur l'homme*, 1738

A man who both spends and saves money is the happiest man, because he has both enjoyments.
~ Samuel Johnson, 1709-1784 ~

Finish each day before you begin the next, and interpose a solid wall of sleep between the two. This you cannot do without temperance.
~ Ralph Waldo Emerson, 1803-1882 ~

We go all wrong by too strenuous a resolution to go right.
~ Nathaniel Hawthorne, 1804-1864 ~

Whatsoever passeth beyond the limits of moderation will cease to exert a beneficial influence. Consider for instance such things as liberty, civilization and the like. However much men of understanding may favorably regard them, they will, if carried to excess, exercise a pernicious influence upon men.
~ Baha'u'llah, 1817-1892 ~
Tablets of Baha'u'llah Revealed After the Kitab-i-Aqdas, 1978

In matters of love and appetite beware of surfeits. Nothing contributes so much to the duration of either as moderation in their gratification.
~ Christian Bovee, 1820-1904 ~

Everything in moderation, including moderation.
~ Oscar Wilde, 1856-1900 ~

Excessive merriment will always be followed by sorrow. Tears and laughter are near kin. People so often run from one extreme to the other. Let the mind be cheerful, but calm. Never let it run into excesses, because every excess will be followed by a reaction.
~ Vivekananda, 1863-1902 ~
The Complete Works of Swami Vivekananda, 1984-1987, 8:249

At a dinner party one should eat wisely but not too well, and talk well but not too wisely.
~ W. Somerset Maugham, 1874-1965 ~
A Writer's Notebook, 1949

Excess on occasion is exhilarating. It prevents moderation from acquiring the deadening effect of a habit.
~ Maugham ~

People talk about the middle of the road as though it were unacceptable. Actually, all human problems, excepting morals, come into the gray areas. Things are not all black and white. There have to be compromises. The middle of the road is all the usable surface. The extremes, right and left, are in the gutters.
~ Dwight Eisenhower, 1890-1969 ~

Humanism and the spirit of reasonableness are associated with the sense of humor and the sense of proportion, and rule out fanaticism of all sorts.
~ Lin Yutang, 1895-1976 ~
My Country and My People, 1935

We know what happens to people who stay in the middle of the road; they get run over.
~ Aneurin "Nye" Bevan, 1897-1960 ~

Without a sense of proportion there can be neither good taste nor genuine intelligence, nor perhaps moral integrity.
~ Eric Hoffer, 1902-1983

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MUSIC

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Syntonic: Affirmation/Approval, Appreciation, Attention/Awareness, Diversity/Multiplicity, Flexibility/Flow/Flux, Lila/Leisure, Openness/Receptivity

Dystonic: Criticism/Judgment, Distraction/Diversion, Limitation

Music produces a kind of pleasure which human nature cannot do without.
~ Kongfuzi, c. 551-c. 479 BCE ~

Music directly imitates the passions or states of the soul – gentleness, anger, courage, temperament, and their opposites and other qualities.
~ Aristotle, 384-322 BCE ~

Music is part of us, and either ennobles or degrades our behavior.
~ Boethius, 475-524 ~
De Institutione Musica, 1492

Listening to music is the refreshment of all thoughts from the weight of humanity. It is the agitator of human natures and the mover of divine secrets.
~ Ruzbihan Baqli, d. 1209 ~
The Treatise on Holiness, in Carl W. Ernst, *Teachings of Sufism*, 1999

Many say that life entered the human body by the help of music, but the truth is that life itself is music.
~ Shamseddin Hafiz, 1320-1390 ~

Music without words means leaving behind the mind. And leaving behind the mind is meditation. Meditation returns you to the source. And the source of all is sound.
~ Kabir, 1440-1518 ~

The earth has music for those who listen.
~ William Shakespeare, 1564-1616 ~

For there is a music wherever there is a harmony, order or proportion; and thus far we may maintain the music of the spheres; for those well ordered motions, and regular paces, though they give no sound unto the ear, yet to the understanding they strike a note most full of harmony.
~ Thomas Browne, 1605-1682 ~
Religio Medici, 1643

Such sweet compulsion doth in music lie.
~ John Milton, 1608-1674 ~

The seed of all song
Is the farmer's busy hum
As he plants his rice.
~ Matsuo Basho, 1644-1694 ~

Music is a higher revelation than all wisdom and philosophy … Music can change the world.
~ Ludwig van Beethoven, 1770-1827 ~

Music is the most romantic of all the arts – one might almost say, the only genuinely romantic one – for its sole subject is the infinite. Music discloses to man an unknown realm, a world in which he leaves behind all definite feelings to surrender himself to an inexpressible longing.
~ E. T. A. Hoffman, 1776-1822 ~

Music is well said to be the speech of angels; in fact nothing among the utterances allowed to man is felt to be so divine. It brings us near to the infinite.
~ Thomas Carlyle, 1795-1881 ~

Music expresses that which cannot be said and on which it is impossible to be silent.
~ Victor Hugo, 1802-1885 ~

Love or music? Which power can uplift a man to the sublimest heights? It is a large question, yet it seems to me one should answer it in this way: Love cannot give you an idea of music, music can give you an idea of love. But why separate them? They

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are the two ways of the soul.
~ Hector Berlioz, 1803-1869 ~

Music is the universal language of mankind – poetry their universal pastime and delight.
~ Henry Wadsworth Longfellow, 1807-1882 ~

Take a music bath once or twice a week for a few seasons, and you will find that it is to the soul what the water bath is to the body.
~ Oliver Wendell Holmes, 1809-1894 ~

Music washes away from the soul the dust of everyday life.
~ Berthold Auerbach, 1812-1882 ~

I think I should have no other mortal wants, if I could always have plenty of music. It seems to infuse strength into my limbs and ideas into my brain. Life seems to go on without effort, when I am filled with music.
~ George Eliot, 1819-1880 ~

Music is the shorthand of emotion. Emotions, which let themselves be described in words with such difficulty, are directly conveyed to man in music, and in that is its power and significance.
~ Leo Tolstoy, 1828-1910 ~

I wonder if anyone else has an ear so tuned and sharpened as I have, to detect the music, not of the spheres, but of earth, subtleties of major and minor chord that the wind strikes upon the tree branches.
~ Kate Chopin, 1851-1904 ~

In the end we shall have had enough of cynicism and scepticism and humbug and we shall want to live more musically.
~ Vincent van Gogh, 1853-1890 ~

If you cannot teach me to fly, teach me to sing.
~ J. M. Barrie, 1860-1937 ~

Music is glorious in its own right; why should it accept the slavery of words? Music begins where words end. The inexplicable is the domain of music. It can say what words cannot, and so the less the words disturb the song, the better.
~ Rabindranath Tagore, 1861-1941 ~

Music has such tremendous power over the human mind; it brings it to concentration in a moment.
~ Vivekananda, 1863-1902 ~
The Complete Works of Swami Vivekananda, 1984-1987, 4:9, 1926

The thought of the eternal efflorescence of music is a comforting one, and comes like a messenger of peace in the midst of universal disturbance.
~ Romain Rolland, 1866-1944 ~
Some Musicians of Former Days, Mary Blaiklock, tr., 1908

The music of life is in danger of being lost in the music of the voice.
~ Mahatma Gandhi, 1869-1948 ~

Art, no doubt, is most elevating, but it contains form; poetry has words, names suggestive of form; it is music only which has beauty, power, charm, and at the same time can raise the soul beyond form … From the metaphysical point of view there is nothing that can touch the Formless except that art of music which in itself is formless.
~ Hazrat Khan, 1882-1927 ~
The Mysticism of Sound and Music, 1991

What makes us feel drawn to music is that our whole being is music: our mind, our body, the nature in which we live, the nature that has made us, all that is beneath and around us – it is all music. As we are close to all this music and live and move and have our being in music, it therefore interests us. It attracts our attention and gives us pleasure, for it corresponds with the rhythm and tone which are keeping the mechanism of our whole being intact.
~ Ibid.

Music is the language of the spirit. It opens the secret of life bringing peace, abolishing strife.
~ Khalil Gibran, 1883-1931 ~

Music heard so deeply that it is not heard at all, but you are the music while the music lasts.
~ T. S. Eliot, 1885-1965 ~

He who hears the music of the Soul plays his part well in life.
~ Sivananda, 1887-1963 ~

Music is a beautiful opiate, if you don't take it too seriously.
~ Henry Miller, 1891-1980 ~
The Air-Conditioned Nightmare, 1945

After silence, that which comes nearest to expressing the inexpressible is music.
~ Aldous Huxley, 1894-1963 ~

What a world of beauty is waiting for us, if we learn to wake up at dawn and listen to the heavenly concert of the birds!
~ Lin Yutang, 1895-1976 ~
The Importance of Living, 1937

Words make you think thoughts, music makes you feel a feeling, but a song makes you feel a thought.
~ E. Y. Harburg, 1896-1981 ~

There's a music for everything. Didn't you ever hear the earth spinning? It makes a sound like a humming top … Dear me, yes! Everything in the world – trees, rocks and stars and human beings – they all have their own true music.
~ P. L. Travers, 1906-1996 ~
Mary Poppins Opens the Door, 1943

You can't change the music of your soul.
~ Katharine Hepburn, 1909-2003 ~
in *Esquire*, 1967

Truly fertile Music, the only kind that will move us, that we shall truly appreciate, will be a Music conducive to Dream, which banishes all reason and analysis. One must not wish first to understand and then to feel. Art does not tolerate Reason.
~ Albert Camus, 1913-1960 ~

Instead of using what we can guess at about the nature of thought to explain the nature of music, start over again. Begin with music and see what this can tell us about the sensation of thinking. Music is the effort we make to explain to ourselves how our brains work.
~ Lewis Thomas, 1913-1993 ~
"On Thinking About Thinking," *The Medusa and the Snail: More Notes of a Biology Watcher*, 1979

The rhythm of the body, the melody of the mind, and the harmony of the soul create the symphony of life.
~ B. K. S. Iyengar, 1918- ~

Music is your own experience, your thoughts, your wisdom. If you don't live it, it won't come out of your horn. They teach you there's a boundary line to music. But, man, there's no boundary line to art.
~ Charlie Parker, 1920-1955 ~
"Coda," *Hear Me Talkin' to Ya*, Nat Shapiro & Nat Hentoff, eds., 1955

Real music is not for wealth, not for honors or even the joys of the mind … but is a path for realization and salvation.
~ Ali Akbar Khan, 1922- ~

The possibilities of music. First
that it does exist. And that we do,
in that scripture of rhythms. The earth,
I mean the soil, as melody. The fit you need,
the throes. To pick it up and cut
away what does not singularly express.
~ Amiri Baraka, 1934- ~
"Leadbelly Gives an Autograph," *Black Magic Poetry 1961-1967*, 1969

Music, which is organized auditory information, helps organize the mind that attends to it, and therefore reduces psychic entropy, or the disorder we experience when random information interferes with goals. Listening to music wards off boredom and anxiety, and when seriously attended to, it can induce flow experiences.
~ Mihaly Csikszentmihalyi, 1934- ~
Flow: The Psychology of Optimal Experience, 1990

Music is the greatest communication in the world. Even if people don't understand the language you're singing in, they still know good music when they hear it.
~ Lou Rawls, 1937-2006 ~

Music is one of the closest link-ups with God that we can probably experience. I think it's a common vibrating tone of the musical notes that holds all life together.
~ Marvin Gaye, 1939-1984 ~
in Sharon Davis, *I Heard It Through the Grapevine*, 1991

Accustomed to control, we forget that our physical and emotional life is musical, with all sorts of sensations, fantasies, and feelings coming and going like the flighty motifs of fugues, sonatas, and canons.
~ Thomas Moore, 1940- ~
Original Self, 2000

Music is the connective tissue between souls.
~ Barbra Streisand, 1942- ~

Music does bring people together. It allows us to experience the same emotions. People everywhere are the same in heart and spirit. No matter what language we speak, what color we are, the form of our politics or the expression of our love and our faith, music proves: We are the same.
~ John Denver, 1943-1997 ~

Music is about movement, the rhythm of life.
~ Cornel West, 1954- ~

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ONENESS / UNITY / WHOLENESS

Related States & Conditions: Being/Essence/Soul, Centering, Connection/Interbeing/Interdependence, Continuity, Engagement/Integration/Involvement, Love-Agape, Presence, Reciprocity/Reflection, Self, Spirituality, Wonder/Mystery

Syntonic: Acceptance, Affirmation/Approval, Appreciation, Attention/Awareness, Celebration, Collaboration/Synergy, Communication, Compassion/Empathy/Kindness, Congruence/Resonance, Diversity/Multiplicity, Forgiveness, Friendship, Giving/Serving, Openness/Receptivity, Tolerance

Dystonic: Anger, Conflict/Opposition, Criticism/Judgment, Delusion, Fault, Hate, Jealousy/Envy, Limitation, Oppression, Revenge, War/Aggression/Violence

As is the inner, so is the outer; as is the great, so is the small; as it is above, so it is below; there is but One Life and Law: and he that worketh it is ONE. Nothing is inner, nothing is outer; nothing is great, nothing is small; nothing is high, nothing is low, in the Divine Economy.
~ Hermes Trismegistus ~

As is the human body, so is the cosmic body.
As is the human mind, so is the cosmic mind.
As is the microcosm, so is the macrocosm.
As is the atom, so is the universe.
~ *Upanishads*, c. 1400-c. 800 BCE ~

Of a certainty the man who can see all creatures in himself, himself in all creatures, knows no sorrow.
~ *Eesha Upanishad* ~

The One is invisible: It cannot be seen. The One is inaudible: It cannot be heard. The One is inapprehensible: It cannot be grasped.
~ Laozi, 570-490 BCE ~

The wholeness of life has, from of old,
Been made manifest in its parts;
Clarity has been made manifest in heaven,
Firmness in earth,
Purity in the spirit.
If rim and spoke and hub were not,
Where would be the chariot?
Who will prefer the jingle of jade pendants
If once they have heard the stone
Growing in a cliff?
~ Laozi ~

Just as waves, foam and bubbles are not different from water, so all this which has emanated from oneself, is no other than oneself. In the same way that cloth is found to be just thread when analysed, so when all this is analysed it is found to be no other than oneself. Just as the sugar produced from the juice of the sugarcane is permeated with the same taste, so all this, produced out of me, is completely permeated with me.
~ *Ashtavakra Gita* ~
2.4-6, John Richards, tr., 1994

In the same way, each object in the world is not merely itself, but involves every other object and, in fact, *is* everything else.
~ *Avatamsaka Sutra* ~

There does not exist "another" except the one pure, formless consciousness.
~ *Yoga Vasistha* ~

Not on my authority, but on that of truth, it is wise for you to accept the fact that all things are one.
~ Heraclitus, c. 540-c. 480 BCE ~

No thing is either complete or impaired, but all are made into one again. Only the man of far-reaching vision knows how to make them into one. So he has no use for categories but relegates all to the constant … This is called the Way … So the sage harmonizes with both right and wrong and rests in Heaven the Equalizer.
~ Zhuangzi, c. 369-c. 286 BCE ~

The whole is One … I guard the original One, and rest in harmony with externals.
~ Zhuangzi ~

We are members of one great body, planted by nature in a mutual love, and fitted for a social life. We must consider that we were born for the good

of the whole.
~ Seneca, c. 4 BCE-65 CE ~

If one contemplates the things in mystical meditation, everything is revealed as one.
~ *Zohar*, c. 120-c. 1200 ~

There is only one universe made up of all things, and one creator who pervades them; there is one substance and one law, namely, common reason in all thinking creatures, and all truth is one – if, as we believe, there is only one path of perfection for all beings who share the same mind.
~ Marcus Aurelius, 121-180 ~
The Spiritual Teachings of Marcus Aurelius, Mark Forstater, tr., 2000

Constantly regard the universe as a single living being, having one substance and one soul; observe how all creation relates to the cosmic consciousness of this one living being. Observe too how everything moves with its impulse, working together to create all events, continuously spinning its delicate thread in the amazing complexity of its web.
~ Ibid.

Each being contains in itself the whole intelligible world. Therefore All is everywhere. Each is there All, and All is each. Man as he now is has ceased to be the All. But when he ceases to be an individual, he raises himself again and penetrates the whole world.
~ Plotinus, 205-270 ~

In our realm all is part rising from part and nothing can be more than partial; but There each being is an eternal product of a whole and is at once a whole and an individual manifesting as part but, to the keen vision There, known for the whole it is.
~ Plotinus ~
The Enneads, S. McKenna, tr., 1956

Do not search for the truth;
Only cease to cherish opinions.
If there is even a trace
Of this and that,
Of right and wrong,
The mind will be lost
In confusion.
Although all dualities
Come from the One
Do not remain in the dualistic state.
~ Jianzhi Sengcan, 526-606 ~
"On Believing in Mind"

One in All. All in One – if only this is realized. No more worry about your not being perfect.
~ Ibid.

Do not pursue the outer conditions nor dwell in the inner void.
Rest yourself in oneness with things and all barriers will disappear.
~ Ibid.

When the Ten Thousand things are viewed in their oneness,
We return to the Origin and remain where we have always been.
~ Ibid.

One Nature, perfect and pervading, circulates in all natures.
One Reality, all-knowing, contains within itself all realities.
The one moon is reflected wherever there is a sheet of water,
And all the moons in all the waters are embraced within the one moon.
~ Yongjia Xuanjue, 665-713 ~
in D. T. Suzuki, *Manual of Zen Buddhism*, 1960

Hold fast to one principle and all the others are identical. On seeing one thing, you see all things. On perceiving an individual's mind, you perceive all mind. Glimpse one truth, and all truth is present in your vision, for there is nowhere at all that is devoid of the Truth. When you see a grain of sand, you see all possible worlds, with all their vast rivers and mountains. When you see a drop of water, you see the nature of all the waters of the universe.
~ Huangbo Xiyun, 800-850 ~

Nothing is born, nothing is destroyed. Away with your dualism, your likes and silikes. Every single thing is just One Mind.
~ Huangbo ~

Heaven is my father, the earth my mother, and even a tiny creature such as myself finds an intimate place in their midst. In everything that moves through the universe, I see my own body, and in everything that governs the universe, my own soul. All men are my brethren, and all things my companions.
~ Zhang Zai, 1020-1077 ~

Subject and object from the start
Are no different,
The myriad things nothing

But images in the mirror.
Bright and resplendent,
Transcending both guest and host,
Complete and realized,
All is permeated by the absolute.
A single form encompasses
The multitude of dharmas,
All of which are interconnected
Within the net of Indra.
Layer after layer there is no
Point at which it all ends,
Whether in motion or still,
All is fully interpenetrating.
~ Zhitong, d. 1124 ~

The meaning of "true" in "the entire Earth is the true human body" is the actual body. You should know that the entire Earth is not our temporary appearance, but our genuine human body.
~ Eihei Dogen, 1200-1253 ~

Each grass and each form itself is the entire earth … Each moment is all being, is the entire world. Reflect now whether any being or any world is left out of the present moment.
~ Dogen ~

The eye by which I see God is the same as the eye by which God sees me. My eye and God's eye are one and the same – one in seeing, one in knowing, and one in loving.
~ Meister Eckhart, 1260-1327 ~

The knower and the known are one. Simple people imagine that they should see God, as if He stood there and they here. This is not so. God and I, we are one in knowledge … Separate yourself from all twoness. Be one on one, one with one, one from one.
~ Eckhart ~

Behold but One in all things; it is the second that leads you astray.
~ Kabir, 1440-1518 ~

Everything is the product of one universal creative effort. There is nothing dead in Nature. Everything is organic and living, and therefore the whole world appears to be a living organism.
~ Paracelsus, 1493-1541 ~

There is one truth and one goodness penetrating and governing all things.
~ Giordano Bruno, 1548-1600 ~

No man is an island, entire of itself; every man is a piece of the continent, a part of the main … any man's death diminishes me, because I am involved in mankind; And therefore never send to know for whom the bell tolls; it tolls for thee.
~ John Donne, 1572-1631 ~
Devotions upon Emergent Occasions, 1623

The moon's the same old moon,
The flowers exactly as they were,
Yet I've become the thingness
Of all the things I see!
~ Bunan, 1603-1676 ~

There is no man alone, because every man is a microcosm, and carries the whole world about him.
~ Thomas Browne, 1605-1682 ~

All are but parts of one stupendous whole,
Whose body nature is, and God the soul.
~ Alexander Pope, 1688-1744 ~
An Essay on Man, 1734

To all of humankind benignant heaven
(Since nought forbids) one common soul has given.
~ Francis Williams, c. 1700-c. 1774 ~
"Ode"

All souls are one. Each is a spark of the original soul, and this soul is inherent in all souls.
~ Hasidic Saying ~

My country is the world, and my religion is to do good.
~ Thomas Paine, 1737-1809 ~
The Rights of Man, 1791-1792

One thought fills immensity.
~ William Blake, 1757-1827 ~
"Proverbs of Hell," *The Marriage of Heaven and Hell*, 1793

The notion that man has a body distinct from his soul is to be expunged; this I shall do … by melting apparent surfaces away, and displaying the infinite which was hid.
~ Blake ~

We are all part of the earth and it is part of us. The perfumed flowers are our sisters; the deer, the horse, the great eagle, these are our brothers. The rocky crests, the juices of the meadows, the body heat of the pony, and man – all belong to the same family.
~ Chief Sealth (Seattle), 1786-1866 ~

Humankind has not woven the web of life.
We are but one thread within it.
Whatever we do to the web, we do to ourselves.
All things are bound together.
All things connect.
~ Chief Sealth ~

For the sense of being which in calm hours rises, we know not how, in the soul, is not diverse from things, from space, from light, from time, from man, but one with them and proceeds obviously from the same source whence their life and being also proceed.
~ Ralph Waldo Emerson, 1803-1882 ~
"Self-Reliance," *The Portable Emerson*, Carl Bode & Malcolm Cowley, eds., 1981

Our country is the world; our countrymen are all mankind.
~ William Lloyd Garrison, 1805-1879 ~
"Prospectus," *The Liberator*, 1837

I am part of all that I have met;
Yet all experience is an arch wherethro'
Gleams that untravelled world whose margin fades
For ever and for ever when I move.
~ Alfred Lord Tennyson, 1809-1892 ~

The sun does not shine for a few trees and flowers, but for the wide world's joy.
~ Henry Ward Beecher, 1813-1887 ~

It is not for him to pride himself who loveth his own country, but rather for him who loveth the whole world. The earth is but one country, and mankind its citizens.
~ Baha'u'llah, 1817-1892 ~

I celebrate myself, and sing myself,
And what I assume, you shall assume,
For every atom belonging to me
as good belongs to you.
~ Walt Whitman, 1819-1892 ~
"Song of Myself," *Leaves of Grass*, 1855

No one can be perfectly free till all are free; no one can be perfectly moral till all are moral; no one can be perfectly happy till all are happy.
~ Herbert Spencer, 1820-1903 ~
Social Statics, 1865

My brother used to ask the birds to forgive him. For all is like an ocean, all things flow and touch each other; a disturbance in one place is felt at the other end of the world … Birds would be happier, and children, if you yourself were nobler than you are.
~ Fyodor Dostoevsky, 1821-1881 ~

I sought my soul – but my soul I could not see.
I sought my God – but my God eluded me.
I sought my brother – and found all three.
~ Unknown ~

The highest wisdom has but one science – the science of the whole – and science explaining the whole creation and man's place in it.
~ Leo Tolstoy, 1828-1910 ~
War and Peace, 1868

When we try to pick out anything by itself, we find it hitched to everything else in the universe.
~ John Muir, 1838-1914 ~
My First Summer in the Sierra, 1911

There can be no racial hate because there are no races.
~ José Martí, 1853-1895 ~

While there is a lower class I am in it, while there is a criminal element I am of it; while there is a soul in prison, I am not free.
~ Eugene Debs, 1855-1926 ~

More and more we must learn to think not in terms of race or color or language or religion or of political boundaries, but in terms of humanity. Above all races and political boundaries there is humanity.
~ Booker T. Washington, 1856-1915 ~

Take yourself as you are, whole, and do not try to live by one part alone and starve the other.
~ Janet Erskine Stuart, 1857-1914 ~
in Maud Monahan, *Life and Letters of Janet Erskine Stuart*, 1922

The history of our spiritual life is a continuing search for the unity between ourselves and the world.
~ Rudolf Steiner, 1861-1925 ~
The Philosophy of Freedom, 1964

All of us are embraced in the unity of the whole … We are in the world and the world is in us.
~ Alfred North Whitehead, 1861-1947 ~
Modes of Thought, 1938

The whole universe is one. There is only one Self in the universe, only One Existence, and that One Existence, when it passes through the forms of

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time, space, and causation, is called by different names, buddhi, fine matter, gross matter, all mental and physical forms. When a little part of it comes, as it were, into this network of time, space, and causation it takes forms; take off the network, and it is all one.
~ Vivekananda, 1863-1902 ~
The Complete Works of Swami Vivekananda, 1984-1987, 2:461, 1926

When man has seen himself as one with the Infinite Being of the universe, when all separateness has ceased, when all men and women, all gods and angels, all animals and plants, and the whole universe has melted into that Oneness, then all fear disappears.
~ Ibid., 2:251

There are moments when every man feels that he is one with the universe, and he rushes forth to express it, whether he knows it or not. This expression of oneness is what we call love and sympathy, and it is the basis of all our ethics and morality. This is summed up by the celebrated aphorism *Tat tvam asi*, "Thou art That."
~ Ibid., 1:389

Peace comes within the souls of men when they realize their relationship, their oneness, with the universe and all its powers, and when they realize that at the center of the Universe dwells *Wakan-Tanka* (the Great Spirit), and that this center is really everywhere, it is within each of us.
~ Black Elk, 1864-1950 ~
in Joseph Epes Brown, *The Spiritual Legacy of the American Indian*, 1986

The man who sat on the ground in his tipi meditating on life and its meaning, accepting the kinship of all creatures and acknowledging unity with the universe of things, was infusing into his being the true essence of civilization.
~ Luther Standing Bear, c. 1868-c. 1939 ~
Land of the Spotted Eagle, 1933

You are a child of the universe, no less than the trees and the stars; you have a right to be here.
~ Max Ehrmann, 1872-1945 ~
Desiderata, 1927

I would rather be whole than good.
~ Carl Jung, 1875-1961 ~

A human being is a part of the whole called by us "Universe" – a part limited in time and space. He experiences himself, his thoughts and feeling as something separated from the rest – a kind of optical delusion of his consciousness. This delusion is a kind of prison for us, restricting us to our personal desires and to affection for a few persons nearest to us. Our task must be to free ourselves from this prison by widening our circle of compassion to embrace all living creatures and to the whole of nature in its beauty. Nobody is able to achieve this completely, but the striving for such achievement is in itself part of the liberation and foundation for inner security.
~ Albert Einstein, 1879-1955 ~

When indeed shall we learn that we are all related one to the other, that we are all members of one body? Until the spirit of love for our fellowmen, regardless of race, color or creed, shall fill the world, making real in our lives and our deeds the actuality of human brotherhood – until the great mass of the people shall be filled with the sense of responsibility for each other's welfare, social justice can never be attained.
~ Helen Keller, 1880-1968 ~

The ultimate center of each of us is not to be found at the end of an isolated, divergent trajectory; rather it coincides with the point of confluence of a human multitude – in reflection and in one common mind upon itself.
~ Pierre Teilhard de Chardin, 1881-1955 ~

Each element of the cosmos is positively woven from all of the others … The universe holds together, and only one way of considering it is really possible, that is, to take it as a whole, in one piece.
~ Teilhard de Chardin ~

All things and beings on the surface of existence seem separate from one another, but in every plane, beneath the surface, they approach nearer to each other, and in the innermost plane they all become one. Every disturbance, therefore, caused to the peace of the smallest part of existence on the surface, inwardly affects the whole.
~ Hazrat Khan, 1882-1927 ~
The Mysticism of Sound and Music, 1991

All things, material and spiritual, originate from one source and are related as if they were one family. The past, present, and future are all contained in the life force. The universe emerged and developed from one source, and we evolved

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through the optimal process of unification and harmonization.
~ Morihei Ueshiba, 1883-1969 ~
The Art of Peace, John Stevens, tr., 1992

There is evil and disorder in the world because people have forgotten that all things emanate from one source. Return to that source and leave behind all self-centered thoughts, petty desires, and anger. Those who are possessed by nothing possess everything.
~ Ibid.

Only a few achieve the colossal task of holding together, without being split asunder, the clarity of their vision alongside an ability to take their place in a materialistic world. They are the modern heroes ... Artists at least have a form within which they can hold their own conflicting opposites together. But there are some who have no recognized artistic form to serve this purpose, they are artists of the living.
~ Irene Claremont de Castillejo, 1885-1967 ~
Knowing Woman: A Feminine Psychology, 1973

The individual self is conscious of enrichment not only by the experience of real things, but also by the community, which expands its self-consciousness into a consciousness of communal self. By direct sympathy, what belongs to another becomes mine own, and what belongs to me becomes his.
~ Romano Guardini, 1885-1968 ~
The Church and the Catholic, 1935

Everything is a part of one great Whole. Everything in nature is an individualization of one co-ordinating Life, one Law of being, and one Presence. The mind has become so filled with that what contradicts this that even the Truth has to await recognition.
~ Ernest Holmes, 1887-1960 ~
This Thing Called You, 1948

Inconceivable as it seems to ordinary reason, you – and all other conscious beings as such – are all in all. Hence this life of yours which you are living is not merely a piece of the entire existence, but is in a certain sense the *whole*.
~ Erwin Schrödinger, 1887-1961 ~
My View of the World, 1964

All life is one. The world is one home. All are members of one human family. All creation is an organic whole. No man is independent of this whole.
~ Sivananda, 1887-1963 ~

To be fully is to be universally. To be in the limitations of a small restricted ego is to exist, but it is an imperfect existence ... All being is one and to be fully is to be all that is. To be in the being of all and to include all in one's being, to be conscious of the consciousness of all, to be integrated in force with the universal force ... to feel all selves as one's own self, to feel all delight of being as one's own delight of being is a necessary condition of the integral divine living.
~ Sri Aurobindo, 1892-1950 ~
Words of Sri Aurobindo, First Series

I am not a thing, a noun. I seem to be a verb, an evolutionary process, an integral function of the universe.
~ Buckminster Fuller, 1895-1983 ~

What we need is a kind of "holism" which implies above all a vivid sense of participation in the structured activities of a greater whole – and this greater whole today cannot be any less inclusive a field of awareness and activity than humanity and the earth with all its "spheres" (biosphere, atmosphere, noosphere, etc.), and its many kingdoms of existence.
~ Dane Rudhyar, 1895-1985 ~

All boundaries between science and religion, science and art, objective and subjective, quantity and quality, physics and psychology, astronomy and religion, God and Ether, are irretrievably breaking down, being replaced by a conception of the basic unity, a basic common functional principle of all nature which branches out into the various kinds of human experience.
~ Wilhelm Reich, 1897-1957 ~
Selected Writings, 1960

Survival is the second law of life. The first is that we are all one.
~ Joseph Campbell, 1904-1987 ~

When you are you, you see things as they are, and you become one with your surroundings. There is your true self.
~ Shunryu Suzuki, 1905-1971 ~

We have lost the sense of belonging to the environment, and behave as if the environment belonged to us. But we are neither superior to or

independent of our environment, we are a part of it.
~ Ashley Montagu, 1905-1999 ~

It does not matter what name you attach to it, but your consciousness must ascend to the point through which you view the universe with your God-centered nature. The feeling accompanying this experience is that of complete oneness with the Universal Whole. One merges into a euphoria of absolute unity with all life.
~ Peace Pilgrim, 1908-1981 ~
Peace Pilgrim: Her Life and Work in Her Own Words, 1982

Life is one continuous and homogeneous whole from which rise the waves of individual life without breaking the continuity and all-pervading status of eternal absolute Being. The entire creation is the statement of that cosmic life and all the innumerable laws of nature carrying out the process of creation, evolution, and dissolution, in different parts of the universe, are all the diverse expressions of the one eternal cosmic law.
~ Maharishi Mahesh Yogi, 1911- ~
Science of Being and Art of Living, 1963

We are all one, and if we don't know it, we will learn it the hard way.
~ Bayard Rustin, 1912-1987 ~

When a man's nature is universalized, he feels himself within all the countless multitude of beings that breathe and also feels them all within himself. There is a breaking down of the barrier of exclusive particularity, and, in consequence, a direct and active contact with the currents of universal life.
~ Haridas Chaudhuri, 1913-1975 ~
Sri Aurobindo: The Prophet of Life Divine, 1951

There is really no such creature as a single individual; he has no more life of his own than a cast-off cell marooned from the surface of your skin.
~ Lewis Thomas, 1913-1993 ~
The Lives of a Cell, 1974

We are already one. But we imagine that we are not. And what we have to recover is our original unity. What we have to be is what we are.
~ Thomas Merton, 1915-1968 ~

Deep down the consciousness of mankind is one.
~ David Bohm, 1917-1992 ~
"The Enfolding-Unfolding Universe: A Conversation with David Bohm," *The Holographic Paradigm*, Ken Wilber, ed., 1982

Unbroken wholeness denies the classical idea in science that we may analyze the world by its separate and independently existing parts.
~ Bohm ~

Who can tell where one person ends and another begins?
~ Geoffrey Chew, 1924- ~
in Fritjof Capra, *Uncommon Wisdom*, 1988

While the traditional model of psychiatry and psychoanalysis is strictly personal and biographical, modern consciousness research has added new levels, realms, and dimensions and shows the human psyche as being essentially commensurate with the whole universe and all of existence.
~ Stanislav Grof, 1931- ~
Beyond the Brain, 1985

I am because we are, and since we are therefore I am.
~ John Mbiti, 1931- ~

What I recognized is that you can't put it together. It's already together and what you have to do is experience it being together.
~ Werner Erhard, 1935- ~

Species – plant, animal and man – cease to be seen as separate entities once the common essence of their being is felt and understood. They are merely different forms of expression – different patterns and frequencies harmonized in the total field of organic interaction of life.
~ Michael W. Fox, 1937- ~

The experience of love arises when we surrender our separateness into the universal. It is a feeling of unity. You don't love another, you *are* another. There is no fear because there is no separation. It is not so much that "two are as one" so much as it is "the One manifested as two."
~ Stephen Levine, 1937- ~
Who Dies? An Investigation of Conscious Living and Conscious Dying, 1982

Remember, we're all in this alone.
~ Lily Tomlin, 1939- ~

Part of the material we incorporate into our new body has already been part of the bodies of others; and part of the substance we shed will enter others' bodies. "Body," therefore, is not a thing, but a collective process. I share my body with you, and you share your body with me. We have yet to come

to terms with the ethical and moral implications of this fact. If we did so, we might refine the Golden Rule as follows: "Do good unto others because they *are* you."
~ Larry Dossey, 1940- ~
"Healing and Modern Physics: Exploring Consciousness and the Small-Is-Beautiful Assumption," in *Alternative Therapies*, 1999 July

Look outside of the narrow focus we all get caught up in and see that whether you live in Aspen or in Africa, underneath we are all the same.
~ John Denver, 1943-1997 ~
in *Saturday Review*

One love. One heart. Let's get together and feel alright.
~ Bob Marley, 1946-1981 ~

We ignore Wholeness because we're so fixed on our object – the thing we've drawn, the thing we feel, the thing we've identified. But we ignore the fact that whatever our object is not is present as well. By splitting Reality into parts, and then focusing on the single part, we've tuned out the Whole. We've set ourselves up for confusion and despair.
~ Steve Hagen, 1945- ~
Buddhism Plain & Simple, 1997

Your Silent Master Consciousness was born out of the infinite Life Force creating and animating the Universe. You exist as a part of the Universe; therefore, it is the Life Force creating and animating you. It is the power that beats your heart. Because you *are* this Consciousness, whatever qualities the Life Force possesses, you possess also.
~ Tae Yun Kim, 1946- ~
"Image II: You Are the Life Force Are One," *Seven Steps to Inner Power*, 1991

Humanity represents the stage of the Earth's unfoldment at which the planetary soul becomes not only self-aware but functionally and creatively conscious of the processes through which growth, awareness, and the exteriorization of spirit through form takes place.
~ The Findhorn Community ~
The Findhorn Garden, 1975

At some point, on our way to a new consciousness, we will have to leave the opposite bank, the split between the two mortal combatants somehow healed so that we are on both shores at once and, at once, see through serpent and eagle eyes.
~ Gloria Anzaldúa, 1942-2004 ~

Q: What does a Zen monk say at a hot dog stand?
A: Make me one with everything.
~ Unknown ~

To be one with Nature again is vital – it allows inner and outer nature to blend, healing a separation that never existed in the first place … Nature balances mind, body, and spirit as co-creators of our personal reality.
~ Deepak Chopra, 1947- ~
Journey Into Healing: Awakening the Wisdom Within You, 1994

There is no boundary between subject and object, self and no-self, seer and seen … the subject and object always turn out to be one.
~ Ken Wilber, 1949- ~

Every incident, every circumstance, every word, every sound is nourishing, because the same love is in everything and in everyone.
~ Gurumayi Chidvilasananda, 1955- ~
in Julia Cameron, *Transitions: Prayers and Declarations for a Changing Life*, 1999

When the pieces become too important, the essence becomes hazy and seems to withdraw. When the pieces become obscured by the half-light of evening, or better yet, by the light of detachment, the essence becomes clear and shining again. The splinters melt back into the whole. The branches grow back into the tree.
~ G. BlueStone ~
Journeys on Mind Mountain, 1990

The drop loses its limitations when it falls into the boundless ocean.
~ Shah Ghasemn Feibakhsh ~

All things and forces are in a powerful and dynamic relationship. When we each take responsibility to sustain the health of our own piece of the universe, then we are cooperating to sustain the health of the whole.
~ Roger Jahnke ~
The Healer Within, 1997

Every heart is the other heart. Every soul is the other soul. Every face is the other face. The individual is the one illusion.
~ Margaret Young ~

OPENNESS / RECEPTIVITY

Related States & Conditions: Acceptance, Connection/Interbeing/Interdependence, Engagement/Integration/Involvement, Exploration, Flexibility/Flow/Flux, Love-Agape, Optimism/Positivism, Reciprocity/Reflection, Seeking, Tolerance

Syntonic: Affirmation/Approval, Appreciation, Attention/Awareness, Collaboration/Synergy, Communication, Compassion/Empathy/Kindness, Diversity/Multiplicity, Forgiveness, Friendship, Giving/Serving, Presence, Respect

Dystonic: Anger, Avoidance/Denial/Refusal, Conflict/Opposition, Criticism/Judgment, Delusion, Fault, Hate, Jealousy/Envy, Limitation, Oppression, Revenge, War/Aggression/Violence

Disregarding the absurd or unorthodox may mean a lost chance to understand the universal laws.
~ Khemetic Saying ~
Temt Tchaas: Egyptian Proverbs, Muata Ashaya Ashby, ed., 1994

Consult with the ignorant and wise. Truth may be found among maids at the grindstones.
~ Ibid.

It is the mark of an educated mind to be able to entertain a thought without accepting it.
~ Aristotle, 384-322 BCE ~

Be ready to listen to every narrative, and do not let
wise proverbs escape you.
If you see an intelligent man, visit him early;
let you foot wear out his doorstep.
~ Joshua ben Sira, 2nd C. BCE ~
in *Apocrypha*, Sirach (Ecclesiasticus) 6:35-36, RSV 1957

To live in the Great Way is neither easy nor difficult.
But those with limited views are fearful and irresolute;
the faster they hurry, the slower they go.
~ Jianzhi Sengcan, 526-606 ~

Wisdom can only come by way of a willingness to accept truth from any source.
~ Solomon Ibn Gabriol, c. 1020-1057 ~

I attribute the little I know to my not having been ashamed to ask for information and to my rule of conversing with all descriptions of men on those topics that form their own peculiar professions and pursuits.
~ John Locke, 1632-1704 ~

He who resolves never to ransack any mind but his own will be soon reduced to the poorest of all imitations; he will be obliged to imitate himself, and to repeat what he has before often repeated.
~ Joshua Reynolds, 1723-1792 ~

Listen to all, plucking a feather from every passing goose, but follow no one absolutely.
~ Chinese Saying ~

He who can take advice is sometimes superior to him who can give it.
~ Karl von Knebel, 1744-1834 ~

The man who never alters his opinion is like standing water, and breeds reptiles of the mind.
~ William Blake, 1757-1827 ~

The only means of strengthening one's intellect is to make up one's mind about nothing – to let the mind be a thoroughfare for all thoughts. Not a select party.
~ John Keats, 1795-1821 ~
Letter, 1819

I have steadily endeavoured to keep my mind free so as to give up any hypothesis, however much beloved (and I cannot resist forming one on every subject), as soon as the facts are shown to be opposed to it.
~ Charles Darwin, 1809-1882 ~

The human soul is hospitable, and will entertain conflicting sentiments and contradictory opinions with much impartiality.
~ George Eliot, 1819-1880 ~
Romola, 1863

Sit down before fact like a little child, be prepared to give up every preconceived notion, follow humbly to wherever and to whatever abyss nature leads, or you shall learn nothing.
~ Thomas Huxley, 1825-1895 ~

The soul should always stand ajar, ready to welcome the ecstatic experience.
~ Emily Dickinson, 1830-1886 ~

The winds of grace blow all the time. All we need to do is set our sails.
~ Shri Ramakrishna, 1834-1886 ~

Minds are like parachutes, they only function when they are open.
~ James Dewar, 1842-1923 ~

If you shut your door to all errors truth will be shut out.
~ Rabindranath Tagore, 1861-1941 ~

Come out into the broad light of day, come out from the little narrow paths, for how can the infinite soul rest content to live and die in small ruts? Come out into the universe of Light. Everything in the universe is yours, stretch out your arms and embrace it with love.
~ Vivekananda, 1863-1902 ~
The Complete Works of Swami Vivekananda, 1984-1987, 2:322, 1926

No great idea can have a place in the heart unless one steps out of his little corner.
~ Ibid., 6:331

A man's feet should be planted in his country, but his eyes should survey the world.
~ George Santayana, 1863-1952 ~

It's amazing what ordinary people can do if they set out without preconceived notions … Where there is an open mind there will always be a frontier.
~ Charles Kettering, 1876-1958 ~

The one who learns to tread the spiritual path must become as an empty cup in order that the wine of music and harmony may be poured down into his heart.
~ Hazrat Khan, 1882-1927 ~
The Mysticism of Sound and Music, 1991

Contemplate the workings of this world, listen to the words of the wise, and take all that is good as your own. With this as your base, open your own door to truth. Do not overlook the truth that is right before you. Study how water flows in a valley stream, smoothly and freely between the rocks. Also learn from holy books and wise people. Everything – even mountains, rivers, plants, and trees – should be your teacher.
~ Morihei Ueshiba, 1883-1969 ~
The Art of Peace, John Stevens, tr., 1992

The human mind is like an umbrella – it functions best when open.
~ Walter Gropius, 1888-1969 ~
in *The Observer*, 1956

Life moves on, whether we act as cowards or heroes. Life has no other discipline to impose, if we would but realize it, than to accept life unquestioningly. Everything we shut our eyes to, everything we run away from, everything we deny, denigrate or despise, serves to defeat us in the end. What seems nasty, painful, evil, can become a source of beauty, joy and strength, if faced with an open mind. Every moment is a golden one for him who has the vision to recognize it as such.
~ Henry Miller, 1891-1980 ~
The World of Sex, 1957

The cure for boredom is curiosity. There is no cure for curiosity.
~ Dorothy Parker, 1893-1967 ~

Only stagnant water stinks, fresh water doesn't … dogmatism is the stagnation of the mind. It means the mind has shut up, refuses to do more thinking.
~ Lin Yutang, 1895-1976 ~
Looking Beyond, 1955

The test of a first-rate intelligence is the ability to hold two opposing ideas in mind at the same time and still retain the ability to function.
~ F. Scott Fitzgerald, 1896-1940 ~

The world is full of people who have never, since childhood, met an open doorway with an open mind.
~ E. B. White, 1899-1985 ~

In a time of drastic change it is the learners who inherit the future. The learned usually find themselves equipped to live in a world that no longer exists.
~ Eric Hoffer, 1902-1983 ~

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Wherever you go you will find your teacher, as long as you have the eyes to see and the ears to hear.
~ Shunryu Suzuki, 1905-1971 ~

I do not believe that sheer suffering teaches. If suffering alone taught, all the world would be wise, since everyone suffers. To suffering must be added mourning, understanding, patience, love, openness, and the willingness to remain vulnerable.
~ Anne Morrow Lindbergh, 1906-2001 ~

This waiting, this not making plans, this searching the heavens, this being silent is one of the most important things we have to learn. The moment will then follow when we are called.
~ Carlo Caretto, 1910-1988 ~

Nothing is true that forces me to exclude.
~ Albert Camus, 1913-1960 ~

Culture is the openness of the psyche ... to the news of being.
~ Saul Bellow, 1915-2005 ~
in *The Glasgow Herald*, 1985

I do not think I will ever reach a stage when I will say, "This is what I believe. Finished." What I believe is alive ... and open to growth.
~ Madeleine L'Engle, 1918- ~

Education's purpose is to replace an empty mind with an open one.
~ Malcolm S. Forbes, 1919-1990 ~

Travel has a way of stretching the mind. The stretch comes not from travel's immediate rewards, the inevitable myriad new sights, smells and sounds, but with experiencing firsthand how others do differently what we believed to be the right and only way.
~ Ralph Crawshaw, 1921- ~

The moment you are willing to change, it is remarkable how the Universe begins to help you. It brings you what you need. It could be a book, a tape, a teacher or even a friend making a passing remark that suddenly has deep meaning to you.
~ Louise Hay, 1926- ~
The Power Is Within You, 1991

By their openness, people dedicated to the truth live in the open, and through the exercise of their courage to live in the open, they become free from fear.
~ M. Scott Peck, 1936-2005 ~
The Road Less Travelled, 1978

Openness requires of us vulnerability – the ability, even the willingness, to be wounded.
~ Peck ~
The Different Drum: Community Making and Peace, 1987

The ultimate expression of being fully human is to be open to the world within and without and to embrace all of life equally with reverence, humility, and compassion.
~ Michael W. Fox, 1937- ~

The word "retire" means you can do anything you want. I'm not going to close the door on it ... I will never say never. I don't close the door to any possibilities.
~ Michael Jordan, 1961- ~
Press Conference, 1993 October 6

Congealed thinking is the forerunner of failure ... make sure you are always receptive to new ideas.
~ George W. Crane ~

When you are in a state of non-acceptance, it's difficult to learn. A clenched fist cannot receive a gift, and a clenched psyche grasped tightly against the reality of what must not be accepted cannot easily receive a lesson.
~ John-Roger, 1934- ~

By being receptive, we can avail ourselves of the spiritual wealth available to us.
By being open, we can receive things beyond what we ourselves might imagine.
~ Deng Ming-Dao ~
Everyday Tao: Living With Balance and Harmony, 1996

Confidence, like art, never comes from having all the answers; it comes from being open to all the questions.
~ Earl Gray Stevens ~

Be open to your happiness and sadness as they arise.
~ John & Lyn St. Clair Thomas ~
Eyes of the Beholder, 1982

For those who believe, no proof is necessary. For those who don't believe, no proof is possible.
~ Ibid.

OPPORTUNITY

Related States & Conditions: Action/Effort, Beginning/Endeavour, Creativity/Discovery/Innovation, Daring/Challenge, Expedience, Exploration, Openness/Receptivity, Possibility/Potential, Renewal, Seeking, Spontaneity

Syntonic: Appreciation, Attention/Awareness, Confidence, Courage, Engagement/Integration/Involvement, Focus/Intention, Imagination, Ingenuity, Initiative, Optimism/Positivism, Release, Vision/Visualization

Dystonic: Anger, Attachment, Avoidance/Denial/Refusal, Conformity, Criticism/Judgment, Delusion, Dependence, Fault, Fear, Haste/Impatience, Hate, Inaction, Jealousy/Envy, Limitation, Regret

Opportunities multiply as they are seized.
~ Sun Tzu, fl. early 4th C. BCE ~

Small opportunities are often the beginning of great enterprises.
~ Demosthenes, c. 384-322 BCE BCE ~

Chance is always powerful. Let your hook be always cast; in the pool where you least expect it, will be fish.
~ Ovid, c. 43 BCE–17 CE ~

Take advantage of this human boat;
Free yourself from sorrow's mighty stream!
This vessel will be later hard to find.
The time that you have now, you fool,
Is not for sleep!
~ Shantideva, 7th C. ~
The Way of the Boddhisattva, Padmakara, tr., 1997

A wise man will make more opportunities than he finds.
~ Francis Bacon, 1561-1626 ~
Of Ceremonies and Respects, 1625

There is a tide in the affairs of men,
Which, taken at the flood, leads on to fortune.
~ William Shakespeare, 1564-1616 ~
Julius Caesar, IV.iii, 1600

We must take the current when it serves, or lose our ventures.
~ Ibid.~

Seize the opportunity by the beard for it is bald behind.
~ Bulgarian Saying ~

There is no object that we see, no action that we do, no good that we enjoy, no evil that we feel or fear, but that we may make some spiritual advantage of all.
~ Anne Bradstreet, c. 1612-1672 ~
Meditations Divine and Moral, 1664

In great affairs we ought to apply ourselves less to creating chances than to profiting from those that are offered.
~ François de La Rochefoucauld, 1613-1680 ~

Everyone has a fair turn to be as great as he pleases.
~ Jeremy Collier, 1650-1726 ~

The winds and waves are always on the side of the ablest navigators.
~ Edward Gibbon, 1737-1794 ~

Present opportunities are neglected and attainable good is slighted, by minds busied in extensive ranges and intent upon future advantages.
~ Samuel Johnson, 1709-1784 ~

The days come and go like muffled and veiled figures sent from a distant friendly party, but they say nothing, and if we do not use the gifts they bring, they carry them as silently away.
~ Ralph Waldo Emerson, 1803-1882 ~

The world is all gates, all opportunities, strings of tension waiting to be struck.
~ Emerson ~

Nothing is so often irretrievably missed as a daily opportunity.
~ Marie von Ebner-Eschenbach, 1830-1916 ~

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Apparently there is nothing that cannot happen today.
~ Mark Twain, 1835-1910 ~

The lesson which life repeats and constantly enforces is "look under foot." You are always nearer the divine and the true sources of your power than you think. The lure of the distant and the difficult is deceptive. The great opportunity is where you are. Do not despise your own place and hour. Every place is under the stars, every place is center of the world.
~ John Burroughs, 1837-1921 ~

He who refuses to embrace a unique opportunity loses the prize as surely as if he had failed.
~ William James, 1842-1910 ~
The Will to Believe and Other Essays in Popular Philosophy, 1897

Great opportunities come to all, but many do not know they have met them.
~ A. E. Dunning, 1844-1923 ~

When one door closes, another door opens; but we so often look so long and regretfully upon the closed door, that we do not see the ones which open for us.
~ Alexander Graham Bell, 1847-1922 ~

Opportunity is missed by most people because it is dressed in overalls and looks like work.
~ Thomas Edison, 1847-1931 ~

Everything comes to him who hustles while he waits.
~ Edison~

The golden opportunity you are seeking is in yourself. It is not in your environment; it is not in luck or chance, or the help of others; it is in yourself alone.
~ Orison S. Marden, 1850-1924 ~

We should not permit our grievances to overshadow our opportunities.
~ Booker T. Washington, 1856-1915 ~

People are always blaming their circumstances for what they are. I don't believe in circumstances. The people who get on in this world are the people who get up and look for the circumstances they want, and, if they can't find them, make them.
~ George Bernard Shaw, 1856-1950 ~
Mrs. Warren's Profession, 1902

Do not wait for ideal circumstances; they will never come; nor for the best opportunities.
~ Janet Erskine Stuart, 1857-1914 ~
in Maud Monahan, *Life and Letters of Janet Erskine Stuart*, 1922

For the highest task of intelligence is to grasp and recognize genuine opportunity, possibility.
~ John Dewey, 1859-1952 ~
Human Nature and Conduct, 1922

The winds of grace are always blowing but it is you that must raise your sails.
~ Rabindranath Tagore, 1861-1941 ~

In these strenuous times, we are likely to become morbid and look constantly on the dark side of life, and spend entirely too much time considering and brooding over what we can't do, rather than what we can do, and instead of growing morose and despondent over opportunities that are shut from us, let us rejoice at the many unexplored fields in which there is unlimited fame and fortune to the successful explorer.
~ George Washington Carver, 1864-1943 ~

I had to make my own living and my own opportunity ... Don't sit down and wait for opportunities to come; you have to get up and make them.
~ Madame C. J. Walker, 1867-1919 ~

Today a thousand doors of enterprise are open to you, inviting you to useful work. To live at this time is an inestimable privilege, and a sacred obligation devolves upon you to make right use of your opportunities. Today is the day in which to attempt and achieve something worthwhile.
~ Grenville Kleiser, 1868-1953 ~

There are two kinds of opportunities: one which we chance upon, the other which we create. In time of great difficulty, one must not fail to create his opportunity.
~ Takamori Saigo, fl. 1870 ~
in Ruth Benedict, *The Chrysanthemum and the Sword: Patterns of Japanese Culture*, 1946

The pessimist sees difficulty in every opportunity. The optimist sees the opportunity in every difficulty.
~ Winston Churchill, 1874-1965 ~

In the middle of difficulty lies opportunity.
~ Albert Einstein, 1879-1955 ~

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When one door of happiness closes, another opens.
~ Helen Keller, 1880-1968 ~

I think luck is the sense to recognize an opportunity and the ability to take advantage of it … The man who can smile at his breaks and grab his chances gets on.
~ Samuel Goldwyn, 1882-1974 ~

Take advantage of every opportunity; where there is none, make it for yourself.
~ Marcus Garvey, 1887-1940 ~

Unlimited opportunities can be as potent a cause of frustration as a paucity or lack of opportunities.
~ Eric Hoffer, 1902-1983 ~
The True Believer: Thoughts on the Nature of Mass Movements, 1951

To every disadvantage there is a corresponding advantage.
~ W. Clement Stone, 1902-2002 ~

How singular, in the vastness of creation, is the richness of our opportunity.
~ John Cheever, 1912-1982 ~

What we have before us are some breathtaking opportunities disguised as insoluble problems.
~ John William Gardner, 1912-2002 ~
Speech, 1965

One chance is all you need.
~ Jesse Owens, 1913-1980 ~
Blackthink, 1970

Opportunities are usually disguised as hard work so most people don't recognize them.
~ Ann Landers, 1918-2002 ~

All of us, whether or not we are warriors, have a cubic centimetre of chance that pops out in front of our eyes from time to time. The difference between an average man and a warrior is that the warrior is aware of this, and one of his tasks is to be alert, deliberately waiting, so that when his cubic centimetre pops out he has the necessary speed, the prowess, to pick it up.
~ Carlos Castaneda, 1931-1998 ~
Journey to Ixtlan, 1972

Our ordinary interactions – at the water cooler, in conference, on the golf course, at the dinner table, in bed when the lights are out – offer us daily opportunities to risk the openness that leads to growth and happiness.
~ M. Scott Peck, 1936-2005 ~
The Road Less Travelled, 1978

Opportunity dances with those who are already on the dance floor.
~ H. Jackson Brown, Jr., 1940- ~
A Hero in Every Heart, 1996

Opportunities are often things you haven't noticed the first time around.
~ Catherine Deneuve, 1943- ~

Perhaps much like AIDS-related opportunistic infections, one can go and goes where the going is good. I go wherever the possible me has a greater chance of becoming.
~ Larry Chang, 1949- ~
"Where Are My People? – Identity, Alienation and Exile," 2002

The opportunity that is concealed in every crisis does not manifest until all the facts of any given situation are acknowledged and fully accepted. As long as you deny them, as long as you try to escape from them or wish that things were different, the window of opportunity does not open up, and you remain trapped inside that situation, which will remain the same or deteriorate further.
~ Eckhard Tolle, 1948- ~
The Power of Now: A Guide to Spiritual Enlightenment, 1999

Opportunity does not knock; it presents itself when you beat down the door.
~ Kyle Chandler, 1966-,~

It's a precious opportunity we have, to be alive as human beings. It has been said that the chance of having a human life is something like being picked up as one grain of sand out of all the grains on the beach. It's such a rare chance and yet somehow … some error arises … present in each one of us – not fully appreciating what we have just in being alive.
~ Charlotte Joko Beck ~
Everyday Zen, 1989

A pessimist is someone who complains about the noise when opportunity knocks.
~ Michael Levine ~

If fate closes the door, climb in through the window.
~ Unknown ~

OPPRESSION

Related States & Conditions: Belief/Religion, Conflict/Opposition, Criticism/Judgment, Fault, Hate, Revenge, Struggle, Suffering, War/Aggression/Violence

Syntonic: Compassion/Empathy/Kindness, Connection/Interbeing/Interdependence, Courage, Engagement/Integration/Involvement, Forgiveness, Liberation/Liberty/Freedom, Love-Agape, Oneness/Unity/Wholeness, Reciprocity/Reflection

Dystonic: Anger, Attachment, Avoidance/Denial/Refusal, Delusion, Dependence, Fear, Jealousy/Envy, Limitation

When emotions are society's objective, tyranny will govern regardless of the ruling class.
~ Khemetic Saying ~
Temt Tchaas: Egyptian Proverbs, Muata Ashaya Ashby, ed., 1994

Man's inhumanity to man makes countless thousands mourn.
~ Robert Burns, 1759-1796 ~

You can't hold a man down without staying down with him.
~ Booker T. Washington, 1856-1915 ~
Speeches of Booker T. Washington, 1932

That which oppresses me, is it my soul trying to come out in the open, or the soul of the world knocking at my heart for its entrance?
~ Rabindranath Tagore, 1861-1941 ~

When men say they have rights, they generally mean that they are suffering wrongs.
~ J. A. Spender, 1862-1942 ~
The Comments of Bagshot, Second Series

Oppression does not remain static. It carries the seed of its own destruction.
~ Ann Fairbairn, 1902-1972 ~

In an expanding universe, time is on the side of the outcast. Those who once inhabited the suburbs of human contempt find that without changing their address they eventually live in the metropolis.
~ Quentin Crisp, 1908-1999 ~
The Naked Civil Servant, 1968

In the name of religion, one tortures, persecutes, builds pyres. In the guise of ideologies, one massacres, tortures and kills. In the name of justice one punishes ... in the name of love of one's country or of one's race one hates other countries, despises them, massacres them. In the name of equality and brotherhood there is suppression and torture. There is nothing in common between the means and the end, the means go far beyond the end ... Ideologies and religions act as alibis, they are the alibis of the means.
~ Eugène Ionesco, 1912-1994 ~

I knew as well as I knew anything that the oppressor must be liberated just as surely as the oppressed. A man who takes away another man's freedom is a prisoner of hatred; he is locked behind bars of prejudice and narrow-mindedness. I am not truly free if I am taking away someone else's freedom, just as surely as I am not free when my freedom is taken from me. The oppressed and the oppressor alike are robbed of freedom.
~ Nelson Mandela, 1918- ~

Injustice anywhere is a threat to justice everywhere. We are caught in an inescapable network of mutuality, tied in a single garment of destiny. Whatever affects one directly affects all indirectly.
~ Martin Luther King, Jr., 1929-1968 ~
Letter from a Birmingham Jail, 1963 April 16

We must learn that passively to accept an unjust system is to co-operate with that system, and thereby to become a participant in its evil.
~ King ~
The Strength to Love, 1963

Lesbianism is a poverty – as is being brown, as is being a woman, as is being just plain poor. The danger lies in ranking the oppressions.
~ Cherríe Moraga, 1952- ~
"La Güera," *This Bridge Called My Back: Writings by Radical Women of Color*, 1984

OPTIMISM / POSITIVISM

Related States & Conditions: Actualization/Fulfillment, Affirmation/Approval, Appreciation, Confidence, Creativity/Discovery/Innovation, Daring/Challenge, Determination/Persistence/Resolve, Exploration, Openness/Receptivity, Possibility/Potential, Renewal, Seeking, Spontaneity, Success

Syntonic: Attention/Awareness, Courage, Engagement/Integration/Involvement, Focus/Intention, Imagination, Ingenuity, Initiative, Release, Vision/Visualization

Dystonic: Anger, Attachment, Avoidance/Denial/Refusal, Conformity, Criticism/Judgment, Delusion, Dependence, Fault, Fear, Haste/Impatience, Hate, Inaction, Jealousy/Envy, Limitation, Regret

There is in the worst of fortune the best chances for a happy change.
~ Euripides, c. 485-406 BCE ~

It is possible to live out your whole life in perfect contentment, even though the whole world deafens you with its roar and wild beasts tear apart your body like a lump of clay. For nothing can shake a steady mind out of its peaceful repose; nothing can bar it from correct judgment, or defeat its readiness to see the benefit that all things bring. True understanding is to see the events of life in this way: "You are here only for my benefit, though rumor paints you otherwise." And everything is turned to one's advantage when he greets a situation like this: "You are the very thing I was looking for." Truly, whatever arises in life is the right material to bring about your growth and the growth of those around you. This, in a word, is *art* – and this art called "life" is a practice suitable to both men and gods. Everything contains some special purpose and a hidden blessing; what then could be strange or arduous, when all of life is here to greet you like an old and faithful friend?
~ Marcus Aurelius, 121-180 ~
Meditations, Book 7:68, in *Two Suns Rising*, Jonathan Star, ed., 1991

Count your joys instead of your woes;
Count your friends instead of your foes.
~ Irish Saying ~

It is sooth that sin is cause of all this pain; but all shall be well, and all shall be well, and all manner of thing shall be well.
~ Julian of Norwich, 1342-1416 ~
Revelations of Divine Love, G. Warrack, ed., 1901

Everything is for the best in the best of all possible worlds.
~ François-Marie Voltaire, 1694-1778 ~
Candide, 1759

The habit of looking on the best side of every event is worth more than a thousand pounds a year.
~ Samuel Johnson, 1709-1784 ~

Even in evil, that dark cloud that hangs over creation, we discern rays of light and hope, and gradually come to see, in suffering and temptations, proofs and instruments of the sublimest purposes of wisdom and love.
~ William Ellery Channing, 1789-1842 ~

Our belief at the beginning of a doubtful undertaking is the one thing that ensures the successful outcome of the venture.
~ William James, 1842-1910 ~
The Varieties of Religious Experience, 1902

The man who has acquired the power of keeping his mind filled with the thoughts which uplift and encourage, the optimistic thought, the cheerful, hopeful thought, has solved one of the great riddles of life.
~ Orison S. Marden, 1850-1924 ~

Optimism is a kind of heart stimulant – the digitalis of failure.
~ Elbert Hubbard, 1856-1915 ~

Sunshine and light comes always to those who sincerely hope that their dreams will come true.
~ Woodrow Wilson, 1856-1924 ~

We should cultivate the optimistic temperament, and endeavour to see the good that dwells in everything. If we sit down and lament over the imperfection of our bodies and minds, we profit nothing; it is the heroic endeavour to subdue adverse circumstances that carries our spirit upward.
~ Vivekananda, 1863-1902 ~
The Complete Works of Swami Vivekananda, 1984-1987, 4:190, 1926

Optimism is making the most of all that comes and the least of all that goes.
~ Unknown ~

Keep your thoughts positive, because your thoughts become your words.
Keep your words positive, because your words become your behavior.
Keep your behavior positive, because your behavior become your habits.
Keep your habits positive, because your habits become your values.
Keep your values positive, because your values become your destiny.
~ Mahatma Gandhi, 1869-1948 ~
in *Open Your Mind, Open Your Life: A Book of Eastern Wisdom*, Taro Gold, ed., 2002

For myself, I am an optimist – it does not seem to be much use being anything else.
~ Winston Churchill, 1874-1965 ~

To the question whether I am a pessimist or an optimist, I answer that my knowledge is pessimistic, but my willing and hoping are optimistic.
~ Albert Schweitzer, 1875-1965 ~
Out of My Life and Thought, C. T. Campion, tr., 1933

The optimist proclaims we live in the best of all possible worlds; and the pessimist fears this is true.
~ James Branch Cabell, 1879-1958 ~
The Silver Stallion, 1926

Every optimist moves along with progress and hastens it, while every pessimist would keep the world at a standstill ... Optimism is the faith that leads to achievement. Nothing can be done without hope and confidence.
~ Helen Keller, 1880-1968 ~
Optimism, 1903

Consult not your fears but your hopes and your dreams. Think not about your frustrations, but about your unfulfilled potential. Concern yourself not with what you tried and failed in, but with what it is still possible for you to do.
~ Pope John XXIII, 1881-1963 ~

Grey skies are just clouds passing over.
~ Duke Ellington, 1899-1974 ~

The essence of optimism is that it takes no account of the present, but it is a source of inspiration, of vitality and hope where others have resigned; it enables a man to hold his head high, to claim the future for himself and not to abandon it to his enemy.
~ Dietrich Bonhoeffer, 1906-1945 ~
"After Ten Years," *Letters and Papers from Prison*, Eberhard Bethge, ed., 1953

Optimism doesn't wait on facts. It deals with prospects. Pessimism is a waste of time.
~ Norman Cousins, 1915-1990 ~

An optimist may see a light where there is none, but why must the pessimist always run to blow it out?
~ Michel de Saint-Pierre, 1916-1987 ~

It's simpler to be an optimist and it's a sensible defense against the uncertainties and abysses which otherwise confront us prematurely – we can die a dozen deaths and then usually we find that the outcome is not one we predicted, neither so "bad" nor so "good," but one we hadn't taken into consideration.
~ Edward Hoagland, 1932- ~

Positive thinking will let you do everything better than negative thinking will.
~ Zig Ziglar, 1926- ~

I am glad that I'm an optimist. The pessimist is half-licked before he starts.
~ Thomas A. Buckner, 1941- ~

A spiritually optimistic point of view holds that the universe is woven out of a fabric of love. Everything that is happening is ultimately for the good if we're willing to face it head-on and use our adversities for soul growth.
~ Joan Borysenko, 1945- ~
Ensouling Ourselves

Always expect the best and you'll see that the outcome is spontaneously contained in the expectation.
~ Deepak Chopra, 1947- ~

PARADOX

Related States & Conditions: Balance, Polarity/Contrast, Reciprocity/Reflection, Relativity, Truth, Wonder/Mystery

Syntonic: Acceptance, Attention/Awareness, Equanimity, Flexibility/Flow/Flux, Imagination, Openness/Receptivity, Possibility/Potential, Tolerance, Understanding, Vision/Visualization

Dystonic: Attachment, Avoidance/Denial/Refusal, Conformity, Criticism/Judgment, Delusion, Limitation

To yield is to be preserved whole.
To be bent is to become straight.
To be empty is to be full.
To be worn out is to be renewed.
To have little is to possess.
~ Laozi, 570-490 BCE ~
Daode Jing

My strength is made perfect in weakness.
~ Paul of Tarsus, 10-67 CE ~
in *The Bible*, II Corinthians 12:9

The only certainty is that nothing is certain.
~ Pliny the Elder, 23-79 ~

The porter runs to the heavy load
and takes it from others,
knowing burdens are the foundation of ease
and bitter things are the forerunners of pleasure.
~ Jalaluddin Rumi, 1207-1273 ~
"The Truth of Things," Mathnawi II, 1834-35
The Pocket Rumi Reader, Kabir Helminski, ed., 2001

All perfection in this life is accompanied by a measure of imperfection, and all our knowledge contains an element of obscurity.
~ Thomas à Kempis, c. 1380-1471 ~

That thou mayest have pleasure in everything,
seek pleasure in nothing.
That thou mayest know everything,
seek to know nothing.
That thou mayest possess all things,
seek to possess nothing.
That thou mayest be everything,
seek to be nothing.
~ John of the Cross, 1542-1591 ~
The Ascent of Mount Carmel, c. 1585

Even imperfection itself may have its ideal or perfect state.
~ Thomas De Quincey, 1785-1859 ~

Plus ça change, plus c'est la même chose.
The more things change the more they remain the same.
~ Alphonse Karr, 1808-1890 ~
Les guêpes, 1849

Every affirmation ends up in abnegation.
Everything you renounce in yourself will take on life. Everything that strives to affirm itself negates itself; everything that renounces itself affirms itself.
~ André Gide, 1869-1951 ~
Pretexts, Justin O'Brien, ed., Angelo P. Bertocci, tr., 1959

As far as the laws of mathematics refer to reality, they are not certain; and as far as they are certain, they do not refer to reality.
~ Albert Einstein, 1879-1955 ~

When you are joyous, look deep into your heart
and you shall find it is only that which has given
you sorrow that is giving you joy.
When you are sorrowful look again in your heart,
and you shall see that in truth you are weeping for
that which has been your delight.
~ Khalil Gibran, 1883-1931 ~
The Prophet, 1923

In order to arrive at what you do not know
You must go by a way which is the way of
ignorance.
In order to possess what you do not possess
You must go by the way of dispossession.
In order to arrive at what you are not
You must go through the way in which you are not.
And what you do not know is the only thing you
know
And what you own is what you do not own
And where you are is where you are not.
~ T. S. Eliot, 1885-1965 ~
Four Quartets, 1943

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Until we lose ourselves there is no hope of finding ourselves.
~ Henry Miller, 1891-1980 ~
The World of Sex, 1957

Is it not our weakness that makes our strength?
~ Lin Yutang, 1895-1976 ~
The Importance of Living, 1937

It is only within the evanescence of life that we can find the joy of eternal life.
~ Shunryu Suzuki, 1905-1971 ~
Zen Mind, Beginner's Mind, 1970

The true nature of things, truth itself, can be revealed to us only through fantasy, which is more realistic than all the realisms.
~ Eugène Ionesco, 1912-1994 ~
in Martin Esslin, *The Theatre of the Absurd*, 1961

Life is a tragedy full of joy.
~ Bernard Malamud, 1914-1986 ~
in *The New York Times*, 1979

The world of science lives fairly comfortably with paradox. We know that light is a wave, and also that light is a particle. The discoveries made in the infinitely small world of particle physics indicate randomness and chance, and I do not find it any more difficult to live with the paradox of a universe of randomness and chance and a universe of pattern and purpose than I do with light as a wave and light as a particle. Living with contradiction is nothing new to the human being.
~ Madeleine L'Engle, 1918- ~

If we have learned one thing from modern physics, it is that there may be two viewpoints about something which are mutually contradictory and yet both viewpoints are equally "correct." In physics this is called the principle of complementarity. It states that for the fullest understanding of some phenomena we must approach them from two different viewpoints. Each viewpoint by itself tells only half the truth.
~ Lawrence LeShan, 1920- ~
How to Meditate, 1974

Whoever is faced with the paradoxical exposes himself to reality.
~ Friedrich Dürrenmatt, 1921-1990 ~
The Physicists, 1962

One measure – and perhaps the best measure – of a person's greatness is the capacity for suffering. Yet the great are also joyful. This, then, is the paradox.
~ M. Scott Peck, 1936-2005 ~
The Road Less Travelled, 1978

When we are able to say that "a human is both mortal and eternal at the same time" and "light is both a wave and a particle at the same time," science and religion have begun to speak the same language, that of paradox.
~ Ibid.

The brain of each of us is capable of endless reordering of information. Conflict and paradox are grist for the brain's transformative mill. *We need only pay attention.*
~ Marilyn Ferguson, 1938- ~
The Aquarian Conspiracy, 1980

If the brain were so simple we could understand it, we would be so simple we couldn't.
~ Lyall Watson, 1939- ~

I learned to make my mind large, as the universe is large, so that there is room for paradoxes.
~ Maxine Hong Kingston, 1940- ~

Pursue and run away. Be lustful and chaste. Wholeheartedly link up with someone else, but just as passionately find your own way. It's too bad that our language doesn't have more words, like *bittersweet*, that convey the oxymorons and contradictions not only of language but of life itself. We need help in imagining these complexities that invite soul and that offer a way out of the divisions and dualisms that keep life anxious and unsettled.
~ Thomas Moore, 1940- ~
Soul Mates: Honoring the Mysteries of Love and Relationship, 1994

One must live in the middle of contradiction because if all contradiction were eliminated at once life would collapse. There are simply no answers to some of the great pressing questions. You continue to live them out, making your life a worthy expression of a leaning into the light.
~ Barry Lopez, 1945- ~
Arctic Dreams, 1986

You can't win unless you learn how to lose.
~ Kareem Abdul-Jabbar, 1947- ~

The most selfish thing we can do is to be unselfish because it frees us.
~ Dean Ornish, 1953- ~

PARTNERSHIP / MARRIAGE

Related States & Conditions: Balance, Collaboration/Synergy, Commitment/Dedication, Connection/Interbeing/Interdependence, Engagement/Integration/Involvement, Friendship, Reciprocity/Reflection, Relationship

Syntonic: Acceptance, Appreciation, Attention/Awareness, Communication, Compassion/Empathy/Kindness, Congruence/Resonance, Disclosure/Veracity, Equanimity, Flexibility/Flow/Flux, Forgiveness, Love-Eros, Openness/Receptivity, Patience, Respect, Sex/Sexuality, Tolerance, Trust, Understanding

Dystonic: Attachment, Avoidance/Denial/Refusal, Conformity, Criticism/Judgment, Delusion, Dependence, Fault, Greed, Guilt, Habit, Haste/Impatience, Jealousy/Envy, Limitation, Revenge

Two people who devote themselves in a responsible fashion to each other will accomplish things that neither would be able to do alone. One who knowingly enters into a relationship just to avoid being alone, risks losing his self-esteem. One may need to wait a long time for the right person to present himself. Inappropriate liaisons must be avoided. The wait will be worth while … Do not be coerced into a union that is shallow or superficial. Such irreverence will not benefit anyone.
~ *Yi Jing*, c. 1150 BCE ~
"Kuei Mei: Marrying Maiden" in *The Photographic I Ching*, Dhiresha McCarver, tr., 1997

When a match has equal partners, then I fear not.
~ Aeschylus, 525-456 BCE ~
Prometheus Bound, 460 BCE

Whatever it is you wish to marry,
Go, absorb yourself in that beloved,
assume its shape and qualities.
~ Jalaluddin Rumi, 1207-1273 ~
Mathnawi I, 3605
The Pocket Rumi Reader, Kabir Helminski, ed., 2001

Like two swimmers who love the water, their souls knit
together without being sewn, no seam.
~ Rumi ~
"The King and the Handmaiden and the Doctor," *The Essential Rumi*, Coleman Barks & John Moyne, trs., 1995

There is no more lovely, friendly, and charming relationship, communion, or company than a good marriage.
~ Martin Luther, 1483-1546 ~
Table Talk, 1546

I see no marriages which sooner fail than those contracted on account of beauty and amorous desire.
~ Michel de Montaigne, 1533-1592 ~
Essais, 1580

The purification of the intellect and the heart from year to year is the real marriage, foreseen and prepared from the first, and wholly above their consciousness.
~ Ralph Waldo Emerson, 1803-1882 ~
"Love"

Union is only possible to those who are units.
~ Margaret Fuller, 1810-1850 ~
The Portable Margaret Fuller, Mary Kelley, ed., 1994

It is not a lack of love, but a lack of friendship that makes unhappy marriages.
~ Friedrich Nietzsche, 1844-1900 ~

Unless marriage is built upon the rock of oneness it cannot stand … unless man and wife are living the same thoughts (or living in the same thought world), they must inevitably drift apart.
~ Florence Scovel Shinn, 1871-1940 ~
The Game of Life and How to Play It, 1925

A good marriage is that in which each appoints the other the guardian of his solitude.
~ Rainer Maria Rilke, 1875-1926 ~
Letters of Rainer Maria Rilke 1892-1910, J. Bannard Greene & M. D. Herter Norton, eds., 1945

But once the realization is accepted, that even between the *closest* human beings infinite distances continue to exist, a wonderful living side by side can grow up, if they succeed in loving the distance

between them which makes it possible to see the other whole and against a wide sky!
~ Ibid.

Love will never be ideal until man recovers from the illusion that he can be just a little bit faithful or a little bit married … In olden times sacrifices were made at the altar – a custom which is still continued.
~ Helen Rowland, 1875-1950 ~

Seldom or never does a marriage develop into an individual relationship smoothly or without crisis. There is no birth of consciousness without pain.
~ Carl Jung, 1875-1961 ~

As man is essentially a dynamic, aspiring, evolutionary being, marriage can bring fulfillment only inasmuch as it intensifies life. Wherever it causes diminution it fails in its purpose.
~ Hermann Keyserling, 1880-1946 ~
The Book of Marriage, 1926

Marriage is not a fast knot, but a slip knot.
~ Madagascan Saying ~

But let there be spaces in your togetherness,
And let the winds of the heavens dance between you.
Love one another, but make not a bond of love:
Let it be rather a moving sea between the shores of your souls …
Sing and dance together and be joyous, but let each one of you be alone,
Even as the strings of the lute are alone though they quiver with the same music …
And stand together, yet not too near together:
For the pillars of the temple stand apart,
And the oak tree and the cypress grow not in each other's shadow.
~ Khalil Gibran, 1883-1931 ~
The Prophet, 1923

The man who has entered into a beautiful union is sure of at least one person to whom he can give the best that he possesses.
~ Georges Duhamel, 1884-1966 ~
The Heart's Domain, Eleanor Stimson Brooks, tr., 1919

A successful marriage is an edifice that must be rebuilt daily.
~ André Maurois, 1885-1967 ~

A good marriage is one which allows for change and growth in the individuals and in the way they express their love.
~ Pearl S. Buck, 1892-1973 ~
To My Daughters, With Love, 1967

It is very difficult for the average person to realize that friction with his spouse is based not so much upon minor contemporary provocations as upon earlier frustrations and resentments of his childhood.
~ Karl Menninger, 1893-1990 ~
A Psychiatrist's World, 1959

I believe in companionate marriage, in a marriage gone into with less feeling of a heroic leap into the dark, but with more thoughts for a true and permanent fellowship after a more sensible and more cautious experiment in the beginning.
~ Lin Yutang, 1895-1976 ~
The Little Critic: Essays, Satires and Sketches on China (First Series 1930-1932), 1935

No other person can bring us happiness if she or he does not possess it herself or himself. The romantic urge to seek in a second individual that which neither of the two has, can never find successful fulfillment.
~ Paul Brunton, 1898-1981 ~

In a successful marriage, there is no such thing as one's way. There is only the way of both, only the bumpy, dusty, difficult, but always mutual path!
~ Phyllis McGinley, 1905-1978 ~
The Province of the Heart, 1959

A good relationship has a pattern like a dance and is built on some of the same rules. The partners do not need to hold on tightly, because they move confidently in the same pattern, intricate but gay and swift and free, like a country dance of Mozart's. To touch heavily would be to arrest the pattern and freeze the movement, to check the endlessly changing beauty of its unfolding. There is no place here for the possessive clutch, the clinging arm, the heavy hand, only the barest touch in passing. Now arm in arm, now face to face, now back to back – it does not matter which. Because they know they are partners moving to the same rhythm, creating pattern together, and being invisibly nourished by it.
~ Anne Morrow Lindbergh, 1906-2001 ~
Gift from the Sea, 1955

Some people spend much less time picking a life partner than they spend picking out a car. They just drift into these relationships by this thing we call love.
~ Peace Pilgrim, 1908-1981 ~
Peace Pilgrim: Her Life and Work in Her Own Words, 1982

We fall in love with a personality, but we must live with a character.
~ Peter de Vries, 1910-1993 ~

You cannot belong to anyone else until you belong to yourself.
~ Pearl Bailey, 1918-1990 ~

I will bring you a whole person
and you will bring me a whole person
and we will have us twice as much
of love and everything.
~ Mari Evans, 1923- ~
"Celebration"

Relationship, as I understand it, has to do with the exquisitely tuned harmonics between two people who are attempting to become conscious of their personal psychology.
~ Marion Boa Woodman, 1928- ~
The Pregnant Virgin: A Process of Psychological Transformation, 1985

It is impossible for partners not to get bored unless they work to discover new challenges in each other's company, and learn appropriate skills for enriching the relationship … unless romance and genuine care also develop, the relationship will grow stale … To be enjoyable, a relationship must become more complex. To become more complex, the partners must discover new potentialities in themselves and in each other. To discover these, they must invest attention in each other – so that they can learn what thoughts and feelings, what dreams reside in their partner's mind. This in itself is a never-ending process, a lifetime's task. After one begins to really know another person, then many joint adventures become possible.
~ Mihaly Csikszentmihalyi, 1934- ~
Flow: The Psychology of Optimal Experience, 1990

True acceptance of their own and each other's individuality and separateness is the only foundation upon which a mature marriage can be based and real love can grow.
~ M. Scott Peck, 1936-2005 ~
The Road Less Travelled, 1978

Love is the free exercise of choice. Two people love each other only when they are quite capable of living without each other but *choose* to live with each other.
~ Ibid.

The "institution" of marriage is just formalizing an emotion, an attempt to make it seem permanent. The emotion will last or it won't last; nothing can guarantee it. But as society becomes more and more unstable, as traditions break up, there will have to be a small unit of faithfulness, at least one person upon whom another person can depend, or society may disintegrate into madness.
~ Joyce Carol Oates, 1938- ~
in Barbaralee Diamonstein, *Open Secrets*, 1972

Marriage was the deepest, most mysterious, most profound exploration open to humankind … The plunging into one another's soul, this pressure of bodies together, so brutally intimate, was the closest one could come to a sacred adventure.
~ Oates ~

If we are ever to know love without limits, there can be no range to our giving. To want something from another is to utterly misunderstand his role in our happiness. Another person is our opportunity to extend what we *are*.
~ Hugh Prather, 1938- ~
The Quiet Answer, 1982

Our partner is essential to the discovery of our own calling, and in a curious way shows us what we want, or more exactly, shows us what is wanted of us from within ourselves and our world.
~ Thomas Moore, 1940- ~
Soul Mates: Honoring the Mysteries of Love and Relationship, 1994

It isn't necessary to make strong efforts to avoid past mistakes or to learn how to be clever about love. The advance we make after we have been devastated by love may be to be able to enter it freely once again, in spite of our suspicions.
~ Moore ~
Care of the Soul, 1992

I know some good marriages – marriages where both people are just trying to get through their days by helping each other, by being good to each other.
~ Erica Jong, 1942- ~

The path to love … is never about externals. However good or bad you feel about your relationship, the person you are with at this moment is the "right" person, because he or she is a mirror of who you are inside … When you struggle with your partner, you are struggling with yourself. Every fault you see in them touches a denied weakness in yourself. Every conflict you wage is an excuse not to face a conflict within. The path to love therefore clears up a monumental mistake that millions of people make – the mistake that someone "out there" is going to give (or take) something that is not already yours. When you truly find love, you find yourself.
~ Deepak Chopra, 1947- ~
The Path to Love, 1997

If you have a true soul mate then you will be nonlocally connected to such a person. Which means you will be able to feel their emotions yourself. Experience their thoughts and even experience their bodily sensations when you are with them, or away from them.
~ Chopra ~

People who express our opposite aspects can be our most powerful teachers if we allow them to be. But first we must acknowledge that they express what we want and need to develop in ourselves. Early in a relationship, we often sense that the other person is bringing us exactly what we need. It is, in fact, their differentness that is so attractive to us. However, unless we are able to acknowledge that this person is offering us a reflection of something we need to see in ourselves, the differentness that drew us to them can actually become a source of conflict.
~ Shakti Gawain, 1948- ~
The Path of Transformation: How Healing Ourselves Can Change the World, 1993

Relationships are mutually defined: each participant contributes importantly to its definition. From the very outset, it is a give-and-take negotiation between the participants. Together, you and your partner hammer out the terms, rules, and guidelines. Therefore, if you don't like the deal, don't blame just your partner. You have ownership of that relationship just as much as he or she does.
~ Phillip McGraw, 1950- ~
Life Strategies: Doing What Works, Doing What Matters, 1999

The search for someone who isn't in pain is unreasonable until we ourselves are healed of our own dysfunctions. Until then, we will be led to people as wounded as we are in order that we might heal and be healed together. What this means is that no partner can save us, deliver us, or give meaning to our lives. The source of our salvation, deliverance, and meaning is within us. It is the love we give as much as it is the love we get.
~ Marianne Williamson, 1952- ~
A Woman's Worth, 1993

Real marriage is the sacrificing of your ego, not for the other person, but for the relationship.
~ Oprah Winfrey, 1954- ~

Ultimately, it makes no difference whom we choose as a partner, if we ourselves do not have the interpersonal skills to support and maintain a relationship. Even if we find the mate of our dreams, we still need to be the mate of *their* dreams, as well.
~ Eve Eschner Hogan, 1961- ~
Virtual Foreplay: Making Your Online Relationship a Real-Life Success, 2001

I always thought that marriage was about finding the perfect match. Now I realize it's about trying to match the different pieces together perfectly.
~ Courteney Cox, 1964- ~

Many of us spend our lives married to our weaknesses … Why get married then? Because a relationship is not a way for us to exhibit our strengths, but to find our balance.
~ Noah ben Shea ~

Before you focus on finding the right person, concentrate on being the right person.
~ Michael Levine ~

Spiritual partners bond with an understanding that they are together because it is appropriate for their souls to grow together. They recognize that their growth may take them to the end of their days in this incarnation and beyond, or it may take them to six months. They cannot say that they will be together forever. The duration of their partnership is determined by how long it is appropriate for their evolution to be together. All of the vows that a human being can take cannot prevent the spiritual path from exploding through and breaking those vows if the spirit must move on.
~ Gary Zukav ~
The Seat of the Soul, 1990

PASSION

Related States & Conditions: Commitment/Dedication, Desire, Engagement/Integration/Involvement, Enjoyment/Pleasure, Feeling/Emotion, Love-Eros, Sex/Sexuality, Zeal/Zest

Syntonic: Acceptance, Appreciation, Attention/Awareness, Balance, Congruence/Resonance, Expectation/Hope, Openness/Receptivity, Patience, Release, Responsibility, Restraint

Dystonic: Attachment, Avoidance/Denial/Refusal, Conformity, Criticism/Judgment, Delusion, Dependence, Depression/Despair/Distress, Fault, Greed, Guilt, Habit, Haste/Impatience, Jealousy/Envy, Limitation, Revenge, Vice, Worry

Mastery of the passions allows divine thought and action.
~ Khemetic Saying ~
Temt Tchaas: Egyptian Proverbs, Muata Ashaya Ashby, ed., 1994

As rain leaks into a poorly roofed house, so does passion invade an uncultivated mind.
~ Buddha, c. 563-483 BCE ~
The Dhammapada, Thomas Cleary, tr., 1994

Wheresoever you go, go with all your heart.
~ Kongfuzi, c. 551-c. 479 BCE ~

It is with our passions as it is with fire and water, they are good servants, but bad masters.
~ Aesop, fl. c. 550 BCE ~

Passion burns down every branch of exhaustion;
Passion's the Supreme Elixir and renews all things;
No one can grow exhausted when passion is born!
~ Jalaluddin Rumi, 1207-1273 ~
"Look for Passion, Passion, Passion, Passion," Mathnawi
Teachings of Rumi, Andrew Harvey, tr., 1999

What to ourselves in passion we propose,
The passion ending, doth the purpose lose.
~ William Shakespeare, 1564-1616 ~
Hamlet, III.ii, 1601

When fiery anger or flooding desire bursts forth, I am aware of my condition very clearly, and with that clarity I transgress anyway. Who is it that is aware? Who is it that transgresses anyway? If I take up my power of awareness resolutely and shift my intention, the wicked demon could become a truly exemplary master.
~ Hong Zicheng, fl. 1596 ~
Caigentan: Vegetable Roots Discourse, I.119, Robert Aitken & Daniel W. Y. Kwok, trs., 2006

Passion makes idiots of the cleverest men, and makes the biggest idiots clever.
~ François de La Rochefoucauld, 1613-1680 ~
Maximes, 1664

In the human heart, there is ceaseless birth of passions, so that the destruction of one is almost always the establishment of another … If we resist our passions, it is due more to their weakness than our own strength … Absence abates a moderate passion and intensifies a great one – as the wind blows out a candle but fans fire into flame.
~ Ibid.

The passions are the only advocates which always persuade. They are a natural art, the rules of which are infallible; and the simplest man with passion will be more persuasive than the most eloquent without.
~ Ibid.

Man is so made that whenever anything fires his soul, impossibilities vanish.
~ Jean de la Fontaine, 1621-1695 ~

Clarity of mind means clarity of passion, too; this is why a great and clear mind loves ardently and sees distinctly what he loves.
~ Blaise Pascal, 1623-1662 ~

Today a new sun rises for me; everything lives, everything is animated, everything seems to speak of my passion, everything invites me to cherish it.
~ Ninon de L'Enclos, 1623-1706 ~

If passion drives you, let reason hold the reins.
~ Benjamin Franklin, 1706-1790 ~

Passions elevate the soul to great things.
~ Denis Diderot, 1713-1784 ~

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Passions are vices or virtues in their highest powers.
~ Johann von Goethe, 1749-1832 ~

Men are admitted into Heaven not because they have curbed and govern'd their Passions or have No Passions, but because they have Cultivated their Understandings. The Treasures of Heaven are not Negations of Passion, but Realities of Intellect, from which all the Passions Emanate Uncurbed in their Eternal Glory.
~ William Blake, 1757-1827 ~

A strong passion for any object will ensure success, for the desire of the end will point out the means.
~ William Hazlitt, 1778-1830 ~

I can never get people to understand that poetry is the expression of excited passion, and that there is no such thing as a life of passion any more than a continuous earthquake, or an eternal fever. Besides, who would ever shave themselves in such a state?
~ Lord Byron, 1788-1824 ~

Passion is universal humanity. Without it religion, history, romance and art would be useless.
~ Honoré de Balzac, 1799-1850 ~

Passion, though a bad regulator, is a powerful spring.
~ Ralph Waldo Emerson, 1803-1882 ~

Man is only truly great when he acts from the passions.
~ Benjamin Disraeli, 1804-1881 ~
Coningsby, 1844

The happiness of a man in this life does not consist in the absence but in the mastery of his passions.
~ Alfred Lord Tennyson, 1809-1892 ~

As life is action and passion, it is required of man that he should share the passion and action of his time, at peril of being judged not to have lived.
~ Oliver Wendell Holmes, 1809-1894 ~

A reason is generally a very curious thing; if I apprehend it with the total intensity of my passion, then it grows up into a huge necessity which can move heaven and earth. But if I lack passion, I look down upon it with scorn.
~ Søren Kierkegaard, 1813-1855 ~
Either/Or, Vol. I, 1959

The passions are like fire, useful in a thousand ways and dangerous only in one, through their excess.
~ Christian Bovee, 1820-1904 ~
Thoughts, Feelings and Fancies, 1857

Without passion man is a mere latent force and possibility, like the flint which awaits the shock of the iron before it can give forth its spark.
~ Henri-Frédéric Amiel, 1821-1881 ~

The most powerful weapon on earth is the human soul on fire.
~ Ferdinand Lassalle, 1825-1864 ~

Great passions may give us this quickened sense of life, ecstasy and sorrow of love, the various forms of enthusiastic activity, disinterested or otherwise, which come naturally to many of us. Only be sure it is passion – that it does yield you this fruit of a quickened, multiplied consciousness ... To burn always with this hard, gemlike flame, to maintain this ecstacy, is success in life.
~ Walter Pater, 1839-1894 ~

We work in the dark – we do what we can – we give what we have. Our doubt is our passion, and our passion is our task. The rest is the madness of art.
~ Henry James, 1843-1916 ~

Enthusiasm is the sparkle in your eyes, the swing in your gait, the grip of your hand, the irresistible surge of will and energy to execute your ideas.
~ Henry Ford, 1863-1947 ~

It is a revenge the devil sometimes takes upon the virtuous, that he entraps them by the force of the very passion they have suppressed and think themselves superior to.
~ George Santayana, 1863-1952 ~
The Letters of George Santayana, Daniel Cory, ed., 1955

Three passions, simple but overwhelmingly strong, have governed my life: the longing for love, the search for knowledge, and unbearable pity for the suffering of mankind.
~ Bertrand Russell, 1872-1970 ~

A man who has not passed through the inferno of his passions has never overcome them.
~ Carl Jung, 1875-1961 ~
Memories, Dreams, Reflections, Aniela Jaffe, ed., 1963

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Be still when you have nothing to say; when genuine passion moves you, say what you've got to say, and say it hot.
~ D. H. Lawrence, 1885-1930 ~
Selected Essays, 1950

And rich emotional living in the right places is as indispensable for the flowering of wisdom in old age as the purity of the air and the brilliant sunlight of consciousness. No flower and no wisdom was ever reared on a ground of shiny white tiles washed daily with antiseptic.
~ Irene Claremont de Castillejo, 1885-1967 ~
Knowing Woman: A Feminine Psychology 1973

I had a way of life inside me and I wanted it with a want that was twisting me.
~ Zora Neale Hurston, 1891-1960 ~

This, indeed, is one of the eternal paradoxes of both life and literature – that without passion very little gets done; yet, without control of that passion, its effects are largely ill or null.
~ F. L. Lucas, 1894-1967 ~
Style, 1955

All men and women have passions, natural desires and noble ambitions, and also a conscience; they have sex, hunger, fear, anger, and are subject to sickness, pain, suffering and death. Culture consists in bringing about the expression of these passions and desires in harmony.
~ Lin Yutang, 1895-1976 ~
The Importance of Living, 1937

You know, passion is necessary to understand truth – I am using the word *passion* in its full significance – because to feel strongly, to feel deeply, with all your being, is essential; otherwise that strange thing called reality will never come to you. But your religions, your saints say you must not have desire, you must control, suppress, overcome, destroy, which means that you come to truth burnt out, worn out, empty, dead. You must have passion to meet this strange thing called life, and you cannot have passion, intense feeling, if you are mesmerized by society, by custom, if you are entangled in beliefs, dogmas, rituals.
~ Jiddu Krishnamurti, 1895-1986 ~
On God, 1992

Those who don't know how to weep with their whole heart, don't know how to laugh either.
~ Golda Meir, 1898-1978 ~

The seizure of passionate love can be … only illicit, breaking in upon the order of one's dutiful life in virtue as a devastating storm.
~ Joseph Campbell, 1904-1987 ~
Myths to Live By, 1972

It takes great passion and great energy to do anything creative, especially in the theater. You have to care so much that you can't sleep, you can't eat, you can't talk to people. It's just got to be right. You can't do it without that passion.
~ Agnes de Mille, 1908-1993 ~

We must select the illusion which appeals to our temperament and embrace it with passion, if we want to be happy.
~ Cyril Connolly, 1903-1974 ~

What everyone forgets is that passion is not merely a heightened sensual fusion but a way of life which produces, as in mystics, as ecstatic awareness of the whole of life.
~ Anaïs Nin, 1903-1977 ~

There is no end. There is no beginning. There is only the infinite passion of life.
~ Federico Fellini, 1920- ~

Fervor is the weapon of choice of the impotent.
~ Frantz Fanon, 1925-1961 ~
Black Skins, White Masks, 1967

What is passion? It is surely the becoming of a person. Are we not, for the most of our lives, marking time? Most of our being is at rest, unlived. In passion, the body and the spirit seek statement outside of self. Passion is all that is other from self. Sex is only interesting when it releases passion. The more extreme and the more expressed that passion is, the more unbearable does life seem without it. It reminds us that if passion dies or is denied, we are partly dead and that soon, come what may, we will be wholly so.
~ John Boorman, 1933- ~

Success is not the result of spontaneous combustion; you must set yourself on fire.
~ Reggie Leach, 1950- ~

Nothing splendid was ever created in cold blood. Heat is required to forge anything. Every great accomplishment is the story of a flaming heart.
~ Arnold H. Glasgow ~

PATIENCE

Related States & Conditions: Composure/Peace/Tranquility, Deferment/Delay, Humility/Modesty, Presence, Release, Renewal, Restraint, Retreat/Withdrawal, Tolerance, Understanding

Syntonic: Acceptance, Appreciation, Attention/Awareness, Balance, Commitment/Dedication, Equanimity, Expectation/Hope, Faith, Flexibility/Flow/Flux, Moderation, Openness/Receptivity, Responsibility

Dystonic: Anger, Attachment, Avoidance/Denial/Refusal, Criticism/Judgment, Delusion, Fault, Greed, Haste/Impatience, Jealousy/Envy, Limitation, Revenge, War/Aggression/Violence, Worry

When clouds form in the skies we know that rain will follow but we must wait for it. Nothing will be achieved by attempting to interfere with the future before the time is ripe. Patience is needed.
~ *Yi Jing*, c. 1150 BCE ~

Do you have the patience to wait
till your mud settles and the water is clear?
Can you remain unmoving
till the right action arises by itself?
~ Laozi, 570-490 BCE ~
Daode Jing

Patience is power; with time and patience the mulberry leaf becomes silk.
~ Chinese Saying ~

At the bottom of patience there is heaven.
~ Kamba (Kenya) Saying ~

Patience is the companion of wisdom.
~ Augustine of Hippo, 354-430 ~
On Patience

Patience is the key to contentment.
~ Muhammad, c. 570-632 ~

From cane reeds, sugar.
From a worm's cocoon, silk.
Be patient if you can, and from sour
grapes will come something sweet.
~ Jalaluddin Rumi, 1207-1273 ~

Patience serves as a protection against wrongs as clothes do against cold. For if you put on more clothes as the cold increases, it will have no power to hurt you. So in like manner you must grow in patience when you meet with great wrongs, and they will then be powerless to vex your mind.
~ Leonardo da Vinci, 1452-1519 ~

A noble, courageous man is recognizable by the patience he shows in adversity.
~ Pachacutec Yupanqui, d. 1545 ~

A man must learn to endure that patiently which he cannot avoid conveniently.
~ Michel de Montaigne, 1533-1592 ~

How poor are they that have not patience.
What wound did ever heal but by degrees?
~ William Shakespeare, 1564-1616 ~
Othello, II.iii, 1605

Have patience with all things, but chiefly have patience with yourself. Do not lose courage in considering your own imperfections, but instantly set about remedying them – every day begin the tasks anew.
~ Francis de Sales, 1567-1622 ~

In doubtful matters courage may do much; in desperate, patience.
~ Thomas Fuller, 1608-1661 ~

They also serve who only stand and wait.
~ John Milton, 1608-1674 ~
On His Blindness, 1655

A patient man has all the wealth in the world.
~ Jabo Saying ~

Patience and time do more than force and rage.
~ Jean de la Fontaine, 1621-1695 ~
Fables

The future belongs to him who knows how to wait.
~ Russian Saying ~

He that can have patience can have what he will.
~ Benjamin Franklin, 1706-1790 ~

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Genius is nothing but a great aptitude for patience.
~ George-Louis de Buffon, 1707-1788 ~
Hérault de Séchelles, voyage à Montbard, 1803

Patience is bitter but its fruit is sweet.
~ Jean-Jacques Rousseau, 1712-1778 ~

Never cut what you can untie.
~ Joseph Joubert, 1754-1824 ~

Patience is not passive; on the contrary, it is active; it is concentrated strength.
~ Edward Bulwer-Lytton, 1803-1873 ~

Still achieving, still pursuing, learn to labor and to wait.
~ Henry Wadsworth Longfellow, 1807-1882 ~

Patience is necessary, and one cannot reap immediately where one has sown.
~ Søren Kierkegaard, 1813-1855 ~
Journal

If we will be quiet and ready enough, we shall find compensation in every disappointment.
~ Henry David Thoreau, 1817-1862 ~

To him that waits all things reveal themselves, provided that he has the courage not to deny, in the darkness, what he has seen in the light.
~ Coventry Patmore, 1823-1896 ~

The first virtue: patience. Nothing to do with simple waiting. It is more like obstinacy.
~ André Gide, 1869-1951 ~
The Fruits of the Earth, Dorothy Bussy, tr., 1949

Being an artist means: not numbering and counting, but ripening like a tree, which doesn't force its sap, and stands confidently in the storms of spring, not afraid that summer may not come. It does come. But it comes only to those who are patient, who are there as if eternity lay before them, so unconcernedly silent and vast. I learn it every day of my life, learn it with pain I am grateful for: *patience* is everything!
~ Rainer Maria Rilke, 1875-1926 ~
Letters to a Young Poet, 1992

The sea does not reward those who are too anxious, too greedy, or too impatient. To dig for treasures shows not only impatience and greed, but lack of faith. Patience, patience, patience, is what the sea teaches. Patience and faith. One should lie empty, open, choiceless as a beach – waiting for a gift from the sea.
~ Anne Morrow Lindbergh, 1906-2001 ~
Gift from the Sea, 1955

We do not obtain the most precious gifts by going in search of them but by waiting for them. Man cannot discover them by his own powers, and if he sets out to seek for them he will find in their place counterfeits of which he will be unable to discern the falsity.
~ Simone Weil, 1909-1943 ~
Waiting for God, Emma Craufurd, tr., 1951

Patience can't be acquired overnight. It is just like building up a muscle. Every day you need to work on it.
~ Eknath Easwaran, 1911-1999 ~

It is very strange ... that the years teach us patience; that the shorter our time, the greater our capacity for waiting.
~ Elizabeth Coles Taylor, 1912-1975 ~

Infinite patience brings immediate results.
~ Wayne Dyer, 1940- ~

True patience is *knowing* the truth and *expecting* the truth to manifest. This knowing and expecting is the process of *being* your Silent Master Consciousness. Thus, when you express this true patience, you think as your Silent Master thinks. You keep the power turned on as you wait knowingly for the manifestation to appear at its appointed time.
~ Tae Yun Kim, 1946- ~
Seven Steps to Inner Power, 1991

Many people have walked out of life because they stopped seeing it. Many have fallen into the abyss because they were looking for solid ground, for certainties. Happy are those who are still, and to whom things come.
~ Ben Okri, 1959- ~
The Famished Road, 1991

Learn the art of patience. Apply discipline to your thoughts when they become anxious over the outcome of a goal. Impatience breeds anxiety, fear, discouragement and failure. Patience creates confidence, decisiveness, and a rational outlook, which eventually leads to success.
~ Brian Adams ~
How to Succeed, 1985

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PERSPECTIVE

Related States & Conditions: Attitude, Belief/Religion, Cause, Choice/Volition, Delusion, Direction, Focus/Intention, Idea/Opinion, Insanity, Insight/Instinct/Intuition, Journey/Path, Meaning, Relativity, Thinking/Thought, Understanding, Value/Worth, Vision/Visualization

Syntonic: Acceptance, Appreciation, Attention/Awareness, Balance, Detachment, Equanimity, Exploration, Flexibility/Flow/Flux, Openness/Receptivity, Release, Renewal, Respect, Responsibility, Tolerance

Dystonic: Anger, Attachment, Avoidance/Denial/Refusal, Conformity, Criticism/Judgment, Fault, Fear, Greed, Haste/Impatience, Jealousy/Envy, Limitation, Revenge, War/Aggression/Violence, Worry

At the outset, the man does not comprehend the nature of prevailing forces nor does he perceive them as a connected whole. This superficial view is acceptable for the masses, but the superior man should know better.
~ *Yi Jing*, c. 1150 BCE ~

Life and death are one thread, the same line viewed from different sides.
~ Laozi, 570-490 BCE ~

If we could see the miracle of a single flower clearly, our whole life would change.
~ Buddha c. 563-483 BCE ~

I am upset, not by events, but rather by the way I view them.
~ Epictetus, 50-120 ~

Life is the way you see it.
~ Marcus Aurelius, 121-180 ~
Meditations, Book 4:3, in *Two Suns Rising*, Jonathan Star, ed., 1991

We do not see things as they are. We see them as we are.
~ *Talmud*, 2nd-5th C. CE ~

Nothing is miserable unless you think it so; conversely, every lot is happy to one who is content with it.
~ Boethius, 475-524 ~
De Consolatione Philosophiae, c. 522-524

Every now and then go away, have a little relaxation, for when you come back to your work your judgment will be surer; since to remain constantly at work will cause you to lose power of judgment. Go some distance away because the work appears smaller and more of it can be taken in at a glance, and a lack of harmony or proportion is more readily seen.
~ Leonardo da Vinci, 1452-1519 ~

My barn having burned to the ground,
I can now see the moon.
~ Matsuo Basho, 1644-1694 ~

Do you know why that cow looks over that wall? … She looks over the wall because she cannot see through it, and that is what you must do with your troubles – look over and *above* them.
~ John Wesley, 1703-1791 ~

It is common to overlook what is near by keeping the eye fixed on something remote.
~ Samuel Johnson, 1709-1784 ~

A fool sees not the same tree that a wise man sees.
~ William Blake, 1757-1827 ~
"Proverbs of Hell," *The Marriage of Heaven and Hell*, 1793

'Tis distance lends enchantment to the view,
And robes the mountain in its azure hue.
~ Thomas Campbell, 1777-1844 ~
Pleasures of Hope, 1799

It is the eye which makes the horizon.
~ Ralph Waldo Emerson, 1803-1882 ~

To different minds, the same world is a hell, and a heaven.
~ Emerson ~

Some people are always grumbling that roses have thorns; I am thankful that thorns have roses.
~ Alphonse Karr, 1808-1890 ~

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All eyes do not see alike. Even the visible creation is not, for all who look upon it, of one form and one color.
~ Albert Pike, 1809-1891 ~

Man is fond of counting his troubles, but he does not count his joys. If he counted them up as he ought to, he would see that every lot has enough provided for it.
~ Fyodor Dostoevsky, 1821-1881 ~
Notes from Underground, 1960

Two men look out through the same bars:
One sees the mud, and one the stars.
~ Frederick Langbridge, 1849-1923 ~
A Cluster of Quiet Thoughts, 1896

There is a law which decrees that two objects may not occupy the same place at the same time – result: two people cannot see things from the same point of view, and the slightest difference in angle changes the thing seen.
~ Mildred Aldrich, 1853-1928 ~

Things are in their essence what we choose to make them. A thing is, according to the mode in which one looks at it. "Where others," says Blake, "see but dawn coming over the hill, I see the sons of God shouting for joy."
~ Oscar Wilde, 1856-1900 ~
De Profundis, 1905

When a number of people from various angles and distances have a look at the sea, each man sees a portion of it according to his horizon. Though each man may say that what he sees is the real sea, all of them speak the truth, for all of them see portions of the same wide expanse.
~ Vivekananda, 1863-1902 ~
The Complete Works of Swami Vivekananda, 1984-1987, 6:103

The more we realize our minuteness and our impotence in the face of cosmic forces, the more amazing becomes what human beings have achieved.
~ Bertrand Russell, 1872-1970 ~
New Hopes for a Changing World, 1951

An adventure is only an inconvenience rightly considered. An inconvenience is only an adventure wrongly considered.
~ G. K. Chesterton, 1874-1936 ~

A pessimist sees the difficulty in every opportunity; an optimist sees the opportunity in every difficulty.
~ Winston Churchill, 1874-1965 ~

There is no way of seeing things without first taking leave of them.
~ Antonio Machado y Ruiz, 1875-1939 ~

It all depends on how we look at things, and not on how they are in themselves.
~ Carl Jung, 1875-1961 ~
Modern Man in Search of a Soul, 1933

We are all born under the same sky, but we don't all have the same horizon.
~ Konrad Adenauer, 1876-1967 ~

Our mind is capable of passing beyond the dividing line we have drawn for it. Beyond the pairs of opposites of which the world consists, other, new insights begin.
~ Herman Hesse, 1877-1962 ~

Keep your face to the sunshine and you cannot see the shadow.
~ Helen Keller, 1880-1968 ~
Optimism, 1903

No man ever looks at the world with pristine eyes. He sees it edited by a definite set of customs and institutions and ways of thinking.
~ Ruth Benedict, 1887-1948 ~
Patterns of Culture, 1934

Don't get involved in partial problems, but always take flight to where there is a free view over the whole single great problem, even if this view is still not a clear one.
~ Ludwig Wittgenstein, 1889-1951 ~

For the most part we do not first see, and then define, we define first and then see. In the great blooming, buzzing confusion of the outer world we pick out what our culture has already defined for us, and we tend to perceive that which we have picked out in the form stereotyped for us by our culture.
~ Walter Lippmann, 1889-1974 ~
Public Opinion, 1946

Nothing that God ever made is the same thing to more than one person.
~ Zora Neale Hurston, 1891-1960 ~

If we are always arriving and departing, it is also true that we are eternally anchored. One's destination is never a place but rather a new way of looking at things.
~ Henry Miller, 1891-1980 ~
Big Sur & the Oranges of Hieronymus Bosch, 1956

One may be a habitual cynic, taking pleasure in his cynicism, or a shallow optimist, or a sentimentalist, each frame of mind being as subjective as the others. How to select our spectacles through which to look at life is all a matter of personal choice. A frame of mind may become habitual and fixed, and then it becomes for that man a philosophy of life, an attitude toward it. A wise man would be careful not to let any particular frame of mind settle down into a permanent attitude, knowing that once he has got it, he will take a stubborn pleasure in it.
~ Lin Yutang, 1895-1976 ~
On the Wisdom of America, 1950

From a little distance one can perceive an order in what at the time seemed confusion.
~ F. Scott Fitzgerald, 1896-1940 ~
The Crack-up, 1945

Look at everything as though you are seeing it either for the first or last time. Then your time on earth will be filled with glory.
~ Betty Smith, 1896-1972 ~

How something is seen I suppose depends on whose eyes are looking at it.
~ Langston Hughes, 1902-1967 ~

My advice to any young person at the beginning of their career is to try to look for the mere outlines of big things with their fresh, untrained, and unprejudiced mind.
~ Hans Selye, 1907-1982 ~

An artist deals with aspects of reality different from those which a scientist sees.
~ Richard Wright, 1908-1960 ~

Behind this shifting panorama we may gradually begin to sense the larger emotions of the human drama: pain, cruelty, injustice, greed, terror, heroism, love, disenchantment. From yet another perspective, people seem inescapably conditioned, caught in the cogs of the wheels of a gigantic social power system which we call civilization. Or, if we tilt the consciousness yet another way, the mass of humanity appears as ripples in an ever-recurring flow of ongoing life. By shifting perspectives the way a child turns a kaleidoscope, we gradually see that all these perspectives are merely the veils over a concealed dimension of reality lying just beyond ordinary cognition.
~ Vilayat Khan, 1916-2004 ~
Awakening: A Sufi Experience, 1999

An idealist believes the short run doesn't count. A cynic believes the long run does not matter. A realist believes that what is done or left undone in the short run determines the long run.
~ Sydney J. Harris, 1917-1986 ~

Inside yourself or outside, you never have to change what you see, only the way you see it.
~ Thaddeus Golas, 1924-1997 ~
The Lazy Man's Guide to Enlightenment, 1972

What appears to be the end of the road, may simply be a bend in the road.
~ Robert H. Schuller, 1926- ~

Always look at what you have left. Never look at what you have lost.
~ Schuller ~

If you can see a thing whole, it seems that it's always beautiful. Planets, lives ... But close up, a world's all dirt and rocks. And day to day, life's a hard job, you get tired, you lose the pattern. You need distance, interval. The way to see how beautiful the earth is, is to see it as the moon. The way to see how beautiful life is, is from the vantage point of death.
~ Ursula Le Guin, 1929- ~
The Dispossessed, 1974

The basic difference between an ordinary man and a warrior is that a warrior takes everything as a challenge, while an ordinary man takes everything either as a blessing or a curse.
~ Carlos Castaneda, 1931-1998 ~

We must look *at* the lens through which we see the world, as well as at the world we see, and understand that the lens itself shapes how we interpret the world.
~ Stephen Covey, 1932- ~
The 7 Habits of Highly Effective People, 1989

Difficult circumstances often create paradigm shifts, whole new frames of reference by which people see the world and themselves and others in it, and what life is asking of them. This new, larger perspective reflects the attitudinal values that lift and inspire us all.
~ Ibid.

Sometimes the situation is only a problem because it is looked at in a certain way. Looked at in another way, the right course of action may be so

obvious that the problem no longer exists.
~ Edward de Bono, 1933- ~

The mark of your ignorance is the depth of your belief in injustice and tragedy. What the caterpillar calls the end of the world, the master calls a butterfly.
~ Richard Bach, 1936- ~
Illusions: The Adventures of a Reluctant Messiah, 1997

Creatures of a very particular making, we need to know the cultural blinders that narrow our world view as well as the psychological blinders that narrow our view of our personal experience.
~ Christina Baldwin, 1946- ~

We all view the world through individual filters. Those filters – our personalities, attitudes, points of view, our "styles" – powerfully influence the interpretations that we give to the events in our lives; those interpretations, in turn, determine how we will respond, and therefore how we will ultimately be responded to. The presence of these filters is neither good nor bad; it just is. Some filters may be healthy and constructive, while others may be distorted and destructive. But to live effectively, you've got to recognize the presence of your filters, and take care that they don't distort your perceptions so as to mislead you in your decision making.
~ Phillip McGraw, 1950- ~
Life Strategies: Doing What Works, Doing What Matters, 1999

You have to be displaced from what's comfortable and routine, and then you get to see things with fresh eyes, with new eyes.
~ Amy Tan, 1952- ~

Normal is in the eyes of the beholder.
~ Whoopi Goldberg, 1955- ~

We perceive the world based on our expectations, which are heavily determined by our context. If your background or culture has convinced you that what is real is only what is palpable and physical and that seeing is believing, then you will begin to subscribe to … the narrowest horizon of vision. What you see will be based on an internal programming that expects the things of the world to present themselves in ways that you expect so as not to disrupt your entire belief system.
~ Malidoma Somé, 1956- ~
The Healing Wisdom of Africa, 1999

We are not material systems. Matter is, in reality, only energy. It has captured a central place in our perception of the world because our senses are designed to pick out, through reflected light or touch, those particular configurations of energy we call matter. By refining our perception and inner experience we begin to realize that we transact with each other and with the vast physical and biological universe around us through continuous exchanges of energy.
~ Ali Ansari, 1969- ~
Sufism and Beyond: Sufi Thought in the Light of Late 20th Century Science, 1999

Be at peace and see a clear pattern and plan running through all your lives. Nothing is by chance.
~ Eileen Caddy ~
Footprints on the Path, 1976

We have to look at our own inertia, insecurities, self-hate, fear … it is good to know about our terrible selves, not laud or criticize them, just acknowledge them. Then, out of this knowledge, we are better equipped to make a choice for beauty, kind consideration, and clear truth.
~ Natalie Goldberg ~
Writing Down the Bones, 1986

It can be particularly helpful to keep in mind from moment to moment that it is not so much the stressors in our lives but how we see them and what we do with them that determines how much we are at their mercy. If we can change the way we see, we can change the way we respond.
~ Jon Kabat-Zinn ~
Full Catastrophe Living, 1990

You are going to find that many of the truths that we cling to depend greatly upon our point of view.
~ Obi-Wan "Ben" Kenobi ~
Star Wars Character

Whether you see a staircase as heading up or down depends on where you are standing … You classify the staircase the way you do because you see it only from your perspective. The fact that you see it as either up or down is because you haven't practiced becoming open enough to see from all perspectives. When you do see from all sides you will not see either one any more … No up and no down. Just the staircase as it is.
~ Angel Kyodo Williams ~
Being Black: Zen and the Art of Living with Fearlessness and Grace, 2000

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POLARITY / CONTRAST

Related States & Conditions: Balance, Comparison/Competition, Conflict/Opposition, Differentiation/Division/Separation, Diversity/Multiplicity, Paradox, Reality, Reciprocity/Reflection, Relativity

Syntonic: Acceptance, Appreciation, Attention/Awareness, Connection/Interbeing/Interdependence, Detachment, Equanimity, Exploration, Flexibility/Flow/Flux, Oneness/Unity/Wholeness, Openness/Receptivity, Release, Renewal, Respect, Tolerance

Dystonic: Anger, Attachment, Avoidance/Denial/Refusal, Conformity, Criticism/Judgment, Fault, Fear, Limitation, War/Aggression/Violence, Worry

Everything is dual; everything has poles; everything has its pair of opposites; like and unlike are the same; opposites are identical in nature, but different in degree; extremes meet; all truths are but half-truths; all paradoxes may be reconciled.
~ Hermes Trismegistus ~
in *The Kybalion: A Study of the Hermetic Philosophy of Ancient Egypt and Greece*, 1908

As joy is not without its alloy of pain, so neither is sorrow without its portion of pleasure.
~ Khemetic Saying ~
from the Stele of Tefuti-Nefer, in *Temt Tchaas: Egyptian Proverbs*, Muata Ashaya Ashby, ed., 1994

All behavior consists of opposites … learn to see things backward, inside out, and upside down.
~ Laozi, 570-490 BCE ~

He who can see inaction
in the midst of action, and action
in the midst of inaction, is wise
and can act in the spirit of yoga.
~ *Bhagavad Gita*, c. 400 BCE ~
4:18, Stephen Mitchell, tr., 2000

It is not good for all your wishes to be filled: through sickness you recognise the value of health, through evil the value of good, through hunger satisfaction, through exertion the value of rest … If it were not for injustice, men would not know justice.
~ Heraclitus, c. 540-c. 480 BCE ~

Everything has its "that," everything has its "this." From the point of view of "that" you cannot see it, but through understanding you can know it. So I say, "that" comes out of this and "this" depends on "that" – which is to say that "this" and "that" give birth to each other.
~ Zhuangzi, c. 369-c. 286 BCE ~
The Complete Works of Chuang-tzu, Burton Watson, tr., 1968

Out of darkness comes light and from the concealed comes the revealed. In the same manner does good emerge from evil and mercy from justice, since they too are intertwined.
~ *Zohar*, c. 120-c. 1200 ~

Even in the deepest sinking there is the hidden purpose of an ultimate rising. Thus it is for all men: from none is the source of life withheld unless he himself withdraws from it. Therefore the most important thing is not to despair.
~ Hasidic Saying ~

If there were no tribulation, there would be no rest; if there were no winter, there would be no summer.
~ John Chrysostom, 345-407 ~
Homilies

Night cancels the business of the day;
inertia recharges the mind.
Then the day cancels the night,
and inertia disappears in the light.
Though we sleep and rest in the dark,
doesn't the dark contain the water of life?
Be refreshed in the darkness.
Doesn't a moment of silence
restore beauty to the voice?
Opposites manifest through opposites:
in the black core of the heart
God created the eternal light of love.
~ Jalaluddin Rumi, 1207-1273 ~
"Darkness," Mathnawi I, 3861-65
The Pocket Rumi Reader, Kabir Helminski, ed., 2001

Pleasure and Pain represent as twins, since there never is one without the other; and as if they were united back to back, since they are contrary to each other.
~ Leonardo da Vinci, 1452-1519 ~
Notebooks

If we had no winter, the spring would not be so pleasant. If we did not sometimes taste adversity, prosperity would not be so welcome.
~ Anne Bradstreet, c. 1612-1672 ~
Meditations Divine and Moral, 1664

Without Contraries is no progression. Attraction and Repulsion, Reason and Energy, Love and Hate, are necessary to Human Existence.
From these contraries spring what the religious call Good & Evil. Good is the passive that obeys Reason. Evil is the active springing from Energy.
~ William Blake, 1757-1827 ~
The Marriage of Heaven and Hell, c. 1793

Times of general calamity and confusion have ever been productive of the greatest minds. The purest ore is produced from the hottest furnace, and the brightest thunderbolt is elicited from the darkest storm.
~ Charles Caleb Colton, 1780-1832 ~

When it is dark enough, you can see the stars.
~ Ralph Waldo Emerson, 1803-1882 ~

Every sweet has its sour; every evil its good.
~ Emerson ~

There is no quality in this world that is not what it is merely by contrast. Nothing exists in itself.
~ Herman Melville, 1819-1891 ~

Virtue and vice are like life and death, or mind and matter: things which cannot exist without being qualified by their opposite.
~ Samuel Butler, 1835-1902 ~
The Way of All Flesh, 1903

The workings of the human heart are the profoundest mystery of the universe. One moment they make us despair of our kind, and the next we see in them the reflection of the divine image.
~ Charles Chestnutt, 1858-1932 ~
The Marrow of Tradition, 1901

The conflict of forces and the struggle of opposing wills are of the essence of our universe and alone hold it together.
~ Havelock Ellis, 1859-1939 ~
Selected Essays, 1936

Life's fulfillment finds constant contradictions in its path; but those are necessary for the sake of its advance. The stream is saved from the sluggishness of its current by the perpetual opposition of the soil through which it must cut its way. It is the soil which forms its banks.
~ Rabindranath Tagore, 1861-1941 ~

The conjoint facts of perception we can never get rid of are happiness and unhappiness – things which bring us pain also bring us pleasure. Our world is made up of these two. We cannot get rid of them; with every pulsation of life they are present. The world is busy trying to reconcile these opposites, sages are busy trying to find the solution of this commingling of the opposites.
~ Vivekananda, 1863-1902 ~
The Complete Works of Swami Vivekananda, 1984-1987, 6:145, 1926

Every individual existence is brought into rhythm by a pendulum to which the heart gives type and a name. There is a time for expanding and a time for contraction; one provokes the other and the other calls for the return of the first ... Never are we nearer the Light than when the darkness is deepest.
~ Vivekananda ~

The world is so constructed, that if you wish to enjoy its pleasures, you must also enjoy its pains. Whether you like it or not, you cannot have one without the other.
~ Swami Brahmananda, 1863-1923 ~
Discipline Monastique, 1945

The dark background which death supplies brings out the tender colors of life in all their purity.
~ George Santayana, 1863-1952 ~
Soliloquies in England, 1922

In the external universe there is ceaseless turmoil, change and unrest; at the heart of all things there is undisturbed repose; in this deep silence dwelleth the Eternal. Man partakes of this duality, and both the surface change and disquietude, and the deep-seated eternal abode of Peace are contained in him.
~ James Allen, 1864-1912 ~

There is no light without shadow and no psychic wholeness without imperfection. To round itself out, life calls not for perfection but for completeness; and for this the "thorn in the flesh" is needed, the suffering of defects without which there is no progress and no ascent.
~ Carl Jung, 1875-1961 ~
Psychology and Alchemy, R. F. C. Hull, tr., 1968

Where love rules, there is no will to power; and where power predominates, there love is lacking. The one is the shadow of the other.
~ Jung ~

The greater the contrast, the greater is the potential. Great energy only comes from a correspondingly great tension between opposites.
~ Jung ~
Psychological Reflections, Jolande Jacobi & R. F. Hull, eds., 1953

For every action there is an equal and opposite reaction.
~ Albert Einstein, 1879-1955 ~

Only by contrast with evil could I have learned to feel the beauty of truth and love and goodness.
~ Helen Keller, 1880-1968 ~

Two things of opposite natures seem to depend
On one another, as a man depends
On a woman, day on night, the imagined
On the real.
~ Wallace Stevens, 1879-1955 ~
Notes Toward a Supreme Fiction, 1948

Harmony would lose its attractiveness if it did not have a background of discord.
~ Tehyi Hsieh, b. 1881 ~

Your joy is your sorrow unmasked.
And the selfsame well from which your laughter
rises was oftentimes filled with your tears ...
The deeper that sorrow carves into your being, the
more joy you can contain.
~ Khalil Gibran, 1883-1931 ~
The Prophet, 1923

One cannot reach the dawn save by the path of the night.
~ Gibran ~
Sand and Foam, 1926

The opposite of a correct statement is a false statement. But the opposite of a profound truth may well be another profound truth.
~ Niels Bohr, 1885-1962 ~

If we realise that on the whole the basic masculine attitude to life is that of focus, division and change; and the feminine (in either sex) is more nearly an attitude of acceptance, an awareness of the unity of all life and a readiness for relationship, then we can accept a rough division of the psyche into masculine and feminine. But today, when masculine and feminine characteristics are so interwoven in people of both sexes, it may be clearer to speak of "focused consciousness" on the one hand and "diffuse awareness" on the other, knowing that these qualities belong to both men and women in varying degrees.
~ Irene Claremont de Castillejo, 1885-1967 ~
Knowing Woman: A Feminine Psychology, 1973

I call no man wise until he has made the progress from the wisdom of knowledge to the wisdom of foolishness, and become a laughing philosopher, feeling first life's tragedy and then life's comedy. For we must weep before we can laugh. Out of sadness comes the awakening and out of the awakening comes the laughter of the philosopher, with kindliness and tolerance to boot.
~ Lin Yutang, 1895-1976 ~
The Importance of Living, 1937

It is in the very nature of things that good fortune and adversity alternate, that good and evil complement each other in life. All life is a mixture of the good and the bad. Everything moves in cycles ... It is through the alternation of cross currents, the struggle of dominant and recessive forces, that humanity will move ever forward and upward.
~ Lin ~
The Pleasures of a Nonconformist, 1962

We adore chaos because we like to restore order.
~ M. C. Escher, 1898-1972 ~

To know one thing, you must know the opposite.
~ Henry Moore, 1898-1986 ~

A note of music gains significance from the silence on either side.
~ Anne Morrow Lindbergh, 1906-2001 ~

We are made out of oppositions; we live between two poles ... you don't reconcile the poles, you just recognize them.
~ Orson Welles, 1915-1985 ~
in *Playboy*, 1967

Every perception is an awareness of contrast, of a right/wrong, is/isn't, bright/dark, hard/soft situation. If this is the very nature of awareness, any and every circumstance, however fortunate, will have to be experienced as a good/bad or plus/minus in order to be experienced at all.
~ Alan Watts, 1915-1973 ~
In My Own Way, 1972

It is … the very extremity of the situation which generates compassion, for the most intense darkness is itself the seed of light, and all explicit warfare is implicit love.
~ Watts ~

Very simply, our being is made up of two poles of consciousness: the individual, personal self and the Divine, higher self. It is at the pole of the personal dimension of consciousness that we experience constraint and limitation. While we may think that our circumstances are the cause of this frustration, the real source lies in not being aware of our higher self.
~ Vilayat Khan, 1916-2004 ~
Awakening: A Sufi Experience, 1999

The line dividing good and evil cuts through the heart of every human being, and who among us is willing to destroy a piece of his own heart.
~ Aleksander Solzhenitsyn, 1918- ~

Perhaps she was both … child and woman, darkness and light, past and present, life and death – all the opposites contained and reconciled in her.
~ Paule Marshall, 1929- ~
"To Da-duh in Memoriam," 1966

Only in silence the word,
only in dark the light,
only in dying life:
bright the hawk's flight
on the empty sky.
~ Ursula Le Guin, 1929- ~
A Wizard of Earthsea, 1968

To love is to suffer. To avoid suffering one must not love. But then one suffers from not loving. Therefore, to love is to suffer; not to love is to suffer; to suffer is to suffer. To be happy is to love. To be happy, then, is to suffer, but suffering makes one unhappy. Therefore, to be happy one must love or love to suffer or suffer from too much happiness.
~ Woody Allen, 1935- ~

Pain and pleasure go together; they are inseparable. They can be celebrated. They are ordinary. Birth is painful and delightful. Death is painful and delightful … Pain is not punishment; pleasure is not a reward … Inspiration and wretchedness are inseparable. We always want to get rid of misery rather than see how it works with joy. The point isn't to cultivate one thing as opposed to another, but to relate properly to where we are.
~ Pema Chödrön, 1936- ~
When Things Fall Apart: Heart Advice for Difficult Times, 1997

When the polarities are thought of as male and female, they seem exclusive of one another. That is the dualistic way to see them. Another way to think about the polarities is as left and right. Then they are opposite sides of each other, necessary to each other's existence. Then they are no longer mutually exclusive; instead, they are mutually inclusive.
~ Toby Johnson, 1945- ~
Gay Spirituality: The Role of Gay Identity in the Transformation of Human Consciousness, 2000

Beneath the apparent swirl of polarities, ever growing, ever changing, clashing in conflict and cooperating in love, lies a deeper stratum in which all is at rest and the opposites are illusory.
~ Ibid.

Every decrease … carries with it the seed of some new increase … Decrease is destined to turn into increase. So, even a real sacrifice is not ever really a loss. It is preparation for a new condition.
~ Tae Yun Kim, 1946- ~
Seven Steps to Inner Power, 1991

The fact that logic cannot satisfy us awakens an almost insatiable hunger for the irrational.
~ A. N. Wilson, 1950- ~

Two people have been living in you all your life. One is the ego, garrulous, demanding, hysterical, calculating; the other is the hidden spiritual being, whose still voice of wisdom you have only rarely heard or attended to.
~ Sogyal Rinpoche ~

Who needs "up" if there is no "down"? They are so linked together that they are the same thing; different perspectives on the very same thing.
~ Angel Kyodo Williams ~
Being Black: Zen and the Art of Living with Fearlessness and Grace, 2000

POSSIBILITY / POTENTIAL

Related States & Conditions: Actualization/Fulfillment, Desire, Diversity/Multiplicity, Expectation/Hope, Expedience, Experience, Goal/Ideal/Purpose, Growth/Expansion, Openness/Receptivity, Opportunity, Reality, Solution

Syntonic: Acceptance, Appreciation, Attention/Awareness, Beginning/Endeavour, Courage, Daring/Challenge, Determination/Persistence/Resolve, Exploration, Faith, Flexibility/Flow/Flux, Focus/Intention, Imagination, Ingenuity, Optimism/Positivism, Preparation/Readiness, Renewal, Vision/Visualization

Dystonic: Anger, Attachment, Avoidance/Denial/Refusal, Complacency, Conformity, Criticism/Judgment, Defeat, Actualization/Fulfillment, Fault, Fear, Limitation, War/Aggression/Violence, Worry

The heart is like a garden. It can grow …
Compassion or fear … Resentment or love …
What seeds will you plant there?
~ Buddha c. 563-483 BCE ~

Strive not, my soul, for an immortal life, but make the most of the possibilities open to you.
~ Pindar, 518-438 BCE ~
Pythian Odes, c. 433 BCE

Probable impossibilities are always to be preferred to improbable possibilities.
~ Aristotle, 384-322 BCE ~
Poetics, 350 BCE

Indeed, what is there that does not appear marvelous when it comes to our knowledge for the first time? How many things, too, are looked upon as quite impossible until they have been actually effected?
~ Pliny the Elder, 23-79 ~

Keep on sowing your seed, for you never know which will grow – perhaps it all will.
~ *The Bible*, c. 367 CE ~
Ecclesiastes 11:6

Do not think that what is hard for thee to master is impossible for man; but if a thing is possible and proper to man, deem it attainable by thee.
~ Marcus Aurelius, 121-180 ~

By asking for the impossible obtain the best possible.
~ Italian Saying ~

Start by doing the necessary, then the possible; and suddenly you are doing the impossible.
~ Francis of Assisi, c. 1181-1226 ~

Nothing is impossible to a willing heart.
~ John Heywood, c. 1497-c. 1580 ~

We know what we are, but know not what we may be.
~ William Shakespeare, 1564-1616 ~
Hamlet, IV.v, 1601

Nothing is impossible; there are ways that lead to everything, and if we had sufficient will we should always have sufficient means. It is often merely for an excuse that we say things are impossible.
~ François de La Rochefoucauld, 1613-1680 ~

The greatest achievement of the human spirit is to live up to one's opportunities and make the most of one's resources.
~ Marquis de Vauvenargues, 1715-1747 ~

Every thing possible to be believ'd is an image of truth.
~ William Blake, 1757-1827 ~
"Proverbs of Hell," *The Marriage of Heaven and Hell*, 1793

The great law of culture is: let each become all that he was created capable of being.
~ Thomas Carlyle, 1795-1881 ~

Every noble work is at first impossible … It is not a lucky word, this "impossible"; no good comes of those who have it so often in their mouth.
~ Carlyle ~

So many worlds, so much to do,
So little done, such things to be.
~ Alfred Lord Tennyson, 1809-1892 ~
"In Memoriam," 1850

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Our aspirations are our possibilities.
~ Robert Browning, 1812-1889 ~

An intense anticipation itself transforms possibility into reality; our desires being often but precursors of the things which we are capable of performing.
~ Samuel Smiles, 1812-1904 ~

If I were to wish for anything, I should not wish for wealth and power, but for the passionate sense of the potential, for the eye which, ever young and ardent, sees the possible. Pleasure disappoints, possibility never. And what wine is so sparkling, what so fragrant, what so intoxicating, as possibility!
~ Søren Kierkegaard, 1813-1855 ~
Either/Or, Vol. I, 1959

There is nothing with which every man is so afraid as getting to know how enormously much he is capable of doing and becoming.
~ Kierkegaard ~

People are so apt to think that there are but two ways in which a thing can terminate. They are ignorant of the number of combinations which even a few circumstances admit of.
~ Arthur Helps, 1813-1875 ~
Essays Written in Intervals of Business, 1841

Nothing is more encouraging than the unquestionable human capacity to consciously refine and elevate life.
~ Henry David Thoreau, 1817-1862 ~

All that which ye potentially possess can, however, be manifested only as a result of your own volition.
~ Baha'u'llah, 1817-1892 ~
Gleanings, No. 77

It is never too late to be what you might have become.
~ George Eliot, 1819-1880 ~

The method of the enterprising is to plan with audacity, and execute with vigor; to sketch out a map of possibilities, and then to treat them as probabilities.
~ Christian Bovee, 1820-1904 ~
Thoughts, Feelings and Fancies, 1857

Let mystery have its place in you; do not be always turning up your whole soil with the ploughshare of self-examination, but leave a little fallow corner in your heart ready for any seed the winds may bring.
~ Henri-Frédéric Amiel, 1821-1881 ~

The seeds of godlike power are in us still:
Gods we are, Bards, Saints, Heroes, if we will.
~ Matthew Arnold, 1822-1888 ~

I am too much of a skeptic to deny the possibility of anything.
~ Thomas Huxley, 1825-1895 ~
Letter, 1886

Everyone knows on any given day that there are energies slumbering in him which the incitements of that day do not call forth ... Compared with what we ought to be, we are only half awake. Our fires are damped, our drafts are checked. We are making use of only a small part of our possible mental and physical resources ... Stating the thing broadly, the human individual thus lives far within his limits; he possesses powers of various sorts he habitually fails to use.
~ William James, 1842-1910 ~

Most people live, whether physically, intellectually or morally, in a very restricted circle of their potential being. They *make use* of a very small portion of their possible consciousness, and of their soul's resources in general, much like a man who, out of his whole bodily organism, should get into a habit of using and moving only his little finger. Great emergencies and crises show us how much greater our vital resources are than we had supposed.
~ James ~
Letter to W. Lutoslawski, 1906 May 6
The Letters of William James, 1920

If we all did the things we are capable of, we would astound ourselves.
~ Thomas Edison, 1847-1931 ~

The world is moving so fast these days that the man who says it can't be done is generally interrupted by someone doing it ... No one ever gets far unless he accomplishes the impossible at least once a day.
~ Elbert Hubbard, 1856-1915 ~

Impossibilities are merely things of which we have not learned, or which we do not wish to happen.
~ Charles Chestnutt, 1858-1932 ~
The Marrow of Tradition, 1901

How often have I said to you that when you have eliminated the impossible, whatever remains,

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however improbable, must be the truth?
~ Arthur Conan Doyle, 1859-1930 ~
The Sign of Four, 1929

Our minds are finite, and yet even in these circumstances of finitude, we are surrounded by possibilities that are infinite, and the purpose of human life is to grasp as much as we can out of that infinitude. I wish I could convey this sense I have of the infinity of possibilities that confront humanity – the limitless variations of choice, the possibility of novel and untried combinations, the happy turns of experiment, the endless horizons opening out.
~ Alfred North Whitehead, 1861-1947 ~
Dialogues of Alfred North Whitehead, 1954

Everyone's got it in him, if he'll only make up his mind and stick at it. None of us is born with a stop-valve on his powers or with a set limit to his capacities. There's no limit possible to the expansion of each one of us.
~ Charles Schwab, 1862-1939 ~

No work is petty. Everything in this world is like a banyan seed, which, though appearing tiny as a mustard seed, has yet the gigantic banyan tree latent within it. He indeed is intelligent who notices this and succeeds in making all work truly great.
~ Vivekananda, 1863-1902 ~
The Complete Works of Swami Vivekananda, 1984-1987, 7:508, 1926

I cannot discover that anyone knows enough to say definitely what is and what is not possible.
~ Henry Ford, 1863-1947 ~
365 of Henry Ford's Sayings

Knowledge of what is possible is the beginning of happiness.
~ George Santayana, 1863-1952 ~

Man is as full of potentiality as he is of impotence.
~ Santayana ~

To my mind, the possible and the future are one. I believe that all that is possible is striving to come into being; and all that can will be, if man helps.
~ André Gide, 1869-1951 ~
The Fruits of the Earth, Dorothy Bussy, tr., 1949

There are admirable potentialities in every human being. Believe in your strength and your youth. Learn to repeat endlessly to yourself, "It all depends on me."
~ Gide ~

An impossibility does not disturb us until its accomplishment shows what fools we were.
~ Henry S. Haskins, b. 1875 ~

It looks impossible until you do it, and then you find it is possible.
~ Evelyn Underhill, 1875-1941 ~
The Letters of Evelyn Underhill, 1943

Rebellion against your handicaps gets you nowhere. Self-pity gets you nowhere. One must have the adventurous daring to accept oneself as a bundle of possibilities and undertake the most interesting game in the world – making the most of one's best.
~ Henry Emerson Fosdick, 1878-1969 ~

Consult not your fears but your hopes and your dreams. Think not about your frustrations, but about your unfulfilled potential. Concern yourself not with what you tried and failed in, but with what it is still possible for you to do.
~ Pope John XXIII, 1881-1963 ~

It is difficult to say what is impossible, for the dream of yesterday is the hope of today and the reality of tomorrow.
~ Robert Goddard, 1882-1945 ~

Your heart is full of fertile seeds, waiting to sprout. Just as a lotus flower springs from the mire to bloom splendidly, the interaction of the cosmic breath causes the flower of the spirit to bloom and bear fruit in this world.
~ Morihei Ueshiba, 1883-1969 ~
The Art of Peace, John Stevens, tr., 1992

When one does not love the impossible, one does not love anything.
~ Antonio Porchia, 1886-1968 ~
Voices, W. S. Merwin, tr., 1988

In order to be a realist you must believe in miracles.
~ David Ben-Gurion, 1886-1973 ~
Interview CBS-TV, 1956 October 5

Don't be obsessed with the idea that there is only one possibility. If you think so, there is only one.
~ Katharine Hathaway, 1890-1942 ~
The Journals and Letters of the Little Locksmith, 1946

All things are possible until they are proved impossible – and even the impossible may only be as of now.
~ Pearl S. Buck, 1892-1973 ~

The young do not know enough to be prudent, and therefore they attempt the impossible – and achieve it, generation after generation.
~ Buck ~

Become a possibilitarian. No matter how dark things seem to be or actually are, raise your sights and see the possibilities – always see them, for they're always there.
~ Norman Vincent Peale, 1898-1993 ~

Never say never, for if you live long enough, chances are you will not be able to abide by its restrictions ... Never is a long, undependable time, and life is too full of rich possibilities to have restrictions placed upon it.
~ Gloria Swanson, 1899-1983 ~

In the beginner's mind there are many possibilities; in the expert's mind there are few.
~ Shunryu Suzuki, 1905-1971 ~
Zen Mind, Beginner's Mind, 1970

Man is not the sum of what he has already, but rather the sum of what he does not yet have, of what he could have.
~ Jean-Paul Sartre, 1905-1980 ~
"Temporalité," *Situations*, 1947, 1949

Man is a promise that he must never break.
~ Richard Wright, 1908-1960 ~

What we need is more people who specialize in the impossible.
~ Theodore Roethke, 1908-1963 ~

We enjoy and even thrill to the godlike possibilities we see in ourselves in peak moments. And yet we simultaneously shiver with weakness, awe, and fear before these same possibilities.
~ Abraham Maslow, 1908-1970 ~

Attempt the impossible in order to improve your work.
~ Bette Davis, 1908-1989 ~

We are afraid of the enormity of the possible.
~ E. M. Cioran, 1911-1995 ~
A Short History of Decay, 1949

Exploration of the full range of our own potentialities is not something that we can safely leave to the chances of life. It is something to be pursued avidly to the end of our days. We should look forward to an endless and unpredictable dialogue between our own potentialities and the claims of life – not only the claims we encounter, but the claims we invent. And by potentialities I mean not just skills, but the full range of our capacities for sensing, wondering, learning, understanding, loving, and aspiring.
~ John William Gardner, 1912-2002 ~
Self-Renewal, 1964

A person never knows what he can do until he does it.
~ Gordon Parks, 1912- ~

(Self-consciousness reveals to man) the realm of boundless possibilities and makes him the master of his destiny. It bestows upon him the creative ability to refashion life and society into an image of his inner vision of truth and beauty and righteousness.
~ Haridas Chaudhuri, 1913-1975 ~
Evolution of Integral Consciousness, 1989

We must make the choices that enable us to fulfill the deepest capacities of our real selves.
~ Thomas Merton, 1915-1968 ~
No Man Is an Island, 1955

"Participators in the evolution of the Universe": it is a phrase that resonates with possibility and potential. For this means to realize that the future is not just waiting to happen; instead, it is taking shape right here and now in the attitudes we hold, the choices we make, and the values we cherish. It means to become fully aware of the fact that humanity holds in its hands an extraordinary, precious opportunity to shape the future tomorrows of this planet.
~ Vilayat Khan, 1916-2004 ~
Awakening: A Sufi Experience, 1999

The only way to discover the limits of the possible is to go beyond them, to the impossible.
~ Arthur C. Clarke, 1917- ~
Profiles of the Future, 1962

We are all functioning at a small fraction of our capacity to live fully in its total meaning of loving, caring, creating and adventuring. Consequently, the actualizing of our potential can become the most exciting adventure of our lifetime.
~ Herbert Otto, 1922- ~

Know whence you came. If you know whence you came, there is really no limit to where you can go.
~ James Baldwin, 1924-1987 ~
The Fire Next Time, 1962

Let your imagination release your imprisoned possibilities … Impossible situations can become possible miracles.
~ Robert H. Schuller, 1926- ~

What we think is less than what we know; what we know is less than what we love; what we love is less than what there is; and to this precise extent, we are much less than what we are.
~ R. D. Laing, 1927-1989 ~
The Politics of Experience, 1967

Few men during their lifetime come anywhere near exhausting the resources dwelling within them. There are deep wells of strength that are never used.
~ Richard E. Byrd, 1931- ~

In order to choose between the different possibilities … we have to go on cutting down alternative possibilities, moving – implicitly – *towards* an impossibilitybut then stop just before all possibilities are eliminated, to wit, when one and only one option remains.
~ Amartya Sen, 1933- ~

Somewhere, something incredible is waiting to be known.
~ Carl Sagan, 1934-1996 ~

You aim at the impossible to get the unusual.
~ Floyd Patterson, 1935- ~

To achieve the impossible, it is precisely the unthinkable that must be thought.
~ Tom Robbins, 1936- ~
Jitterbug Perfume, 1984

We all have the extraordinary coded within us … waiting to be released.
~ Jean Houston, 1939- ~

When we are living only a portion of what a human being is capable of, our lives are incomplete. I don't mean that we each have to do everything possible in life, but that the more possibilities we can imagine, the richer our lives will be.
~ Thomas Moore, 1940- ~
Original Self, 2000

The limitations you have and the negative things you internalize are given to you by the world. The things that empower you – the possibilities – *come from within.*
~ Les Brown, 1945- ~

You are not merely the physical body that you identify with out of habit. Your essential state is a field of infinite possibilities.
~ Deepak Chopra, 1947- ~
Grow Younger, Live Longer, 2001

Our essential state is that we are completely dimensionless – pure potentiality that can manifest into any form, into any phenomena in creation.
~ Chopra ~
Journey Into Healing: Awakening the Wisdom Within You, 1994

Who has ever photographed a possibility? Yet that is all the quantum world is made of. If you say a word or make a molecule, you have chosen to act. A little wave laps up from the ocean's surface, becoming an incident in the space-time world. The whole ocean remains behind, a vast, silent reservoir of possibilities, of waves that have yet to be born.
~ Ibid.

Extraordinary people visualize not what is possible or probable, but rather what is impossible. And by dreaming the impossible, they begin to see it as possible.
~ Cherie Carter-Scott, 1949- ~

Failure to recognize possibilities is the most dangerous and common mistake one can make.
~ Mae Jemison, 1956- ~

Everything you've ever achieved represents just a fraction of your full potential. Just imagine how much higher you can go. All the things you already know comprise just a small portion of the knowledge that is available to you. Just imagine what will happen when you make the effort to broaden your horizons.
~ Ralph Marston, 1961- ~

Never be satisfied with what you achieve, because it all pales in comparison with what you are capable of doing in the future.
~ Rabbi Nochem Kaplan ~

Some of the world's greatest feats were accomplished by people not smart enough to know they were impossible.
~ Doug Larson ~

Dreams are renewable. No matter what our age or condition, there are still untapped possibilities within us and new beauty waiting to be born.
~ Dale E. Turner ~

POWER

Related States & Conditions: Ability, Action/Effort, Autonomy/Control, Cause, Centering, Expression, Health/Healing, Manifestation, Means, Skill/Talent/Resources, Strength

Syntonic: Balance, Compassion/Empathy/Kindness, Connection/Interbeing/Interdependence, Daring/Challenge, Detachment, Engagement/Integration/Involvement, Equanimity, Exploration, Flexibility/Flow/Flux, Focus/Intention, Giving/Serving, Release, Renewal, Respect, Tolerance

Dystonic: Anger, Attachment, Avoidance/Denial/Refusal, Criticism/Judgment, Fault, Fear, Hate, Jealousy/Envy, Limitation, Oppression, Revenge, War/Aggression/Violence, Worry

When you are inspired by some great purpose, some extraordinary project, all your thoughts break their bonds; your mind transcends limitations, your consciousness expands in every direction, and you find yourself in a new, great and wonderful world. Dormant forces, faculties and talents become alive, and you discover yourself to be a greater person by far than you ever dreamed yourself to be.
~ Patanjali, c. 200-150 BCE ~

Power is far from being desirable in itself, that it sometimes ought to be refused, and sometimes to be resigned.
~ Cicero, 106-43 BCE ~

Powr without wisdom falls of its own weight.
~ Horace, 65-8 BCE ~

Most powerful is he who has himself in his own power.
~ Seneca, c. 4 BCE-65 CE ~

There is no stronger test of a man's character than power and authority, exciting as they do every passion, and discovering every latent vice.
~ Plutarch, c. 46-c. 120 ~

Power is of two kinds. One is obtained by the fear of punishment and the other by the art of love. Power based on love is a thousand times more effective and permanent than the one derived from fear of punishment.
~ Plutarch ~

Power consists not in being able to strike another but in being able to control oneself when anger arises.
~ Muhammad, c. 570-632 ~

He is the best of men who dislikes power.
~ Muhammad ~

When I investigate and when I discover that the forces of the heavens and the planets are within ourselves, then truly I seem to be living among the gods.
~ Leon Alberti, 1404-1472 ~

Knowledge itself is power.
~ Francis Bacon, 1561-1626 ~
Of Heresies, 1597

The greater the power, the more dangerous the abuse.
~ Edmund Burke, 1729-1797 ~

True power comes through cooperation and silence.
~ Ashanti Saying ~

Deep down within the core of our being lies a creative power, the capacity to create what is to be, and the urge to make unremitting efforts until we have given it shape in one way or another, either outside ourselves, or within our own person.
~ Johann von Goethe, 1749-1832 ~
Truth and Poetry: From My Life, 1846

Man is insatiable for power; he is infantile in his desires and, always discontented with what he has, loves only what he has not. People complain of the despotism of princes; they ought to complain of the despotism of man.
~ Joseph de Maistre, 1753-1821 ~

Patience and gentleness is power.
~ Leigh Hunt, 1784-1859 ~

Power is not revealed by striking hard or often, but by striking true ... All human power is a compound of time and patience.
~ Honoré de Balzac, 1799-1850 ~

Vigor is contagious, and whatever makes us either think or feel strongly adds to our power and enlarges our field of action ... Power resides in the moment of transition from a past to a new state.
~ Ralph Waldo Emerson, 1803-1882 ~

Self-reverence, self-knowledge, self-control. These three alone lead to sovereign power.
~ Alfred Lord Tennyson, 1809-1892 ~

Genius, as an explosive power, beats gunpowder hollow.
~ Thomas Huxley, 1825-1895 ~
Collected Essays, Vol. 1, 1896

Power tends to corrupt and absolute power corrupts absolutely. Great men are almost always bad men.
~ Lord Acton, 1834-1902 ~

The sense of power is an essential element in all pleasure, as consciousness of defeat is always painful.
~ John Lancaster Spalding, 1840-1916 ~
Things of the Mind, 1894

Life is action, the use of one's powers. As to use them to their height is our joy and duty, so it is the one end that justifies itself.
~ Oliver Wendell Holmes, Jr., 1841-1935 ~
The Mind and Faith of Justice Holmes, Max Lerner, ed., 1943

Men habitually use only a small part of the powers which they possess and which they might use under appropriate circumstances.
~ William James, 1842-1910 ~

No human being ever learns to live until he has awakened to the dormant powers within him.
~ James ~

What this power is I cannot say; all I know is that it exists and it becomes available only when a man is in that state of mind in which he knows exactly what he wants and is fully determined not to quit until he finds it.
~ Alexander Graham Bell, 1847-1922 ~

Deep within man dwells slumbering powers; powers that would astonish him, that he never dreamed of possessing; forces that would revolutionize his life if aroused and put into action.
~ Orison S. Marden, 1850-1924 ~

True power is the falling away of individual identity.
~ Sri Saradamani Devi, 1853-1920 ~

Power flows to the man who knows how.
~ Elbert Hubbard, 1856-1915 ~

All power is within you ... you can do anything and everything without even the guidance of anyone. All power is there.
~ Vivekananda, 1863-1902 ~
The Complete Works of Swami Vivekananda, 1984-1987, 3:284

Nothing has power except what you give it. We are beyond the sun, the stars, the universe. Teach the Godhood of man. Stand up and say, I am the master, the master of all. We forge the chain, and we alone can break it.
~ Ibid., 7:54

He who does not desert his principles when threatened with the loss of every earthly thing, even to the loss of reputation and life, is the man of power.
~ James Allen, 1864-1912 ~

There is no more contemptible poison than power over one's fellow men.
~ Maxim Gorky, 1868-1936 ~

There is in this world no such force as the force of a man determined to rise. The human soul cannot be permanently chained.
~ W. E. B. Du Bois, 1868-1963 ~
"Race Prejudice," Speech, 1910 March 5

There is a soul force in the universe, which, if we permit it, will flow through us and produce miraculous results.
~ Mahatma Gandhi, 1869-1948 ~

When soul force awakens, it becomes irresistible and conquers the world. This power is inherent in every human being. But one can succeed only if one tries to realize this ideal in each and every act in one's life without being affected in the least by praise or censure.
~ Gandhi ~
Talk with Congress Workers, *Biharni Komi Agman*

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We cannot avoid using power, cannot escape the compulsion to afflict the world, so let us, cautious in diction and mighty in contradiction, love powerfully.
~ Martin Buber, 1878-1965 ~

A man is possessed of limited powers and is miserable; he wants to expand his powers so that he may be happy. But consider if it will be so; if with limited perceptions one is miserable, with extended perceptions the misery must increase proportionally.
~ Ramana Maharshi, 1879-1950 ~

Someday, after we have mastered the winds, the waves, the tides and gravity, we shall harness the energies of love. Then for the second time in the history of the world, man will have discovered fire.
~ Pierre Teilhard de Chardin, 1881-1955 ~

The power that you gain by pursuing your interest will give you the ability to take upon yourself a greater challenge than you have taken on so far. We gain in power by pursuing our purpose in life.
~ Hazrat Khan, 1882-1927 ~
in Vilayat Inayat Khan, *Awakening: A Sufi Experience*, 1999

All women who have not totally lost contact with the unconscious are in touch with power. Power is not necessarily bad. Its direction is what makes it good or bad.
~ Irene Claremont de Castillejo, 1885-1967 ~
Knowing Woman: A Feminine Psychology, 1973

The only protection against injustice in man is power – physical, financial, and scientific.
~ Marcus Garvey, 1887-1940 ~

We find within ourselves the "Peace which passeth all understanding" and the power to do all things. *All Power!* We speak, our word is Law, and it is done unto us by all the power there is. Our word knows itself to be the law of life unto all for whom it is spoken and who receive it. There is only one Power, but we use it in two ways, either to destroy or to save. The blessing and the curse are one and the same thing; the power of mind used either affirmatively or negatively, the word used in fear and doubt or in faith and assurance.
~ Ernest Holmes, 1887-1960 ~
"The Authority of the Soul"

The power which we long to possess, in order to establish the good, the true and the beautiful would prove to be, if we could have it, but the means of destroying one another. It is fortunate that we are powerless.
~ Henry Miller, 1891-1980 ~
Sexus, 1949

Love of money often makes a man a coward, but love of power always makes a man a brute … Love of material well-being seldom hurts others, but love of power and glory always does.
~ Lin Yutang, 1895-1976 ~
Looking Beyond, 1955

The lust for power is not rooted in strength but in weakness.
~ Erich Fromm, 1900-1980 ~

The moment you give another the power of causation, you have transferred to him the power that rightfully belongs to you. Others are only shadows, bearing witness to the activities taking place in you.
~ Neville, 1905-1972~
"All That You Behold," Lecture, 1969 April 19

Love is a force *in you* that enables you to give *other* things. It is the motivating power. It enables you to give strength and power and freedom and peace to another person. It is not a result; it is a cause. It is not a product; it produces. It is a power, like money or steam or electricity. It is valueless unless you can give something else *by means* of it.
~ Anne Morrow Lindbergh, 1906-2001 ~

We often speak of love when we really should be speaking of the drive to dominate or to master, so as to confirm ourselves as active agents, in control of our own destinies and worthy of respect from others.
~ Thomas Szasz, 1920- ~

Power in defense of freedom is greater than power on behalf of tyranny.
~ Malcolm X, 1925-1965 ~

Ultimately, the only power to which man should aspire is that which he exercises over himself.
~ Elie Wiesel, 1928- ~

The path of power is different for every individual … It is why you are here. When I speak of power, I mean a way of working and using all your energy – including your spiritual energy – in a direction that allows you to become a whole person, capable of fulfilling whatever vision the Creator gives to you.
~ Sun Bear, 1929-1992 ~

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Our five-sensory orientation to external power and authority is giving way to the authentic inner power and the authority of those who experience the greater multi-dimensionality of reality.
~ Barbara Marx Hubbard, 1929- ~
in *Science of Mind*, 1993 September

The new source of power is not money in the hands of a few but information in the hands of many.
~ John Naisbitt, 1929- ~

The power within – the more you give, the more you have to give – will still be our source when coal and oil are long gone, and atoms are left to spin in peace.
~ Gary Snyder, 1930- ~
Turtle Island, 1974

As long as you want power, you can't have it … The minute you don't want power, you'll have more than you ever dreamed possible.
~ Ram Dass, 1931- ~

Power is the faculty or capacity to act, the strength and potency to accomplish something. It is the vital energy to make choices and decisions. It also includes the capacity to overcome deeply embeded habits and to cultivate higher, more effective ones.
~ Stephen Covey, 1932- ~

When I dare to be powerful – to use my strength in the service of my vision, then it becomes less and less important whether I am afraid.
~ Audre Lorde, 1934-1992 ~

Spiritually evolved people, by virtue of their discipline, mastery and love, are people of great power, although the world may generally behold them as quite ordinary people, since more often than not they will exercise their power in quiet or even hidden ways.
~ M. Scott Peck, 1936-2005 ~
The Road Less Travelled, 1978

The real power behind whatever success I have now was something I found within myself – something that's in all of us, I think, a little piece of God just waiting to be discovered.
~ Tina Turner, 1939- ~
I, Tina, 1986

Peace will come when the power of love overcomes the love of power.
~ Jimi Hendrix, 1942-1970 ~

Power over others is weakness disguised as strength. True power is within, and it is available to you now.
~ Eckhard Tolle, 1948- ~
The Power of Now: A Guide to Spiritual Enlightenment, 1999

We are as gods and might as well get used to it.
~ Stewart Brand, 1938- ~
Whole Earth Catalog, 1969

Powerlessness is a state of mind. If you think you are powerless, you are.
~ Tom Peters, 1942- ~

Our deepest fear is not that we are inadequate. Our deepest fear is that we are powerful beyond measure. It is our light, not our darkness, that most frightens us. We ask ourselves, Who am I to be brilliant, gorgeous, talented, fabulous? Actually who are you *not* to be?
~ Marianne Williamson, 1952- ~
A Return to Love, 1992

If you make power and fame your goal, even if you attain them, you will find that they don't bring you what you thought they would – it's an empty experience.
~ Dean Ornish, 1953- ~

Heart empowerment of each individual – mentally, emotionally and physically – accelerates human evolution. Uncovering this hidden power is a personal process of understanding how it works and understanding yourself.
~ Sara Paddison, 1953- ~

(Men) don't know how to transmute their vital power into love, love into creativity, creativity into vision, vision into a way of the cosmos and the laws of nature. He who doesn't know how to make these transmutations will externalize his energy as aggression, as competition, as the fear of being taken over.
~ Margo Anand ~
The Art of Sexual Ecstasy, 1989

How wonderful is the way in which, with quite ordinary folk, power leaps to our aid in any time of emergency … When we have to face danger, then courage comes, when trial puts a long-continued strain upon us, we find ourselves possessed by the power to endure.
~ J. A. Hadfield ~
The Psychology of Power, 1923

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PRACTICE

Related States & Conditions: Ability, Action/Effort, Autonomy/Control, Cause, Centering, Commitment/Dedication, Discipline, Habit, Journey/Path, Means, Meditation, Presence, Skill/Talent/Resources, Transformation

Syntonic: Balance, Daring/Challenge, Detachment, Determination/Persistence/Resolve, Engagement/Integration/Involvement, Equanimity, Exploration, Flexibility/Flow/Flux, Focus/Intention, Release, Renewal, Respect, Tolerance

Dystonic: Anger, Attachment, Complacency, Criticism/Judgment, Defeat, Distraction/Diversion, Fault, Fear, Haste/Impatience, Limitation, Worry

The disciplined man masters thoughts by stillness and emotions by calmness.
~ Laozi, 570-490 BCE ~

The world is imprisoned in its own activity, except when actions are performed as worship of God. Therefore you must perform every action sacramentally (as if it were *yajna*, the sacrifice that, in its divine Logos-essence, is identical with the Godhead to whom it is offered), and be free from all attachment to results.
~ *Bhagavad Gita*, c. 400 BCE ~

The mind is, without a doubt, unsteady and difficult to curb, but it can be controlled through practice and dispassion.
~ Ibid.

Practice is the repeated effort to follow the disciplines which give permanent control of the thought-waves of the mind. Practice becomes firmly grounded when it has been cultivated for a long time, uninterruptedly, with earnest devotion.
~ Patanjali, c. 200-150 BCE ~
How to Know God: The Yoga Aphorisms of Patanjali, 13-14, Swami Prabhavananda & Christopher Isherwood, trs., 1953

Practice is the best of all instructors.
~ Publilius Syrus, c. 42 BCE ~

He who knoweth the precepts by heart,
but faileth to practice them,
is like unto one who lighteth a lamp
and then shutteth his eyes.
~ Nagarjuna, fl. c. 1st-2nd C. CE ~

Abandon the crowd of distractions and confusions, and rest in the boundless state without grasping or disturbance; firm in two practices: visualization and complete, at this time of meditation, one-pointedness, free from activity. Fall not into the power of confused emotions.
~ *Tibetan Book of the Dead* ~

Just detach from all sound and form, but do not dwell in detachment, and do not dwell in intellectual interpretation – this is practice.
~ Baizhang Huaihai, 749-814 ~
in *The Pocket Zen Reader*, Thomas Cleary, ed., 1999

When you find your place where you are, practice occurs.
~ Eihei Dogen, 1200-1253 ~

Before enlightenment, chop wood, carry water; after enlightenment, chop wood, carry water.
~ Zen Saying ~

Practice is not clarifying conceptual distinctions, but throwing away one's preconceived views and notions and the sacred texts and all the rest, and piercing through the layers of coverings over the spring of self behind them.
~ Daikaku, 1213-1279 ~
in *Zen and the Ways*, Trevor Leggett, ed., 1978

Fear less, hope more; eat less, chew more; whine less, breathe more; talk less, say more; hate less, love more; and all good things are yours.
~ Swedish Saying ~

Those who are more adapted to the active life can prepare themselves for contemplation in the practice of the active life, while those who are more adapted to the contemplative life can take upon themselves the works of the active life so as to become yet more apt for contemplation.
~ Thomas Aquinas, 1225-1274 ~

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Practice is nothing other than the
capacity to arouse fearless energy.
Without this energy,
whatever practices you perform,
whatever virtuous feelings you have,
all are without substance.
Without this energy,
will you be prepared when
you come face to face with death
in your ordinary state of mind?
How then will you persevere over other hardships?
~ Suzuki Shosan, 1579-1655 ~

The true Buddha is in the home. The true Dao is in everyday functions. If you maintain an honest heart, a harmonious manner, a pleasant countenance, and graceful words with (all), and flow with them, each in turn, in wholehearted accord of body and spirit, then isn't this ten thousand times better than breath control and introspection?
~ Hong Zicheng, fl. 1596 ~
Caigentan: Vegetable Roots Discourse, I.21, Robert Aitken & Daniel W. Y. Kwok, trs., 2006

There is no one in the world who cannot arrive without difficulty at the most eminent perfection by fulfilling with love obscure and common duties … Do what you are doing now, suffer what you are suffering now; to do all this with holiness, nothing need be changed but your hearts.
~ Jean-Pierre de Caussade, 1675-1751 ~

Exercise, exercise your powers; what is difficult will finally become routine.
~ Georg Lichtenberg, 1742-1799 ~

When you go to bed at night, have for your pillow three things – love, hope and forgiveness. And you will awaken in the morning with a song in your heart.
~ Victor Hugo, 1802-1885 ~

What makes a man a good artist, a good sculptor, a good musician? Practice. What makes a man a good linguist, a good stenographer? Practice. What makes a man a good man? Practice. Nothing else.
~ Henry Drummond, 1851-1897 ~

Austerities or worship, practice all these things right now. Will these things be possible later on? Whatever you want to achieve, achieve it now, this is the right time.
~ Sri Saradamani Devi, 1853-1920 ~

Be pleasant until ten o'clock in the morning and the rest of the day will take care of itself.
~ Elbert Hubbard, 1856-1915 ~

What you want to be eventually, that you must be every day; and by and by the quality of your deeds will get down into your soul.
~ Frank Crane, 1861-1928 ~

It is a mistake to think that the sadhana cannot be practiced for lack of time. The real cause is agitation of the mind.
~ Swami Brahmananda, 1863-1923 ~
Discipline Monastique, 1945

The first thing each morning, and the last thing each night, suggest to yourself specific ideas that you wish to embody in your character and personality. Address such suggestions to yourself, silently or aloud, until they are deeply impressed upon your mind.
~ Grenville Kleiser, 1868-1953 ~

By having a reverence for life, we enter into a spiritual relation with the world … By practicing reverence for life we become good, deep, and alive.
~ Albert Schweitzer, 1875-1965 ~

Whether it means to learn to dance by practicing dancing or to learn to live by practicing living, the principles are the same. In each it is the performance of a dedicated precise set of acts, physical or intellectual, from which comes shape of achievement, a sense of one's being, a satisfaction of spirit.
~ Martha Graham, 1894-1991 ~
Blood Memory, 1991

Exercises that involve working on the right way, not only of living *inwardly* but of being *in the world* … always include a disciplined effort to make the *body* right … Of course, the body we are speaking of here is not the body in contrast to mind and soul – not the body we have, but the body we *are*.
~ Karlfried Durckheim, 1896-1988 ~
The Call for the Master, Vincent Nash, tr., 1989

The teaching which is written on paper is not the true teaching. Written teaching is a kind of food for your brain. Of course it is necessary to take some food for your brain, but it is more important to be yourself by practicing the right way of life … The result is not the point; it is the effort to improve ourselves that is valuable. There is no end

to this practice.
~ Shunryu Suzuki, 1905-1971 ~
Zen Mind, Beginner's Mind, 1970

Practice is the only norm for verifying truth.
~ Deng Xiaoping, 1904-1997 ~

Anything you can do without a great deal of thought becomes a perfect form of meditation, whether it's shucking peas, digging up a plot of ground, putting up a fence, or doing dishes.
~ Alan Watts, 1915-1973 ~

Every day ask yourself this question, "Do I want to experience Peace of Mind or do I want to experience Conflict?"
~ Gerald Jampolsky, 1925- ~

It is not a matter of faith,
It is a matter of practice.
~ Thich Nhat Hanh, 1926- ~

Each thought, each action in the sunlight of awareness becomes sacred. In this light, no boundary exists between the sacred and profane. I must confess it takes me a bit longer to do the dishes, but I live fully in every moment, and I am happy. Washing the dishes is at the same time a means and an end – that is, not only do we do the dishes in order to have clean dishes, we also do the dishes to live fully in each moment while washing them.
~ Hanh ~
The Sun My Heart: From Mindfulness to Insight Contemplation, Arnold Kotler, ed., 1988

If you're not smiling, you're not practising.
~ Hanh ~

Don't misunderstand me. I don't *believe* in prayer. I only *do* it. Or perhaps it does *me*.
~ Sam Keen, 1931- ~

It's not what you do once in a while, it's what you do day in and day out that makes the difference.
~ Jenny Craig, 1932- ~

When we start out on a spiritual path we often have ideals we think we're supposed to live up to. We feel we're supposed to be better than we are in some way. But with this practice you take yourself completely as you are. Then ironically, taking in pain – breathing it in for yourself and all others in the same boat as you are – heightens your awareness of exactly where you're stuck.
~ Pema Chödrön, 1936- ~

If only our spiritual practice were to live as though we were already dead, relating to all we meet, to all we do, as though it were our final moments in the world, what time would there be for old games or falsehoods or posturing? If we lived our life as though we were already dead, as though our children were already dead, how much time would there be for self-protection and the re-creation of ancient mirages? Only love would be appropriate, only the truth.
~ Stephen Levine, 1937- ~
Who Dies? An Investigation of Conscious Living and Conscious Dying, 1982

The ordinary arts we practice every day at home are of more importance to the soul than their simplicity might suggest.
~ Thomas Moore, 1940- ~

Practice makes permanent.
~ Jane Zimmerman, 1952- ~

No matter how active and energetic you are, I think it's always a good idea to spend some time doing some practice most of us would call spiritual.
~ Montel Williams, 1956- ~

Practice is the ability to be with life and just be in it as it is. That doesn't mean that you don't have all your little considerations, all your stuff going on about it. You will! That's not the point. But it is *held* differently.
~ Charlotte Joko Beck ~
Everyday Zen, 1989

Practice is not easy. It *will* transform our life. But if we have a naive idea that this transformation can take place without a price being paid, we fool ourselves. Don't practice unless you feel there's nothing else you can do. Instead, step up your surfing or your physics or your music. If that satisfies you, do it. Don't practice unless you feel you must.
~ Ibid.

It is said that if one chooses to pray to a rock with enough devotion, even that rock will come alive. In the same way, once we choose to commit ourselves to spiritual practice, even the mountains and valleys will reverberate to the sound of our purpose.
~ Deng Ming-Dao ~
365 Tao: Daily Meditations, 1992

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PREPARATION / READINESS

Related States & Conditions: Attention/Awareness, Attitude, Cause, Choice/Volition, Direction, Focus/Intention, Initiative, Journey/Path, Meaning, Openness/Receptivity, Possibility/Potential, Vision/Visualization

Syntonic: Acceptance, Appreciation, Balance, Confidence, Courage, Expectation/Hope, Exploration, Faith, Flexibility/Flow/Flux, Release, Renewal, Responsibility

Dystonic: Anger, Attachment, Avoidance/Denial/Refusal, Conformity, Criticism/Judgment, Delusion, Dependence, Depression/Despair/Distress, Fault, Fear, Habit, Haste/Impatience, Inaction, Limitation, War/Aggression/Violence, Worry

When the ears of the student are ready to hear, then cometh the lips to fill them with wisdom.
~ Hermes Trismegistus ~
in *The Kybalion: A Study of the Hermetic Philosophy of Ancient Egypt and Greece*, 1908

Go against the stream not by thrashing about, but by standing still and letting the water do the work. To the outside, wisdom seems to lie in taking no action, but, in fact, wisdom lies in foreseeing the need for action long before others can see it.
~ Laozi, 570-490 BCE ~
Daode Jing

In all things success depends on previous preparation, and without such previous preparation there is sure to be failure. If what is to be spoken be previously determined, there will be no stumbling. If affairs be previously determined, there will be no difficulty with them. If one's actions have been previously determined, there will be no sorrow in connection with them. If principles of conduct have been previously determined, the practice of them will be inexhaustible.
~ Kongfuzi, c. 551-c. 479 BCE ~
The Doctrine of the Mean

Keep a green tree in your heart and perhaps the singing bird will come.
~ Chinese Saying ~

Dig a well before you are thirsty.
~ Chinese Saying ~

If you are planning for a year, sow rice; if you are planning for a decade, plant trees; if you are planning for a lifetime, educate people.
~ Chinese Saying ~

Few things are brought to a successful issue by impetuous desire, but most by calm and prudent forethought.
~ Thucydides, c. 460-c. 399 BCE ~

Luck is what happens when preparation meets opportunity.
~ Seneca, c. 4 BCE-65 CE ~

Strategy is better than strength.
~ Hausa (Nigeria) Saying ~

Success is the result of foresight and resolution, foresight depends upon deep thinking and planning and the most important factor of planning is to keep your secrets to yourself.
~ Hazrat Ali, 599-661 ~
in *Peak of Eloquence - Nahjul Balagha: Sermons and Letters of Imam Ali Ibn Abi Talib*, Sayed Ali Reza, tr., 1984

He who would leap high must take a long run.
~ Danish Saying ~

In all negotiations of difficulties, a man may not look to sow and reap at once, but must prepare business, and so ripen it by degrees.
~ Francis Bacon, 1561-1626 ~

Prepare yourself for the great world, as the athletes used to do for their exercises; oil your mind and your manners, to give them the necessary suppleness and flexibility; strength alone will not do, as young people are too apt to think.
~ Lord Chesterfield, 1694-1773 ~

The future is purchased by the present.
~ Samuel Johnson, 1709-1784 ~

Most people don't plan to fail; they fail to plan.
~ John J. Beckley, 1757-1807 ~

The secret to success in life is for a man to be ready for his opportunity when it comes.
~ Benjamin Disraeli, 1804-1881 ~

Train up a fig tree the way it should go, and when you are old sit under the shade of it.
~ Charles Dickens, 1812-1870 ~

If a great thing can be done at all, it can be done easily. But it is that kind of ease with which a tree blossoms after long years of gathering strength.
~ John Ruskin, 1819-1900 ~
in Anna C. Woodford, *The Author's Kalendar*, 1920

In the field of observation, chance favors only the prepared mind.
~ Louis Pasteur, 1822-1895 ~
Lecture, 1854

Before anything else, preparation is the key to success.
~ Alexander Graham Bell, 1847-1922 ~

When schemes are laid in advance, it is surprising how often circumstances fit in with them.
~ William Osler, 1849-1919 ~

Thinking always ahead, thinking always of trying to do more, brings a state of mind in which nothing seems impossible.
~ Henry Ford, 1863-1947 ~
365 of Henry Ford's Sayings

If one asks for success and prepares for failure, he will get the situation he has prepared for.
~ Florence Scovel Shinn, 1871-1940 ~

Luck is the residue of design.
~ Branch Rickey, 1881-1965 ~

Long-range planning does not deal with future decisions, but with the future of present decisions.
~ Peter Drucker, 1909-2005 ~

Failure to prepare is preparing to fail.
~ John Wooden, 1910- ~

It's better to be prepared for an opportunity and not have one, than to have an opportunity and not be prepared.
~ Whitney Moore Young, Jr., 1921-1971 ~

Spectacular achievement is always preceded by unspectacular preparation.
~ Robert H. Schuller, 1926- ~

First we must understand that there can be no life without risk – and when our center is strong, everything else is secondary, even the risks. Thus, we best prepare by building our inner strength by sound philosophy, by reaching out to others, by asking ourselves what matters most.
~ Elie Wiesel, 1928- ~

Your future is waiting for you to act *now*. Whether you know it or not, what you're doing now is preparing you for what's next … What you're doing may not seem important, but how you do it may turn out to be.
~ Famous Amos, 1937- ~
Watermelon Magic, 1996

And once you're prepared, you never know what roads will open up. And if you're prepared it does not matter. If there's a road you can pursue it. If there's no road, you can carve it through bushes.
~ Jesse Jackson, 1941- ~

Instead of always looking at the past, I put myself ahead twenty years and try to look at what I need to do now in order to get there then.
~ Diana Ross, 1944- ~

Yes, you should make plans in the present moment. You don't ever stop thinking, but be watchful to keep yourself open to new incoming ideas that may change what you plan. The point is to be *aware* every moment of what you are thinking, because whatever is going on now is on the way to manifesting.
~ Tae Yun Kim, 1946- ~
Seven Steps to Inner Power, 1991

The more we nourish our internal world, the more powerful we grow in the external world.
~ Susan L. Taylor, 1946- ~
Lessons in Living, 1995

It's very difficult to practice healing when we actually come face to face with difficult situations. Thus, it's important to experience spiritual exercises, so that when unfavorable circumstances arise we are ready. It makes a great difference if we use a training in which we are experienced.
~ Dodrupchen ~
in Tulku Thondup, *Healing Meditations*, 1998

We can't stop the waves, but we can learn to surf.
~ Jonathan Kabat-Zinn ~

PRESENCE

Related States & Conditions: Attention/Awareness, Being/Essence/Soul, Celebration, Centering, Enlightenment/Realization/Transcendence, Expression, Focus/Intention, Lila/Leisure, Life/Living, Meditation, Music, Openness/Receptivity, Practice, Sensibility/Sensuality, Spontaneity, Reality, Wonder/Mystery

Syntonic: Acceptance, Affirmation/Approval, Appreciation, Balance, Confidence, Courage, Expectation/Hope, Exploration, Faith, Flexibility/Flow/Flux, Forgiveness, Release, Renewal, Responsibility

Dystonic: Anger, Attachment, Avoidance/Denial/Refusal, Conformity, Criticism/Judgment, Delusion, Dependence, Depression/Despair/Distress, Fault, Fear, Greed, Habit, Haste/Impatience, Limitation, Regret, War/Aggression/Violence, Worry

He who neglecteth the present moment, throweth away all that he hath. As the arrow passeth through the heart, while the warrior knew not that it was coming, so shall his life be taken away before he knoweth that he hath it … This instant is thine; the next is in the womb of futurity, and thou knowest not what it may bring forth; maturity of the unborn is in the keeping of the Law. Each future state is that thou has created in the present.
~ Akhenaton, c. 1385-c. 1355 BCE ~

The Master gives himself up
to whatever the moment brings.
~ Laozi, 570-490 BCE ~

Don't chase after the past,
Don't seek the future;
The past is gone
The future hasn't come
But see clearly on the spot
That object which is now,
While finding and living in
A still, unmoving state of mind.
~ Buddha, c. 563-483 BCE ~
Bhaddakatara Sutra

The ego, aware of its moment-by-moment existence, conveys us between realities. Simple Presence shuttles us back and forth, from limitation to freedom.
~ Jesus of Nazareth, c. 5-38 CE ~
The Gospel of John, 10:9, Peshitta Version

Simple Presence uncovers the hidden possibility, opens the circle of indecision, and gets us moving.
~ Ibid., 14:6

The present offers itself to our touch for only an instant of time and then eludes the senses.
~ Plutarch, c. 46-c. 120 ~

It is not the weight of the future or the past that is pressing upon you but ever that of the present alone. Even this burden, too, can be lessened if you confine it strictly to its own limits … Confine yourself to the present.
~ Marcus Aurelius, 121-180 ~

Discard everything except these few truths: we can live only in the present moment, in this brief now; all the rest of our life is dead and buried or shrouded in uncertainty. Short is the life we lead, and small our patch of earth.
~ Marcus Aurelius ~
The Spiritual Teachings of Marcus Aurelius, Mark Forstater, tr., 2000

The present moment … has several dimensions … the present of things past, the present of things present, and the present of things future.
~ Augustine of Hippo, 354-430 ~

The Way is the immediate presence: if you are unaware of the immediate presence, then your mind races, your intellect runs, and you go on thinking compulsively.
~ Lu Dong Bin, c. 798 ~
The Secret of the Golden Flower: The Classic Chinese Book of Life, Thomas Cleary, tr., 1991

The instant of time is a sharp sword that cuts the guilt of the past and the prefiguration of the future.
~ Hajwiri, 1009-1072 ~
in Vilayat Inayat Khan, *Awakening: A Sufi Experience*, 1999

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One instant is eternity; eternity is in the now. When you see through this one instant, you see through the one who sees.
~ Wumen Huikai, 1183-1260 ~

When we find where we are at this moment, then our everyday life is itself the manifestation of the truth. For the place, the way, is neither large nor small, neither self nor other. It has never existed before, and it is not coming into existence now. It is simply as it is.
~ Eihei Dogen, 1200-1253 ~
"Genjokoan" (The Manifestation of Truth)
in *The Enlightened Mind: An Anthology of Sacred Prose*, Stephen Mitchell, ed., 1991

The whole of life is now, is today, is this eternal moment.
~ Jalaluddin Rumi, 1207-1273 ~
"Don't Listen to the Trickster," Odes
Teachings of Rumi, Andrew Harvey, tr., 1999

Stay here, quivering with each moment
like a drop of mercury.
~ Rumi ~

The past has flown away.
The coming month and year do not exist;
Ours only is the present's tiny point.
~ Sa'd Ud Din Shabistari, 13th C. ~
The Secret Rose Garden of Sa'd Ud Din Mahmud Shabistari

This is the now of eternity, when the soul knows all things in God, as new and fresh and lovely, as I find them now at present.
~ Meister Eckhart, 1260-1327 ~

Now is the time to be doing, now is the time to be stirring, now is the time to amend myself.
~ Thomas à Kempis, c. 1380-1471 ~

When I dance, I dance; when I sleep, I sleep; yes, and when I walk alone in a beautiful orchard, if my thoughts drift to far-off matters for some part of the time, for some other part I lead them back again to the walk, the orchard, to the sweetness of this solitude, to myself ... Rejoice in the things that are present; all else is beyond thee.
~ Michel de Montaigne, 1533-1592 ~

With each passing thought, observe the impermanence of the appearances of the world and give up thinking there will be a tomorrow. With each step tread the Great Way of the mind source, and do not turn to another road.
~ Man-An, 1591-1654 ~
in *Minding Mind – A Course in Basic Meditation*, Thomas Cleary, tr., 1995

We never care for the present moment. We are so foolish that we wander in times that are not ours, and never think of the only time that belongs to us; we are so frivolous that we dream of the days that are not, and thoughtlessly pass over the only one that exists. We never live, but hope to live; and since we are always preparing to be happy it is inevitable that we shall never be so.
~ Blaise Pascal, 1623-1662 ~

No moment is trivial since each one contains a divine kingdom and heavenly sustenance.
~ Jean-Pierre de Caussade, 1675-1751 ~

Paradise is where I am.
~ François-Marie Voltaire, 1694-1778 ~
Le Mondain, 1736

No mind is much employed upon the present; recollection and anticipation fill up almost all our moments.
~ Samuel Johnson, 1709-1784 ~
The History of Rasselas, Prince of Abissinia, 1759

There is no past that we can bring back by longing for it. There is only an eternally new now that builds and creates itself out of the Best as the past withdraws ... The present moment is a powerful goddess.
~ Johann von Goethe, 1749-1832 ~

Every situation – no, every moment – is of infinite worth; for it is the representative of a whole eternity.
~ Goethe ~
in Johann Peter Eckermann, *Conversations With Goethe*, 1839

The present time has one advantage over every other – it is our own.
~ Charles Caleb Colton, 1780-1832 ~

Other world! There is no other world! Here or nowhere is the whole fact ... This time, like all times, is a very good one, if we but know what to do with it.
~ Ralph Waldo Emerson, 1803-1882 ~

With the past, I have nothing to do; nor with the future. I live now.
~ Emerson ~

No longer forward nor behind
I look in hope or fear;
But, grateful, take the good I find,
The best of now and here.
~ John Greenleaf Whittier, 1807-1892 ~

You must live in the present, launch yourself on every wave, find your eternity in each moment.
~ Henry David Thoreau, 1817-1862 ~

Above all, we cannot afford not to live in the present. He is blessed over all mortals who loses no moment of the passing life in remembering the past.
~ Thoreau ~

This minute that comes to me from over the past decillions,
There is no better than it and now.
~ Walt Whitman, 1819-1892 ~
"Starting from Paumanok," *Leaves of Grass*, 1855

Remember then: there is only one important time – now. And it is important because it is the only time that we have dominion over ourselves.
~ Leo Tolstoy, 1828-1910 ~
The Three Questions, 1983

The time to be happy is now; the place to be happy is here.
~ Robert Ingersoll, 1833-1899 ~

We want to live in the present, and the only history that is worth a tinker's damn is the history we make today.
~ Henry Ford, 1863-1947 ~
in *The Chicago Tribune*

The present means our duty at the moment. If we put all our strength into doing our duty, as we know it at this moment, we shall have made the highest human effort. Sorrow springs from dreaming of the future and from lamenting the past. Hence one who concerns himself with the present and does his duty has neither birth nor death.
~ Mahatma Gandhi, 1869-1948 ~
Mahadev Desai's Diary, in *The Essential Writings of Mahatma Gandhi*, Raghavan Iyer, ed., 1993

In order to be utterly happy the only thing necessary is to refrain from comparing this moment with other moments in the past, which I often did not fully enjoy because I was comparing them with other moments of the future.
~ André Gide, 1869-1951 ~
The Journals of André Gide, Vol. I, Justin O'Brien, tr., 1947

It is now, and in this world, that we must live.
~ Gide ~

The greatest gift … is the realization that life does not consist either of wallowing in the past or of peering anxiously at the future, and it is appalling to contemplate the great number of often painful steps by which one arrives at a truth so old, so obvious, and so frequently expressed … It is good for one to appreciate that life is now. Whatever it offers, little or much, life is now, this day, this hour … and is probably the only experience of the kind one is to have.
~ Charles Flandrau, 1871-1938 ~

Sometimes I think and other times I am.
~ Paul Valéry, 1871-1945 ~

Do not let yourself be disturbed by what is to come; rather, be in that which is still around you and which enters with an immeasurable past into the present that is yours.
~ Rainer Maria Rilke, 1875-1926 ~
Letters of Rainer Maria Rilke 1892-1910, J. Bannard Greene & M. D. Herter Norton, eds., 1945

Hold every moment sacred. Give each clarity and meaning, each the weight of thine awareness, each its true and due fulfillment.
~ Thomas Mann, 1875-1955 ~

Each second that we live is a new and unique moment of the universe, a moment that never was before and never will be again.
~ Pablo Casals, 1876-1973 ~

The past is a bucket of ashes, so live not in your yesterdays, nor just for tomorrow, but in the here and now.
~ Carl Sandburg, 1878-1967 ~

We are here and it is now. Further than that, all human knowledge is moonshine.
~ H. L. Mencken, 1880-1956 ~

The present moment is creative, creating with an unheard of intensity.
~ Le Corbusier, 1881-1965 ~
When the Cathedrals Were White, 1947

Hold to the now, the here, through which all future plunges to the past.
~ James Joyce, 1882-1941 ~

There is something about the present which we would not exchange, though we were offered a choice of all past ages to live in.
~ Virginia Woolf, 1882-1941 ~
The Common Reader, First Series, 1925

I am in the present. I cannot know what tomorrow will bring forth. I can only know what the truth is for me today. That is what I am called upon to serve.
~ Igor Stravinsky, 1882-1971 ~

One realm we have never conquered: the pure present. One great mystery of time is *terra incognita* to us: the instant. The most superb mystery we have hardly recognized: the immediate, instant self. The quick of all time is the instant. The quick of all the universe, of all creation, is the incarnate, carnal self.
~ D. H. Lawrence, 1885-1930 ~
Selected Essays, 1950

The living moment is everything.
~ Lawrence ~

All that is required to feel that here-and-now happiness is a simple, frugal heart.
~ Nikos Kazantzakis, 1885-1957 ~

The art of life is to live in the present moment, and to make that moment as perfect as we can by the realization that we are the instruments and expression of God Himself.
~ Emmet Fox, 1886-1951 ~

He who lives in the present lives in eternity.
~ Ludwig Wittgenstein, 1889-1951 ~

Nothing ever gets anywhere. The earth keeps turning round and gets nowhere. The moment is the only thing that counts.
~ Jean Cocteau, 1889-1963 ~

There is one thing we can do, and the happiest people are those who do it to the limit of their ability. We can be completely present. We can be all here. We can … give all our attention to the opportunity before us.
~ Mark Van Doren, 1894-1972 ~

Time flows forever; the past cannot be recaptured and the future is uncertain; only the day, the present hour, is a solid good. Perhaps the best way to thank God for the gift of living is to appreciate the present hour, to sit quietly and hear your own breathing and look out on the universe *and be content*.
~ Lin Yutang, 1895-1976 ~
On the Wisdom of America, 1950

All life is in the present, not in the shadow of yesterday or in the brightness of tomorrow's hope. To live in the present one has to be free of the past, and of tomorrow. Nothing is found in the tomorrow, for tomorrow is the present, and yesterday is only a remembrance … the mind must not be divided by the remembrance of yesterday or the bright hope of tomorrow; it must have no tomorrow and no yesterday.
~ Jiddu Krishnamurti, 1895-1986 ~
The Second Penguin Krishnamurti Reader, Mary Lutyens, ed., 1973

The human being never has time to be. He only has the time to become.
~ Georges Poulet, 1902- ~
Mesure de l'instant, 1968

People do not live in the present always, at one with it. They live at all kinds of and manners of distance from it, as difficult to measure as the course of planets. Fears and traumas make their journeys slanted, peripheral, uneven, evasive.
~ Anaïs Nin, 1903-1977 ~
The Diary of Anaïs Nin, Vol. IV, Gunther Stuhlmann, ed., 1971

Moment after moment, everyone comes out from nothingness. This is the true joy of life.
~ Shunryu Suzuki, 1905-1971 ~
Zen Mind, Beginner's Mind, 1970

It is the privilege of living to be aware of a curtain's fold or the intonation of a human voice. To be acutely, agonizingly conscious of the moment that is always present and always passing.
~ Marya Mannes, 1904-1990 ~
Out of My Time, 1971

The present moment is significant, not as the bridge between past and future, but by reason of its contents, which can fill our emptiness and become ours, if we are capable of receiving them.
~ Dag Hammarskjöld, 1905-1961 ~
Markings, 1964

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It is our task to presentiate the past in ourselves, not to lose the present to the transient power of the past. This we can achieve by recognizing the balancing power of the latent "future" with its character of the present, which is to say, its potentiality for consciousness.
~ Jean Gebser, 1905-1973 ~
The Ever-Present Origin, Noel Barstad & Algis Mikunas, trs. 1986

The present is passed over in the race for the future; the here is neglected in favor of the there. Enjoy the moment, even if it means merely a walk in the country.
~ Anne Morrow Lindbergh, 1906-2001 ~

If you let yourself be absorbed completely, if you surrender completely to the moments as they pass, you live more richly those moments.
~ Lindbergh ~

I can feel guilty about the past, apprehensive about the future, but only in the present can I act. The ability to be in the present moment is a major component of mental wellness.
~ Abraham Maslow, 1908-1970 ~

The less one is conscious of himself as the one who acts, that is, the more unfree and automatic he is, the less he will be aware of the immediate present ... The most effective way to ensure the value of the future is to confront the present courageously and constructively.
~ Rollo May, 1909-1994 ~
Man's Search for Himself, 1953

Look lovingly upon the present, for it holds the only things that are forever true.
~ Helen Schucman, 1910-1981 ~
A Course in Miracles, 1975

Every minute of life carries with it its miraculous value, and its face of eternal youth.
~ Albert Camus, 1913-1960 ~
Notebooks 1935-1942

Real generosity toward the future consists in giving all to what is present.
~ Camus ~

I have realized that the past and future are real illusions, that they exist in the present, which is what there is and all there is.
~ Alan Watts, 1915-1973 ~

Memories of the past and anticipation of the future exist only now, and thus to try to live completely in the present is to strive for what already is the case.
~ Watts ~

This – the immediate, everyday, and present experience – is IT, the entire and ultimate point for the existence of a universe.
~ Watts ~

If you are listening to music, the note you have just heard continues to resound in your ears, even as you begin to take in the next note. In this "moment" there are no boundaries between the past or the future.
~ Vilayat, Khan, 1916-2004 ~
Awakening: A Sufi Experience, 1999

Even the extraordinary experiences are of no use, only something to let go of, unless they are connected with this moment here and now.
~ Ajahn Chah, 1917-1992 ~

Exhaust the little moment. Soon it dies.
And be it gash or gold it will not come
Again in this identical disguise.
~ Gwendolyn Brooks, 1917-2000 ~
"Exhaust the Little Moment," 1949

Life is a succession of moments. To live each one is to succeed.
~ Corita Kent, 1918-1986 ~

The past is dead, the future is imaginary; happiness can only be in the Eternal Now Moment.
~ Ken Keyes, 1921-1995 ~
Handbook to Higher Consciousness, 1975

For life is holy and every moment is precious.
~ Jack Kerouac, 1922-1969 ~

There is never time in the future in which we will work out our salvation. The challenge is in the moment; the time is always now.
~ James Baldwin, 1924-1987 ~
Nobody Knows My Name, 1961

Life is a great and wondrous mystery, and the only thing we know that we have for sure is what is right here right now. Don't miss it.
~ Leo Buscaglia, 1924-1998 ~

What we should do is not *future* ourselves so much. We should *now* ourselves more. "*Now*

thyself" is more important than "*Know* thyself." Reason is what tells us to ignore the present and live in the future. So all we do is make plans. We think that somewhere there are going to be green pastures. It's crazy. Heaven is nothing but a grand, monumental instance of future. Listen, *now* is good. *Now* is wonderful.
~ Mel Brooks, 1926- ~

When we are driving, we tend to think of arriving, and we sacrifice the journey for the sake of the arrival. But life is to be found in the present moment, not in the future. In fact, we may suffer more after we arrive at our destination. If we have to talk of a destination, what about our final destination, the graveyard? We do not want to go in the direction of death; we want to go in the direction of life. But where is life? Life can be found only in the present moment.
~ Thich Nhat Hanh, 1926- ~
Present Moment, Wonderful Moment: Mindfulness Verses for Daily Living, 1990

Our true home is the present moment. To live in the present moment is a miracle. The miracle is not to walk on water. The miracle is to walk on the green Earth in the present moment, to appreciate the peace and beauty that are available now.
~ Hanh ~
Touching Peace: Practicing the Art of Mindful Living, 1992

Paradise is now or never.
~ Hanh ~
in Elizabeth Lesser, *The New American Spirituality*, 1999

The future has become uninhabitable. Such hopelessness can arise, I think, only from an inability to face the present, to live in the present, to live as a responsible being among other beings in this sacred world here and now, which is all we have, and all we need, to found our hope upon.
~ Ursula Le Guin, 1929- ~

Best to take the moment present, as a present for the moment.
~ Stephen Sondheim, 1930- ~
"Any Moment"

Time is an invention. Now is a reality.
~ "Osho" Rajneesh, 1931-1990 ~
The Goose is Out, 1982

You will never take a breath more or less important than the one you are taking now. You will never be in a day or year more or less important than the one you are in now.
~ Tolbert McCarroll, 1931- ~
Notes from the Song of Life, 1977

Don't think about the future.
Just be here now.
Don't think about the past.
Just be here now.
~ Ram Dass, 1931- ~
Be Here Now, 1971

Spirituality, unconditional love, and the ability to see that pain and problems are opportunities for growth and redirection – these things allow us to make the best of the time we have. Then we realize that the present moment is all we have, but it is infinite. We see that there is no real past or future, and that as soon as we start thinking in terms of past and future – regretting and wishing – we lose ourselves in judgmental thinking.
~ Bernie Siegel, 1932- ~
Love, Medicine & Miracles, 1986

If we are truly in the present moment, and not being carried away by our thoughts and fantasies, then we are in a position to be free from fate and available to our destiny. When we are in the present moment, our work on Earth begins.
~ Reshad Feild, 1934- ~
Steps to Freedom, 1998

The past is a ghost, the future a dream, and all we ever have is now.
~ Bill Cosby, 1937- ~
Time Flies, 1987

Time is a lie, the past is now
And all our futures are our present minutes.
~ Mervyn Morris, 1937- ~
"Birthday Honours," *Caribbean Literature: An Anthology*, G. R Coulthard, ed., 1966

To force myself into a single role, to decide to be just one thing in life, would kill off large parts of me. Rather, I recognize that I live now and only now, and I will do what I want to do *this* moment and not what I decided was best for me yesterday.
~ Hugh Prather, 1938- ~
Notes to Myself, 1970

It's not that "today is the first day of the rest of my life," but that now is all there is of my life.
~ Prather ~

One might say that *now* exists all the time, beyond the concept of relativity. But since all concepts are based on the idea of relativity, it is impossible to find any words which go beyond that. So nowness is the only way to see directly. First it is between the past and the future – now. Then gradually one discovers that nowness is not dependent on relativity at all … the past does not exist, the future does not exist – everything happens now.
~ Chögyam Trungpa, 1939-1987 ~
Meditation in Action, 1969

By merging with experiences or feelings, the character of experience can change. By allowing ourselves to be just as we are in the present moment, the walls of our discriminations and sensitivities will soften, or fall away all together. Our minds and hearts open, and our energy flows.
~ Tulku Thondup, 1939- ~
Healing Meditations, 1998

Now is all we have. Everything that has ever happened to you, and anything that is ever going to happen to you, is just a thought.
~ Wayne Dyer, 1940- ~

You don't get to choose how you're going to die, or when. You can only decide how you're going to live. Now!
~ Joan Baez, 1941- ~
"Daybreak"

Society is all wrong. All those vibrations of fear. You have to change not only the setup but the whole concept. You have to learn how to live in the moment and enjoy it.
~ Mick Jagger, 1943- ~
in *Esquire*, 1969

Beauty and grace are performed whether or not we will or sense them. The least we can do is try to be there.
~ Annie Dillard, 1945- ~

The quality of presence determines the quality of life.
~ Jack Kornfield, 1945- ~

Why is now the only creative moment? When it was yesterday, you experienced it as *now*. When you experience tomorrow, it will be *now*. At this moment, and every moment thereafter, it is *now*. It is never tomorrow or yesterday.
~ Tae Yun Kim, 1946- ~
Seven Steps to Inner Power, 1991

Each moment is magical, precious and complete and will never exist again. We forget that *now* is the moment we are in, that the next one isn't guaranteed. And if we are blessed with another moment, any joy, creativity or wisdom it brings will ensue from the way we live the present one.
~ Susan L. Taylor, 1946- ~
Lessons in Living, 1995

I try to learn from the past, but I plan for the future by focusing exclusively on the present. That's where the fun is.
~ Donald Trump, 1946- ~

Healthy people live neither in the past nor in the future. They live in the present, in the now, which gives the now a flavor of eternity because no shadows fall across it.
~ Deepak Chopra, 1947- ~
Journey Into Healing: Awakening the Wisdom Within You, 1994

You should actually live your life as if this is the only moment you have, for sure. Because the fact is that this is the only moment you have.
~ Chopra ~
in *A&U*, 2001 April

Every moment of your life is infinitely creative and the universe is endlessly bountiful.
~ Shakti Gawain, 1948- ~
Creative Visualization, 1978

Realize deeply that the present moment is all you ever have … the *only* thing. It's all there is. The eternal present is the space within which your whole life unfolds, the one factor that remains constant. Life is now. There never was a time when your life was *not* now, nor will there ever be.
~ Eckhard Tolle, 1948- ~
The Power of Now: A Guide to Spiritual Enlightenment, 1999

What we are left with then is to appreciate the moment we are in. This is the best time to be alive, because we are, and to enjoy it to the fullest, because we can.
~ Larry Chang, 1949- ~
Northern Winter Solstice Letter, 2002

There never is a "good time," so there's no better time than right now. There's no better place than right here.
~ Phillip McGraw, 1950- ~
Life Strategies: Doing What Works, Doing What Matters, 1999

A remembrance of death brings us face to face with the fact that life is like a waterfall rushing

over a cliff; it can't be postponed. Your life is here and now, in this very moment.
~ Lama Surya Das, 1950- ~
Awakening to the Sacred: Creating a Spiritual Life from Scratch, 1999

Living in the now is a natural practice, because the present moment is the natural state. We're always in the now, even if we don't totally know it. If we are remembering the past, where does that take place except in the now through present awareness? If we are thinking about the future, we are doing our planning and thinking now. We are always in the present no matter how scattered and distracted we may be.
~ Ibid.

The only point where eternity meets time is in the present. The present is the only time there is.
~ Marianne Williamson, 1952- ~

Whether we are leaving it or coming into it, it's here that matters, it is place. Whether we understand where we are or don't, that is the story: To be here or not to be.
~ Barbara Kingsolver, 1955- ~
"Knowing Our Place," *Small Wonder*, 2002

Winners live in the present tense. People who come up short are consumed with future or past. I want to be living in the now.
~ Alex "A-Rod" Rodriguez, 1975- ~

The only way to deal with the future is to function efficiently in the Now.
~ Gita Bellin ~
A Sharing of Completion and Celebration, 1983

Be like a very small joyous child living gloriously in the ever present Now without a single worry or concern about even the next moment of time.
~ Eileen Caddy ~
The Dawn of Change, 1979

From this moment onwards you can be an entirely different person, filled with love and understanding, ready with an outstretched hand, uplifted and positive in every thought and deed.
~ Caddy ~

We can touch the things around us we once thought ugly and see their special detail, the peeling paint and gray shadows as they are – simply what they are: not bad, just part of the life around us – and love this life because it is ours and in the moment there is nothing better.
~ Natalie Goldberg ~
Writing Down the Bones, 1986

True happiness is about being able to define a moment – not by continually looking into the past or even longingly at the future, but by shining brightly in the now.
~ Cameron Koo ~

The most important revelation about the past stems from the realization that it is not important to try and get rid of it, but to realize that we are already, by definition, rid of it. We need not be convinced of the importance of living in the present, but instead realize that we inevitably live in the present, and the only thing to do is to face it … Whether we like it or not, we cannot escape the present. The only reality is now.
~ George Lawrence-Ell ~
The Invisible Clock, 2001

This very moment is a seed from which the flowers of tomorrow's happiness grow.
~ Margaret Lindsey ~

Cooking requires that we be fully present. This is one of its greatest teachings. It keeps bringing us back to what is happening in the moment and continually calls our attention to what we are doing. We smell when the cake is ready to come out of the oven and we taste when the soup is almost done to perfection. When the water boils on the stove, we turn down the heat. Through cooking we can become more responsive to what is happening around us … We can sharpen our lives by living them with awareness, moment by moment.
~ Bettina Vitell ~
A Taste of Heaven and Earth, 1993

Mindfullness transports us into the single, present moment and then into the next and the next. Without space to fret about the past or ponder the future, we end up experiencing the present moment in its complete fullness. If you ever wondered where to find it, that's where life is *always* at … Anyplace and anytime you want to experience the fullness of your life, all you have to do is bring your attention to this moment right now.
~ Angel Kyodo Williams ~
Being Black: Zen and the Art of Living with Fearlessness and Grace, 2000

PRUDENCE

Related States & Conditions: Attention/Awareness, Differentiation/Division/Separation, Discipline, Moderation, Responsibility, Restraint, Self-Reliance, Tact/Discretion, Understanding, Wisdom

Syntonic: Acceptance, Affirmation/Approval, Appreciation, Balance, Confidence, Decision/Decisiveness, Diligence, Equanimity, Faith, Flexibility/Flow/Flux, Patience, Release, Renewal, Responsibility

Dystonic: Anger, Attachment, Avoidance/Denial/Refusal, Criticism/Judgment, Delusion, Dependence, Depression/Despair/Distress, Fault, Fear, Greed, Haste/Impatience, Indulgence/Temptation, Limitation, War/Aggression/Violence, Worry

Hear the words of prudence, give heed unto her counsels, and store them in thine heart; her maxims are universal, and all the virtues lean upon her; she is the guide and the mistress of human life.
~ Khemetic Saying ~
Temt Tchaas: Egyptian Proverbs, Muata Ashaya Ashby, ed., 1994

Grief is natural to the mortal world and is always about you; pleasure is a guest and visiteth by thy invitation. Use well thy mind and sorrow shall be passed behind you; be prudent and the visits of joy shall remain long with you.
~ Ibid.

Affairs are easier of entrance than of exit; and it is but common prudence to see our way out before we venture in.
~ Aesop, fl. c. 550 BCE ~

Respectfulness, without the rules of propriety, becomes laborious bustle; carefulness, without the rules of propriety, becomes timidity; boldness, without the rules of propriety, becomes insubordination; straightforwardness, without the rules of propriety, becomes rudeness.
~ Kongfuzi, c. 551-c. 479 BCE ~
Analects

If a man take no thought about what is distant, he will find sorrow near at hand.
~ Kongfuzi ~

Men with practical sense will not expend
too much for too little profit;
Prudence consists in this: protect
a great deal at little expense.
~ Vishnu Sharma, c. 200 BCE ~
Panchatantra, IV.25, Chandra Rajan, tr., 1993

That should be considered long which can be decided but once.
~ Publilius Syrus, c. 42 BCE ~
Maxims

You will conquer more surely by prudence than by passion.
~ Ibid.

One has no protecting power save prudence.
~ Juvenal, c. 50-c. 130 ~

All enterprises that are entered into with indiscreet zeal may be pursued with great vigor at first, but are sure to collapse in the end.
~ Tacitus, c. 55-120 ~
Annales

Prudence is love that chooses with sagacity between that which hinders it and that which helps it.
~ Augustine of Hippo, 354-430 ~
De Moribus Ecclesiae Catholicae, 387-389

If a man sees even a tiny gleam of success, then greed forces him to humiliate himself. If he gives way to avarice, then inordinate desires ruin him; if he is disappointed, then despondency almost kills him. If he is excited, then he loses temper and gets angry. If he is pleased, then he gives up precaution.
~ Hazrat Ali, 599-661 ~
in *Peak of Eloquence - Nahjul Balagha: Sermons and Letters of Imam Ali Ibn Abi Talib*, Sayed Ali Reza, tr., 1984

If a wise man behaves prudently, how can he be overcome by his enemies? Even a single man, by right action, can overcome a host of foes.
~ Saskya Pandita, 1182-1251 ~

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In order to perform an act well, it is not merely what a man does that matters, but also how he does it, namely, that he acts from right choice and not merely from impulse or passion. Since, however, choice is about means to an end, rightness of choice necessarily involves two factors, namely a due end and something suitably ordained to that end ... Consequently, an intellectual virtue is needed in his reason to complement it and make it well adjusted to these things. This virtue is prudence.
~ Thomas Aquinas, 1225-1274 ~
Summa Theologica, Ia-Iiae, quest. 57, art. 5

I consider it a mark of great prudence in a man to abstain from threats or any contemptuous expressions, for neither of these weaken the enemy, but threats make him more cautious, and the other excites his hatred, and a desire to revenge himself.
~ Niccolò dei Machiavelli, 1469-1527 ~

Prudence is but experience, which equal time, equally bestows on all men, in those things they equally apply themselves unto.
~ Thomas Hobbes, 1588-1679 ~

The winds of reversal are prefigured in the fullness of prosperity. Burgeoning life lies silently in the deep freeze of winter. Thus, when feeling contented, it is appropriate for the noble person to be prudent, ready for calamity; and in times of adversity, to watch with hardened fortitude for ways to turn things around.
~ Hong Zicheng, fl. 1596 ~
Caigentan: Vegetable Roots Discourse, I.117, Robert Aitken & Daniel W. Y. Kwok, trs., 2006

In each action we must look beyond the action at our past, present, and future state, and at others whom it affects, and see the relations of all those things. And then we shall be very cautious.
~ Blaise Pascal, 1623-1662 ~
Pensées, 1669-1670

Prudent people are very happy; 'tis an exceeding fine thing, that's certain, but I was born without it, and shall retain to my day of Death the Humour of saying what I think.
~ Mary Wortley Montagu, 1689-1762 ~
The Complete Letters of Lady Mary Wortley Montagu

The prudence of the best heads is often defeated by the tenderness of the best hearts.
~ Henry Fielding, 1707-1754 ~

Prudence keeps life safe, but does not often make it happy.
~ Samuel Johnson, 1709-1784 ~

Prudence operates on life in the same manner as rule of composition; it produces vigilance rather than elevation; rather prevents loss than procures advantage; and often miscarriages, but seldom reaches either power or honor.
~ Johnson ~

There is a courageous wisdom; there is also a false, reptile prudence, the result not of caution but of fear.
~ Edmund Burke, 1729-1797 ~

There is nothing more imprudent than excessive prudence.
~ Charles Caleb Colton, 1780-1832 ~

Often a certain abdication of prudence and foresight is an element of success.
~ Ralph Waldo Emerson, 1803-1882 ~

Of all forms of caution, caution in love is perhaps the most fatal to true happiness.
~ George Bernard Shaw, 1856-1950 ~

Prudence and compromise are necessary means, but every man should have an imprudent end which he will not compromise.
~ Charles Horton Cooley, 1864-1929 ~
Life and the Student, 1927

Everybody knows if you are too careful you are so occupied in being careful that you are sure to stumble over something.
~ Gertrude Stein, 1874-1946 ~

Avoiding danger is no safer in the long run than outright exposure. The fearful are caught as often as the bold.
~ Helen Keller, 1880-1968 ~
The Story of My Life, 1903

Doing the prudent thing may prevent us from following our passions. It may overrun our intuitions and may give us the illusion of being virtuous when life is asking us to explore territory lying beneath the horizon of virtue.
~ Thomas Moore, 1940- ~
Original Self, 2000

QUESTIONING / DOUBT

Related States & Conditions: Attention/Awareness, Differentiation/Division/Separation, Exploration, Responsibility, Seeking, Self-Reliance, Struggle, Truth, Understanding, Wisdom

Syntonic: Acceptance, Affirmation/Approval, Appreciation, Balance, Confidence, Decision/Decisiveness, Diligence, Equanimity, Faith, Flexibility/Flow/Flux, Patience, Release, Renewal, Responsibility

Dystonic: Anger, Attachment, Avoidance/Denial/Refusal, Criticism/Judgment, Delusion, Dependence, Depression/Despair/Distress, Fault, Fear, Greed, Haste/Impatience, Indulgence/Temptation, Limitation, War/Aggression/Violence, Worry

True wisdom is less presuming than folly. The wise person doubts often and changes his mind; the fool is obstinate and doubts not, knowing all but their own ignorance.
~ Khemetic Saying ~
Temt Tchaas: Egyptian Proverbs, Muata Ashaya Ashby, ed., 1994

He who asks is a fool for five minutes, but he who does not ask remains a fool forever.
~ Chinese Saying ~

Do not believe in anything simply because you have heard it. Do not believe in anything simply because it is spoken and rumored by many. Do not believe in anything simply because it is found written in your religious books. Do not believe in anything merely on the authority of your teachers and elders. Do not believe in traditions because they have been handed down for many generations. But after observation and analysis, when you find that anything agrees with reason and is conducive to the good and benefit of one and all, then accept it and live up to it.
~ Buddha, c. 563-483 BCE ~

To question is to teach.
~ Xenophon, 435-355 BCE ~

The one who asks questions doesn't lose his way.
~ Akan (Ghana) Saying ~

He who asks questions cannot avoid the answer.
~ Cameroon Saying ~

A wise man's questions contain half the answer.
~ Solomon Ibn Gabriol, c. 1020-1057 ~

A questioning man is halfway to being wise.
~ Irish Saying ~

The first key to wisdom is assiduous and frequent questioning. For by doubting we come to inquiry, and by inquiry we arrive at the truth.
~ Peter Abelard, 1079-1142 ~

I love to doubt as well as know.
~ Dante Alighieri, 1265-1321 ~

A prudent question is one half of wisdom.
~ Francis Bacon, 1561-1626 ~

Doubt is the key to knowledge.
~ Persian Saying ~

Doubt is a thief that often makes us fear to tread where we might have won.
~ William Shakespeare, 1564-1616 ~

He who is afraid of asking is ashamed of learning.
~ Danish Saying ~

If you would be a real seeker after truth, it is necessary that at least once in your life you doubt, as far as possible, all things.
~ René Descartes, 1596-1650 ~
Discours de la méthode, 1637

A generous and elevated mind is distinguished by nothing more certainly than an eminent degree of curiosity.
~ Samuel Johnson, 1709-1784 ~
in Boswell, *The Life of Samuel Johnson*, 1791

Skepticism is the first step toward truth.
~ Denis Diderot, 1713-1784 ~
Pensées philosophiques, 1746

Better ask ten times than go astray once.
~ Yiddish Saying ~

One's first step in wisdom is to question everything – and one's last is to come to terms with everything.
~ Georg Lichtenberg, 1742-1799 ~

Shake off all fears of servile prejudices, under which weak minds are servilely crouched. Fix reason firmly in her seat, and call on her tribunal for every fact, every opinion. Question with boldness even the existence of a God, because, if there be one, he must more approve of the homage of reason than that of blind faith.
~ Thomas Jefferson, 1743-1826 ~

It is better to debate a question without settling it than to settle a question without debating it.
~ Joseph Joubert, 1754-1824 ~

Seize the moment of excited curiosity on any subject to solve your doubts; for if you let it pass, the desire may never return, and you may remain in ignorance.
~ William Wirt, 1772-1834 ~

Misgive, that you may not mistake.
~ Richard Whately, 1787-1863 ~

Doubt, the essential preliminary of all improvement and discovery, must accompany the stages of man's onward progress. The faculty of doubting and questioning, without which those of comparison and judgment would be useless, is itself a divine prerogative of the reason.
~ Albert Pike, 1809-1891 ~

The improver of natural knowledge absolutely refuses to acknowledge authority, as such. For him, skepticism is the highest of duties; blind faith the one unpardonable sin.
~ Thomas Huxley, 1825-1895 ~
"On the Advisableness of Improving Natural Knowledge," *Collected Essays, Vol. 1*, 1896

The doubt of an earnest, thoughtful, patient and laborious mind is worthy of respect. In such doubt there may be found indeed more faith than in half the creeds.
~ John Lancaster Spalding, 1840-1916 ~
Means and Ends of Education, 1895

To have doubted one's own first principles is the mark of a civilized man.
~ Oliver Wendell Holmes, Jr., 1841-1935 ~
The Mind and Faith of Justice Holmes, Max Lerner, ed., 1943

Doubt is the beginning, not the end, of wisdom.
~ George Iles, 1852-1942 ~

Questions are never indiscreet; answers sometimes are.
~ Oscar Wilde, 1856-1900 ~

I do not consider it an insult, but rather a compliment to be called an agnostic. I do not pretend to know where many ignorant men are sure – that is all that agnosticism means.
~ Clarence Darrow, 1857-1938 ~
Scopes Monkey Trial, Dayton, Tennessee, 1925 July 13

William James used to preach "the will to believe." For my part, I should wish to preach the "will to doubt" … What is wanted is not the will to believe, but the wish to find out, which is the exact opposite … In all affairs it's a healthy thing now and then to hang a question mark on things you have long taken for granted.
~ Bertrand Russell, 1872-1970 ~

The whole problem with the world is that fools and fanatics are always so certain of themselves, but wiser people so full of doubts.
~ Russell ~

Be patient toward all that is unsolved in your heart and learn to love the questions themselves, like locked rooms and like books that are written in a very foreign tongue. Do not seek the answers, which cannot be given you because you would not be able to live them. And the point is to live everything. Live the questions now. Perhaps you will then gradually, without noticing it, evolve some distant day into the answer.
~ Rainer Maria Rilke, 1875-1926 ~
Letters to a Young Poet, 1992

Your doubt may be a good quality if you *train* it. It must become *knowing*, it must become critical. Ask it, whenever it wants to spoil something for you, *why* something is ugly, demand proof from it, test it, and you will perhaps find it perplexed and embarrassed, or perhaps up in arms. But don't give in, and act this way, watchful and consistent, every single time, and the day will arrive when from a destroyer it will become one of your best workers – perhaps the cleverest of all that are building at your life.
~ Ibid.

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It is possible for a handful of questions to break the bank of our answers.
~ Antonio Machado y Ruiz, 1875-1939 ~

I respect faith, but doubt is what gets you an education.
~ Wilson Mizner, 1876-1933 ~

The important thing is not to stop questioning. Curiosity has its own reason for existing. One cannot help but be in awe when he contemplates the mysteries of eternity, of life, of the marvelous structure of reality. It is enough if one tries merely to comprehend a little of this mystery every day. Never lose a holy curiosity ... It is a miracle that curiosity survives formal education ... Curiosity is more important than knowledge.
~ Albert Einstein, 1879-1955 ~

The public demands certainties; it must be told definitely and a bit raucously that this is true and that is false. But there are no certainties.
~ H. L. Mencken, 1880-1956 ~
Prejudices, First Series, 1919

Men become civilized, not in proportion to their willingness to believe, but in their readiness to doubt.
~ Mencken ~

Thought only starts with doubt.
~ Roger Martin du Gard, 1881-1958 ~
Letters to André Gide, 1968

Perplexity is the beginning of knowledge.
~ Khalil Gibran, 1883-1931 ~

It is better to know some of the questions than all of the answers.
~ James Thurber, 1894-1961 ~

Much better is it to be torn by doubt and despair than to be self-assured with a bowl of pottage ... To doubt, to dream, to stretch out one's arms and not fold them, to set out in eternal quest and to doubt one's own dream – these are the qualities that make for progress.
~ Lin Yutang, 1895-1976 ~
The Secret Name, 1958

Better to have come to no conclusions than not to have wondered at all.
~ Lin ~
From Pagan to Christian, 1959

Language was invented to ask questions. Answers may be given by grunts and gestures, but questions must be spoken. Humanness came of age when man asked the first question. Social stagnation results not from lack of answers but from the absence of the impulse to ask questions.
~ Eric Hoffer, 1902-1983 ~
in *The New York Times Magazine*, 1971

It is important that students bring a certain ragamuffin barefoot irreverence to their studies; they are not here to worship what is known, but to question it.
~ Jacob Bronowski, 1908-1974 ~
The Ascent of Man, 1975

The wise man is not the man who gives the right answers; he is the one who asks the right questions.
~ Claude Lévi-Strauss, 1908- ~
The Raw and the Cooked, John & Doreen Weightman, trs.,1969

From the viewpoint of *beliefs* all doubt is disastrous. From the viewpoint of *faith*, doubt is the indispensable stimulant ... To lose one's *beliefs* may not be a loss but a gain: an opportunity.
~ Frederick Franck, 1909- ~
A Little Compendium on That Which Matters, 1993

You can tell whether a man is clever by his answers. You can tell whether a man is wise by his questions.
~ Naguib Mahfouz, 1911- ~

It's not the answer that enlightens, but the question.
~ Eugène Ionesco, 1912-1994 ~
Decouvertes, 1969

The creative individual has the capacity to free himself from the web of social pressures in which the rest of us are caught. He is capable of questioning the assumptions that the rest of us accept.
~ John William Gardner, 1912-2002 ~

Man tries to penetrate the factual truth of nature, but in her last, unfathomable reaches suddenly, as a mirror, he meets himself – but through questioning, he sees more and differently, deeper and wider, the question is that which questions.
~ Carl von Weizsacker, 1912- ~

Doubt 'til thou canst doubt no more ... doubt is thought and thought is life. Systems which end

doubt are devices for drugging thought.
~ Albert Guerard, 1914-2000 ~

The greatest gift is not being afraid to question.
~ Ruby Dee, 1923- ~

The questions which one asks oneself begin, at least, to illuminate the world, and become one's key to the experience of others.
~ James Baldwin, 1924-1987 ~

The only questions that really matter are the ones you ask yourself
~ Ursula Le Guin, 1929- ~
The Writer, 2004

Question everything. Every stripe, every star, every word spoken. Everything.
~ Ernest Gaines, 1933- ~
"The Sky Is Gray"

You don't want a million answers as much as you want a few forever questions. The questions are diamonds you hold in the light. Study a lifetime and you see different colors from the same jewel.
~ Richard Bach, 1936- ~
Running from Safety, 1994

The first sign of an educated person is that she asks more questions than she delivers answers.
~ Johnnetta Cole, 1936- ~

The path to holiness lies through questioning everything … To be the best of which we are capable, our religion (or world view) must be a wholly personal one, forged entirely through the fire of our questioning and doubting in the crucible of our own experience of reality.
~ M. Scott Peck, 1936-2005 ~
The Road Less Travelled, 1978

No matter what other people say, when it really comes down to it, you're the only one who can answer your own questions.
~ Pema Chödrön, 1936- ~
Interview by bell hooks, *Shambhala Sun*

I understand the vocation of the intellectual as trying to turn easy answers into critical questions and ask these critical questions to those with power.
~ Cornel West, 1954- ~

In the solitude of your mind are the answers to all your questions about life. You must take the time to ask and listen.
~ Bawa Mahaiyaddeen, d. 1986 ~

Doubt is torture. If we give ourselves fully to something, it will be clearer when it might be appropriate to quit. It is a constant test of perseverance … Don't listen to doubt. It leads no place but to pain and negativity … Instead, have a tenderness and determination … a sense of humor and a deep patience that you are doing the right thing. Avoid getting caught by that small gnawing mouse of doubt. See beyond it to the vastness of life and the belief in time and practice.
~ Natalie Goldberg ~
Writing Down the Bones, 1986

Vigorous questioning can propel a restoration and deepening of conviction. Skepticism is a phase, not an internal condition; out of the embryo of uncertainty grows the examination that produces a deeper, common, more genuine conviction. Paradoxically, it is the very questioning that causes the rubbing that polishes the pearl.
~ Michael Levine ~

How profoundly important it is to preserve in the face of all power an inquiring mind and a sceptical spirit. Sterility grows in the indoctrinated mind. Fruitfulness flows from doubting and questioning.
~ Ian McDonald ~

In order to deepen our faith, we have to be able to try things out, to wonder, to doubt. In fact, faith is strengthened by doubt when doubt is a sincere, critical questioning combined with deep trust in our own right and ability to discern the truth … this kind of questioning is known as skillful doubt. For doubt to be skillful we have to be close enough to an issue to care about it, yet open enough to let questioning come alive.
~ Sharon Salzberg ~
Faith: Trusting Your Own Deepest Experience, 2002

When we stop questioning, we can make the mistake of adding suffering to the world. We can't accept ignorance as an excuse. Ignorance is another poison. We can't let ourselves off the hook by saying we didn't know because asking the questions, no matter how difficult, is our responsibility. Questioning is how we master the truth.
~ Angel Kyodo Williams ~
Being Black: Zen and the Art of Living with Fearlessness and Grace, 2000

REALITY

Related States & Conditions: Appearance/Form, Cause, Differentiation/Division/Separation, Dreams/Dreaming, Experience, Manifestation, Oneness/Unity/Wholeness, Presence, Relativity, Seeking, Truth

Syntonic: Acceptance, Appreciation, Attention/Awareness, Courage, Equanimity, Exploration, Faith, Flexibility/Flow/Flux, Insight/Instinct/Intuition, Release, Responsibility, Understanding, Wisdom

Dystonic: Anger, Avoidance/Denial/Refusal, Criticism/Judgment, Delusion, Depression/Despair/Distress, Fear, Limitation, Worry

Under, and back of, the universe of time, space and change, is ever to be found the Substantial Reality – the Fundamental Truth … That which is the Fundamental Truth – the Substantial Reality – is beyond true naming, but the wise men call it The All.
~ Hermes Trismegistus ~
in *The Kybalion: A Study of the Hermetic Philosophy of Ancient Egypt and Greece*, 1908

Eye cannot see It,
Tongue cannot utter It,
Mind cannot grasp It.
There is no way to learn or to teach It.
It is different from the known,
Beyond the unknown.
In this all the ancient masters agree.
~ *Upanishads*, c. 1400-c. 800 BCE ~

In a pellucid ocean,
Bubbles arise and dissolve again.
Just so, thoughts are no
Different from ultimate reality,
So don't find fault; remain at ease.
Whatever arises, whatever occurs,
Don't grasp — release it on the spot.
Appearances, sounds, and objects
Are all one's own mind;
There's nothing except mind.
~ Buddha, c. 563-483 BCE ~

Those who understand reality do not see any difference between birth and death and nirvana and ordinary and holy. Objects and knowledge are not two: inner truth and phenomena are fused. Real and conventional are viewed as equal; defilement and purity are one Suchness.
~ Gunabhadra Tripitaka, fl. 424-454 ~
in *Zen Dawn – Early Texts from Tun Huang*, J. C. Cleary, tr., 1986

To return to the root
Is to find the meaning,
To pursue appearances
Is to miss the source.
At the moment of inner enlightenment
There is a going beyond
Appearance and emptiness.
The changes that appear
To occur in the empty world
We call real only
Because of our ignorance.
~ Jianzhi Sengcan, 526-606 ~

What arises through the meeting of conditions
And ceases to exist when these are lacking,
Is artificial like the mirror image;
How can true existence be ascribed to it?
~ Shantideva, 7th C. ~
The Way of the Boddhisattva, Padmakara, tr., 1997

The nature of the one Reality must be known by one's own clear spiritual perception; it cannot be known through a pandit. Similarly the form of the moon can only be known through one's own eyes. How can it be known through others?
~ Shankara, 686-718 ~
Viveka-Chudamani

The true principle is that even reality is not really real, and even falsehood is not unreal.
~ Baizhang Huaihai, 749-814 ~
in *The Pocket Zen Reader*, Thomas Cleary, ed., 1999

The basis of sentient existence is the ocean of knowledge, which is its source. The substance of the flow of conscious existence is the body of Reality. But when feelings arise, knowledge is blocked, so true reality is unknown in everyday life. As mental images change, things differ, with

people tending toward objects of habit and not returning.
~ Huanglong Huinan, 1002-1069 ~
in *Zen Essence: The Science of Freedom*, Thomas Cleary, tr. & ed., 1989

No reality is to be found other than in our hearts and minds.
~ Nichiren, 1222-1282 ~
in *Open Your Mind, Open Your Life: A Book of Eastern Wisdom*, Taro Gold, ed., 2002

To the degree that I believe in the reality of "the other" am I removed from my own reality.
~ Mirza Ghalib, 1797-1869 ~
in Ali Ansari, *Sufism and Beyond: Sufi Thought in the Light of Late 20th Century Science*, 1999

Reality can destroy the dream; why shouldn't the dream destroy reality?
~ George A. Moore, 1852-1933 ~

We must always remember that matter is only an infinitesimal part of the phenomena of nature. The vast part of phenomena which we actually see is not matter. For instance, in every moment of our life what a great part is played by thought and feeling, compared with the material phenomena outside! How vast is this internal world with its tremendous activity! The sense phenomena are very small compared with it.
~ Vivekananda, 1863-1902 ~
The Complete Works of Swami Vivekananda, 1984-1987, 2:159

All is the Self or Brahman. The saint, the sinner, the lamb, the tiger, even the murderer, as far as they have any reality, can be nothing else, because there is nothing else.
~ Ibid., 8:12

There is nothing but the spirits of all things. That is the real world that is behind this one, and everything we hear is something like a shadow from that world.
~ Black Elk, 1864-1950 ~

Matter is less material and the mind less spiritual than is generally supposed. The habitual separation of physics and psychology, mind and matter, is metaphysically indefensible.
~ Bertrand Russell, 1872-1970 ~

The spirit is life; the mind is the builder; the physical is the result.
~ Edgar Cayce, 1877-1945 ~
Reading No. 349-4

There is no reality except the one contained within us.
~ Herman Hesse, 1877-1962 ~

Reality is simply the loss of ego. Destroy the ego by seeking its identity. It will automatically vanish and reality will shine forth by itself. This is the direct method. There is no greater mystery than this, that we keep seeking reality though in fact we *are* reality. We think that there is something hiding our reality and that it must be destroyed before reality is gained. How ridiculous! A day will dawn when you will laugh at all your past efforts. That which will be on the day you laugh is also here and now.
~ Ramana Maharshi, 1879-1950 ~
in *The Enlightened Mind: An Anthology of Sacred Prose*, Stephen Mitchell, ed., 1991

Reality is merely an illusion, albeit a very persistent one.
~ Albert Einstein, 1879-1955 ~

Enough for me the mystery of the eternity of life, and the inkling of the marvelous structure of reality, together with the single-hearted endeavour to comprehend a portion, be it ever so tiny, of the reason that manifests itself in nature.
~ Einstein ~
The World As I See It, Alan Harris, tr., 1956

When the unreality of life strikes my heart, its reality is revealed to me.
~ Hazrat Khan, 1882-1927 ~
in Vilayat Inayat Khan, *Awakening: A Sufi Experience*, 1999

What is meant by "reality"? It would seem to be something very erratic, very undependable – now to be found in a dusty road, now in a scrap of newspaper in the street, now in a daffodil in the sun. It lights up a group in a room and stamps some casual saying. It overwhelms one walking home beneath the stars and makes the silent world more real than the world of speech – and then there it is again in an omnibus in the uproar of Picadilly. Sometimes, too, it seems to dwell in shapes too far away for us to discern what their nature is. But whatever it touches, it fixes and makes permanent. That is what remains over when the skin of the day has been cast into the hedge; that is what is left of past time and of our loves and hates.
~ Virginia Woolf, 1882-1941 ~
A Room of One's Own, 1929

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All our interior world is reality – and that perhaps more so than our apparent world.
~ Marc Chagall, 1887-1985 ~
Artists on Art, 1947

The question is not whether to adjust or to rebel against reality but, rather, how to discriminate between those realities that must be recognized as unalterable and those that we should continue to try to change however unyielding that may appear.
~ Helen Merrell Lynd, 1896-1982 ~
On Shame and the Search for Identity, 1958

The basic thing, whether in art or in life, is "presence of mind." "Presence of mind" is unpredictable. Our so-called will does not control it. We are controlled by "presence of mind" which reveals reality as an absolute mystery.
~ René Magritte, 1898-1967 ~
in *Magritte: The True Art of Painting*, 1979

What we call reality is an agreement that people have arrived at to make life more livable.
~ Louise Nevelson, 1900-1988 ~
in *Newsweek*, 1974 February 4

There is no way to understand things by explaining them individually. This is just an intellectual description. We must have an actual feeling as well. If you can just appreciate each thing, one by one, then you will have pure gratitude. Even though you observe just one flower, that one flower includes everything. It is not just a flower. It is the absolute.
~ Shunryu Suzuki, 1905-1971 ~
Branching Streams Flow in the Darkness: Zen Talks on the Sandokai, Mel Weitsman & Michael Wenger, eds., 1999

I like reality. It tastes of bread.
~ Jean Anouilh, 1910-1987 ~

The externals are simply so many props; everything we need is within us.
~ Etty Hillesum, 1914-1943 ~
An Interrupted Life, 1983

Reality is a staircase going neither up nor down. We don't move, today is today, always is today.
~ Octavio Paz, 1914-1998 ~
"The Endless Instant"

By viewing reality as something that moves from the inside to the outside – as if emerging out of mysterious, unsounded depths – our minds grasp interconnectedness, perceiving patterns of meaningfulness not seen in waking consciousness.
~ Vilayat Khan, 1916-2004 ~
Awakening: A Sufi Experience, 1999

There are no things, only processes.
~ David Bohm, 1917-1992 ~

Our freedom is so much greater than we comprehended. We can learn to shift from reality to reality.
~ Lawrence LeShan, 1920- ~

The what should be never did exist, but people keep trying to live up to it. There is no "what should be," there is only what is.
~ Lenny Bruce, 1923-1966 ~

The facts are always less than what really happened.
~ Nadine Gordimer, 1923- ~

The real distinction is between those who adapt their purposes to reality and those who seek to mould reality in the light of their purposes.
~ Henry Kissinger, 1923- ~
The Necessity for Choice, 1961

Reality cannot be confined by concepts of being, non-being, birth, and death. The term "true emptiness" can be used to describe reality and to destroy all ideas which imprison and divide us and which artificially create a reality. Without a mind free from preconceived ideas, we cannot penetrate reality … Some day reality will reveal itself beyond all conceptualizations and measurements.
~ Thich Nhat Hanh, 1926- ~
The Sun My Heart: From Mindfulness to Insight Contemplation, Arnold Kotler, ed., 1988

We take a handful of sand from the endless landscape of awareness around us and call that handful of sand the world.
~ Robert Pirsig, 1928- ~

We create our own reality because our inner emotional – our subconscious – reality draws us into those situations from which we learn. We experience it as strange things happening to us … we meet the poeople in our lives that we need to learn from. And so we create these circumstances at a very deep metaphysical and subconscious level.
~ Edgar Mitchell, 1930- ~
in Florence Graves, "The Ultimate Frontier: Edgar Mitchell, the Astronaut-Turned-Philosopher Explores *Star Wars*, Spirituality, and How We Create Our Own Reality," *New Age*, 1988 May/June

The effects of observation "couple" or enter into the real world whether we want them to or not. The choices made by an observer alter, in an unpredictable manner, the real physical events. Consciousness is deeply and inextricably involved in this picture, not a byproduct of materiality.
~ Fred Alan Wolf, 1934- ~
The Body Quantum: The New Physics of Body, Mind and Health, 1986

There is no secret. The secret is what is, is; and what isn't, isn't.
~ Werner Erhard, 1935- ~
in *The Listener*, 1978

What an absurd amount of energy I have been wasting all my life trying to figure out how things "really are," when all the time they weren't.
~ Hugh Prather, 1938- ~
Notes to Myself, 1970

The dream is real, my friends. The failure to make it work is the unreality.
~ Toni Cade Bambara, 1939-1995 ~
The Salt Eaters, 1980

Reality is nothing but a collective hunch.
~ Lily Tomlin, 1939- ~

Reality leaves a lot to the imagination.
~ John Lennon, 1940-1980 ~

By itself reality per se isn't worth a damn. It's perception that promotes reality to meaning.
~ Joseph Brodsky, 1940-1996 ~
in *New York Review of Books*, 1981

This life is not real. I conquered the world and it did not bring me satisfaction.
~ Muhammad Ali, 1942- ~

There is only one reality. The names may be many. You do not have to search for God because God is everywhere. There is no way you can go where God is not. Next time you look at a flower, look at it without labels and with the stillness of your being and you will witness rainbows and sunshine, earth, water, wind and space and the infinite void of creation and the universe in that flower. If you go beyond that, you will find God. Ultimately you will experience divine presence in everything you witness and also in the one that is witnessing it.
~ Deepak Chopra, 1947- ~

Reality exists because we agree to it. Whenever reality shifts, the agreement has been changed.
~ Chopra ~
Journey Into Healing: Awakening the Wisdom Within You, 1994

Nature is like a radio band with infinite stations: The reality you are now experiencing is only one station on the band, completely convincing as long as you stay tuned to it, but quite different from the choices that lie on either side.
~ Chopra ~

Material reality is quantum soup. In other words, it is an infinite amount of information and energy at the subatomic level. We selectively interpret and receive a small fraction of this energy and call it everyday reality. The selective interpretation comes from conditioned responses.
~ Chopra ~

Reality is a question of perspective; the further you get from the past, the more concrete and plausible it seems – but as you approach the present, it inevitably seems more and more incredible.
~ Salman Rushdie, 1947- ~
"All-India Radio," *Midnight's Children*, 1981

Reality. What a concept!
~ Robin Williams, 1952- ~

I don't rack my brains worrying about the separation between fiction and reality. Fiction is our reality. Reality is our imagination.
~ Chenjerai Hove, 1956- ~
Prologue, *Shebeen Tales: Messages from Harare*, 1997

This world is only an appearance on the screen of pure consciousness, as was the appearance of so many other civilizations that came and went before ours. It is just like the appearance of a film we see on the cinema screen. We can see all kinds of things like love and death, war and happiness, but when the film is over, the screen returns back to like it was; that, I feel, is our true reality. Reality is that screen, and we are this eminent reality.
~ Kamal ~
in Derek Biermann, *Samadhi: Personal Journeys to Spiritual Truth*, 2000

I or we don't exist in reality; rather, that reality exists within us.
~ Tara Vasanti ~
in Derek Biermann, *Samadhi: Personal Journeys to Spiritual Truth*, 2000

RECIPROCITY / REFLECTION

Related States & Conditions: Cause, Congruence/Resonance, Connection/Interbeing/Interdependence, Influence/Effect, Manifestation, Oneness/Unity/Wholeness, Relationship, Relativity

Syntonic: Acceptance, Appreciation, Attention/Awareness, Compassion/Empathy/Kindness, Flexibility/Flow/Flux, Giving/Serving, Openness/Receptivity, Release, Respect, Responsibility, Tolerance, Understanding, Wisdom

Dystonic: Anger, Avoidance/Denial/Refusal, Conflict/Opposition, Criticism/Judgment, Delusion, Depression/Despair/Distress, Fault, Fear, Hate, Jealousy/Envy, Limitation, Revenge, War/Aggression/Violence, Worry

While All is in THE ALL, it is equally true that THE ALL is in All. To him who understands this truth hath come great knowledge ... As above, so below; as below, so above.
~ Hermes Trismegistus ~
in *The Kybalion: A Study of the Hermetic Philosophy*, 1908

They know themselves; they know the Cosmos as well.
~ Khemetic Saying ~
Temt Tchaas: Egyptian Proverbs, Muata Ashaya Ashby, ed., 1994

A good deed returns to those who do it.
~ *Book of Khun-Anup (The Eloquent Peasant)* ~
in *Kemet and the African Worldview*, Maulana Karenga and Jacob Carruthers, eds., 1986

When a person mistrusts the other members of the community, he will find himself more and more alienated from it. The faults that one perceives in others are often found to be present in oneself.
~ *Yi Jing*, c. 1150 BCE ~
"Tung Jen: Companionship," in *The Photographic I Ching*, Dhiresha McCarver, tr., 1997

Your own soul is nourished when you are kind; it is destroyed when you are cruel.
~ Solomon, 10th C. BCE ~
in *The Bible*, Proverbs 11:17

Consider others as yourself.
~ Buddha, c. 563-483 BCE ~
Dhammapada

This is the sum of duty: Do naught unto others which would cause you pain if done to you.
~ *Mahabharata*, 5:1517 ~

Help thy brother's boat across, and lo! thine own has reached the shore.
~ Hindu Saying ~

Regard your neighbor's gain as your own gain and your neighbor's loss as your own loss.
~ *T'ai Shang Kan Ying P'ien* ~
Paul Carus & Teitaro Suzuki, trs., 1906

Tsze-Kung asked, "Is there one word which may serve as a rule of practice for all of one's life?" The Master said, "Is not reciprocity such a word? What you do not want done to yourself, do not do to others."
~ Kongfuzi, c. 551-c. 479 BCE ~
Analects

Now the man of perfect virtue, wishing to be established himself, seeks also to establish others; wishing to be enlarged himself, he seeks also to enlarge others. To be able to judge of others by what is nigh in ourselves: this may be called the art of virtue.
~ Ibid.

He who wishes to secure the good of others has already secured his own.
~ Ibid.

Let him that would move the world, first move himself.
~ Socrates, 469-399 BCE ~

That nature alone is good which refrains from doing unto another whatsoever is not good for itself.
~ *Dadistan-I-Dinik*, 94:5 ~
Zoroastrian Sacred Text

Man can see his reflection in water only when he bends down close to it; and the heart of man, too, must lean down to the heart of his fellow; then will it see itself within his heart.
~ Hasidic Saying ~

There is nothing more lovable than myself in all directions. In the same way, for other people, they themselves are most lovable. Therefore, treat not others in ways that you yourself would find hurtful.
~ *Udana-Varga*, 5:18 ~
Buddhist Sacred Text

What is hateful to you, do not to your fellowman. That is the entire law; all the rest is commentary.
~ Hillel, the Elder, c. 60 BCE-c. 10 CE ~
Talmud, Shabbat, 31A

He that does good to another does good also to himself, not only in the consequence but in the very act. For the consciousness of well-doing is in itself ample reward.
~ Seneca, c. 4 BCE-65 CE ~

All things whatsoever ye would that men should do to you, do ye even so to them: for this is the Law and the Prophets.
~ Jesus of Nazareth, c. 5-38 CE ~
in *The Bible*, Matthew 7:12

With what measure ye mete, it shall be meted to you.
~ Ibid., Mark 4:24

Pouring yourself out makes the universe do the same.
~ Jesus ~
Gospel of Matthew, 6:33, Peshitta Version

My friend, in the midst of the present upsetting conditions of life, your own healing begins by not being unkind to any other human being. The person who is not straightened out to your satisfaction still belongs to you. You are part of every other person because all alike are one in being human.
~ Augustine of Hippo, 354-430 ~

Whoever is kind to the creatures of God is kind to himself.
~ Muhammad, c. 570-632 ~

No one of you is a believer until he desires for his brother that which he desires for himself.
~ Muhammad ~
Sunnah

He who helps in the saving of others, saves himself as well.
~ Hartmann von Aue, 1170-1215 ~

It is to the extent in which man knows himself that he will manage to know God … man is in truth God and God is in truth man.
~ Meister Eckhart, 1260-1327 ~

If you cannot mould yourself to such as you would wish, how can you expect others to be entirely to your liking?
~ Thomas à Kempis, c. 1380-1471 ~
De Imitatione Christi, I.16, c. 1418

First keep the peace within yourself, then you can also bring peace to others.
~ à Kempis ~

People see others in terms of themselves. If you are ambitious, that is the way you see others. If you are greedy, you see others in terms of desire.
~ Bunan, 1603-1676 ~
in *The Pocket Zen Reader*, Thomas Cleary, ed., 1999

Be a friend to thyself, and others will be too.
~ Thomas Fuller, 1608-1661 ~

The confidence we have in others stems directly from our confidence in ourselves.
~ François de La Rochefoucauld, 1613-1680 ~

When the mind is transparent and pure
As if reflected on the
Mirror-like surface of the water,
There is nothing in the world
That you would dislike.
When it is serene as the
Light breeze in the sunshine,
There will be no one
Whom you would like to forget.
~ Bada Shanren, c. 1625-c. 1705 ~

The very society of joy redoubles it; so that, while it lights upon my friend it rebounds upon myself, and the brighter his candle burns the more easily will it light mine.
~ Robert South, 1634-1716 ~

We never remark any passion or principle in others, of which, in some degree or other, we may not find a parallel in ourselves.
~ David Hume, 1711-1776 ~

When we know to read our own hearts, we acquire wisdom of the hearts of others.
~ Denis Diderot, 1713-1784 ~

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Give to every other human being every right that you claim for yourself – that is my doctrine.
~ Thomas Paine, 1737-1809 ~

An effort made for the happiness of others lifts us above ourselves.
~ Lydia M. Child, 1802-1880 ~

It is one of the most beautiful compensations of this life that no man can sincerely try to help another without helping himself.
~ Ralph Waldo Emerson, 1803-1882 ~

People seem not to see that their opinion of the world is also a confession of character.
~ Emerson ~

The world is a looking glass, and gives back to every man the reflection of his own face. Frown at it and it will in turn look sourly upon you; laugh at it and with it, and it is a jolly kind companion.
~ William Makepeace Thackeray, 1811-1863 ~

We cannot live only for ourselves. A thousand fibers connect us with our fellow men; and among those fibers, as sympathetic threads, our actions run as causes, and they come back to us as effects.
~ Herman Melville, 1819-1891 ~

We are never more discontented with others than when we are discontented with ourselves. The consciousness of wrongdoing makes us irritable, and our heart in its cunning quarrels with what is outside it, in order that it may deafen the clamor within.
~ Henri-Frédéric Amiel, 1821-1881 ~

The best way to cheer yourself up is to try to cheer somebody else up.
~ Mark Twain, 1835-1910 ~

Those who are concerned with making the world more healthy had best start with themselves.
~ William James, 1842-1910 ~

A sure way for one to lift himself up is by helping to lift someone else.
~ Booker T. Washington, 1856-1915 ~
Daily Resolves, 1896

We awaken in others the same attitude of mind we hold toward them.
~ Elbert Hubbard, 1856-1915 ~

Those who bring sunshine into the lives of others cannot keep it from themselves.
~ J. M. Barrie, 1860-1937 ~

He who would know the world seek first within his being's depths; he who would truly know himself develop interest in the world.
~ Rudolf Steiner, 1861-1925 ~
How to Know Higher Worlds, 1994

You are told you should love your neighbor as yourself; but if you love yourself measly, childishly, timidly, even so shall you love your neighbor. Learn therefore to love yourself with a love that is wise and healthy, that is large and complete.
~ Maurice Maeterlinck, 1862-1949 ~

We should never try to be guardians of mankind, or to stand on a pedestal as saints reforming sinners. Let us rather purify ourselves, and the result must be that in so doing we shall help others.
~ Vivekananda, 1863-1902 ~
The Complete Works of Swami Vivekananda, 1984-1987, 8:20, 1926

Who is dissatisfied with others is dissatisfied with himself. Our arrows rebound on us.
~ Alain Chartier, 1868-1951 ~
Propos d'un normand, 1906-1914

The game of life is a game of boomerangs. Our thoughts, deeds, and words return to us sooner or later, with astounding accuracy.
~ Florence Scovel Shinn, 1871-1940 ~

Man is organic with the world. His inner life molds the environment and is itself deeply affected by it. The one acts upon the other and every abiding change in the life of man is the result of these mutual reactions.
~ Shoghi Effendi Rabbani, 1896-1957 ~
Letter, 1933 February 17 in *Conservation of the World's Resources*

We meet ourselves time and again in a thousand disguises on the path of life … Everything that irritates us about others can lead us to an understanding of ourselves.
~ Carl Jung, 1875-1961 ~

We know that the mask of the unconscious is not rigid – it reflects the fact we turn towards it. Hostility lends it a threatening aspect, friendliness softens its features.
~ Jung ~

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If we hate a person, we hate something in our image of him that lies within ourselves. What is not within ourselves doesn't upset us.
~ Herman Hesse, 1877-1962 ~
Demian, 1919

When you bow deeply to the universe, it bows back; when you call out the name of God, it echoes inside you.
~ Morihei Ueshiba, 1883-1969 ~
The Art of Peace, John Stevens, tr., 1992

I will help you to approach if you approach, and to keep away if you keep away.
~ Antonio Porchia, 1886-1968 ~
Voices, W. S. Merwin, tr., 1988

Life is a mirror reflecting your images of thought. If you see confusion in this mirror, don't blame the law of reflection, don't even bother to blame yourself, but be willing to acknowledge that this confusion must be a reflection of your own consciousness ... Learn to sit at home with the cause, to reaffirm your position in life, to remold your consciousness, and you will see that the reflections will change.
~ Ernest Holmes, 1887-1960 ~
This Thing Called You, 1948

Love life and life will love you back. Love people and they will love you back.
~ Artur Rubinstein, 1887-1982 ~

In our tendency to abuse and destroy others, there is an open or hidden tendency to abuse and to destroy ourselves. Cruelty towards others is always also cruelty towards ourselves.
~ Paul Tillich, 1888-1965 ~
"You Are Accepted"

Self-love is not opposed to the love of other people. You cannot really love yourself and do yourself a favor without doing other people a favor, and vice versa.
~ Karl Menninger, 1893-1990 ~
A Psychiatrist's World, 1959

To see ourselves as others see us is a most salutary gift. Hardly less important is the capacity to see others as they see themselves.
~ Aldous Huxley, 1894-1963 ~
The Doors of Perception, 1954

We need a certain kindness and generosity to ourselves before we learn kindness and generosity to others.
~ Lin Yutang, 1895-1976 ~
The Importance of Living, 1937

If you are serious about the sufferings of mankind, you must perfect the only source of help you have – yourself.
~ Nisargadatta, 1897-1981 ~

A workable and effective way to meet and overcome difficulties is to take on someone else's problems. It is a strange fact, but you can often handle two difficulties – your own and someone else's – better than you can handle your own alone. That truth is based on a subtle law of self-giving or outgoingness whereby you develop a self-strengthening in the process.
~ Norman Vincent Peale, 1898-1993 ~

"Do not do to others what you would not have them do to you" is one of the most fundamental principles of ethics. But it is equally justifiable to state: Whatever you do to others, you also do to yourself.
~ Erich Fromm, 1900-1980 ~

When you make a world tolerable for yourself you make a world tolerable for others.
~ Anaïs Nin, 1903-1977 ~
The Diary of Anaïs Nin, Vol. V, Gunther Stuhlmann, ed., 1974

When one is a stranger to oneself then one is estranged from others too. If one is out of touch with oneself, then one cannot touch others.
~ Anne Morrow Lindbergh, 1906-2001 ~
Gift from the Sea, 1955

A hurtful act is the transference to others of the degradation which we bear in ourselves.
~ Simone Weil, 1909-1943 ~

When a person feels himself inwardly empty, as is the case with so many modern people, he experiences nature around him as dried up, dead. The two experiences of emptiness are two sides of the same state of impoverished relation to life.
~ Rollo May, 1909-1994 ~

We receive love – from our children as well as others – not in proportion to our demands or sacrifices or needs, but roughly in proportion to our own capacity to love.
~ May ~
Man's Search for Himself, 1953

When you meet anyone, remember it is a holy encounter. As you treat them you will treat yourself. As you think of them you will think of yourself. Never forget this, for in them you will find yourself or lose your Self.
~ Helen Schucman, 1910-1981 ~
A Course in Miracles, 1975

God is as dependent on you as you are on Him.
~ Mahalia Jackson, 1911-1972 ~

Do not be too quick to assume your enemy is a savage just because he is your enemy. Perhaps he is your enemy because he thinks you are a savage. Or perhaps he is afraid of you because he feels that you are afraid of him. And perhaps if he believed you were capable of loving him he would no longer be your enemy.
~ Thomas Merton, 1915-1968 ~
Seeds of Contemplation, 1949

My life and death are not purely and simply my own business. I live by and for others, and my death involves others.
~ Merton ~

You make yourself and others suffer just as much when you take offence as when you give offence.
~ Ken Keyes, 1921-1995 ~
Handbook to Higher Consciousness, 1975

A loving person lives in a loving world. A hostile person lives in a hostile world. Everyone you meet is your mirror.
~ Ibid.

When we seek to discover the best in others, we somehow bring out the best in ourselves.
~ William Arthur Ward, 1921- ~

It is a terrible, an inexorable, law that one cannot deny the humanity of another without diminishing one's own: in the face of one's victim, one sees oneself.
~ James Baldwin, 1924-1987 ~
"Fifth Avenue, Uptown," *Esquire*, 1960

If you know, accept and appreciate yourself and your uniqueness, you will permit others to do so. If you value and appreciate the discovery of yourself, you will encourage others to engage in self-discovery. If you recognize your need to be free to discover who you are, you will allow others their freedom to do so, also. When you realize you are the best you, you will accept the fact that others are the best they.
~ Leo Buscaglia, 1924-1998 ~
Love, 1972

The moment you have protected an individual you have protected society.
~ Kenneth Kaunda, 1924- ~
in *The Observer*, 1962

It's hard to make your adversaries real people unless you recognize yourself in them – in which case, if you don't watch out, they cease to be your adversaries.
~ Flannery O'Connor, 1925-1964 ~

When we learn not to judge others – and totally accept them, and not want to change them – we can simultaneously learn to accept ourselves.
~ Gerald Jampolsky, 1925- ~
Love Is Letting Go of Fear, 1979

You are there because I am here. We inter-are. If we do not exist, nothing exists. Subject and object, host and guest, are part of each other … The blue sky in the west and the pink horizon in the east exist only in my consciousness. Blue does not have a separate life, nor does pink. They are only pink and blue in my consciousness. It is the same with birth and death, same and different, coming and going. These are images in your consciousness. If you look into my eyes, you will see yourself. If you are radiant, my eyes will be radiant. If you are miraculous, my consciousness will be miraculous. If you are distant and remote, I will be distant and remote. Look into my eyes and you will know if your universe is bright or dark, infinite or finite, mortal or immortal.
~ Thich Nhat Hanh, 1926- ~
Fragrant Palm Leaves: Journals 1962-1966, 1998

He is no fool who gives what he cannot keep to gain what he cannot lose.
~ Jim Elliot, 1927-1956 ~

Until we take how we see ourselves (and how we see others) into account, we will be unable to understand how others see and feel about themselves and their world. Unaware, we will project our intentions on their behavior and call ourselves objective.
~ Stephen Covey, 1932- ~
The 7 Habits of Highly Effective People, 1989

Choose to love and make others happy, and your life will change, because you will find happiness and love in the process. The first step towards inner peace is to decide to give love, not receive it.
~ Bernie Siegel, 1932- ~
Love, Medicine & Miracles, 1986

What is within is without; if we value ourselves, we must value all else and express this in thought and action: a reverence for all life is our salvation and fulfillment.
~ Michael W. Fox, 1937- ~

Not until we have discovered the extent of our own programmed fears can we forgive the imperfections and weaknesses of others. When we have touched the healthy center in ourselves, we know it exists in others, whatever their outward behavior.
~ Marilyn Ferguson, 1938- ~
The Aquarian Conspiracy, 1980

Satori ... this fundamental experience ... is intimately related to the universal interfusion in which all the atoms of the human body participate both reciprocally and in relation with the whole Universe.
~ Robert Linssen, 1940- ~

It is essential that we understand that taking care of the planet will be done *as* we take care of ourselves. You know that you can't really make much of a difference in things until you change yourself.
~ Alice Walker, 1944- ~

We project our negative feelings about ourselves onto others, getting compulsively annoyed by behavior in others we try to suppress in ourselves. What we internalize as bad about ourselves, we tend to see exaggeratedly in others, and we judge them to protect ourselves from our own self-judgment.
~ Toby Johnson, 1945- ~
Gay Spirituality: The Role of Gay Identity in the Transformation of Human Consciousness, 2000

When you resist the flow of life, you are actually resisting your own inner nature, for everything that happens to us is a reflection of who we are.
~ Deepak Chopra, 1947- ~
Journey Into Healing: Awakening the Wisdom Within You, 1994

Are you polluting the world or cleaning up the mess? You are responsible for your inner space; nobody else is, just as you are responsible for the planet. As within, so without: If humans clear inner pollution, then they will also cease to create outer pollution.
~ Eckhard Tolle, 1948- ~
The Power of Now: A Guide to Spiritual Enlightenment, 1999

Our self-perception determines our behavior. If we think we're small, limited, inadequate creatures, then we tend to behave that way, and the energy we radiate reflects those thoughts no matter what we do. If we think we're magnificent creatures with an infinite abundance of love and power to give, then we tend to behave that way. Once again, the energy around us reflects our state of awareness.
~ Marianne Williamson, 1952- ~
A Return to Love, 1992

I discovered a long time ago that if I helped people get what they wanted, I would always get what I wanted and I would never have to worry.
~ Anthony J. Robbins, 1960- ~

Each of us has a spark of life inside us, and our highest endeavor ought to be to set off that spark in one another.
~ Kenny Ausubel ~

We cannot hold a torch to light another's path without brightening our own.
~ Ben Sweetland ~

The law of karma is an impersonal energy dynamic. When its effects are personalized, that is, experienced from the point of view of the personality, they are experienced as a reversal in the direction, a coming back to the intender, of the energy of his or her intention ... The person who intends hatred for others experiences the intention of hatred from others. The person who intends love for others experiences the intention of love from others, and so forth. The Golden Rule is a behavioral guide that is based upon the dynamic of karma. A personalized statement of karma would be, "You receive from the world what you give to the world."
~ Gary Zukav ~
The Seat of the Soul, 1990

If you wish the world to become loving and compassionate, become loving and compassionate yourself. If you wish to diminish fear in the world, diminish your own. These are the gifts that you can give.
~ Zukav ~

REGRET

Related States & Conditions: Grief/Sorrow, Guilt, Memory, Questioning/Doubt, Suffering

Syntonic: Acceptance, Compassion/Empathy/Kindness, Confidence, Determination/Persistence/Resolve, Flexibility/Flow/Flux, Forgiveness, Openness/Receptivity, Optimism/Positivism, Release, Renewal, Responsibility

Dystonic: Anger, Avoidance/Denial/Refusal, Conflict/Opposition, Criticism/Judgment, Defeat, Delusion, Depression/Despair/Distress, Fault, Fear, Hate, Jealousy/Envy, Limitation, Revenge, War/Aggression/Violence, Worry

It is equally pointless to weep because we won't be alive a hundred years from now as that we were not here a hundred years ago.
~ Michel de Montaigne, 1533-1592 ~

For of all sad words of tongue or pen,
The saddest are these: "It might have been!"
~ John Greenleaf Whittier, 1807-1892 ~
Maud Muller, 1867

The man who insists upon seeing with perfect clearness before he decides, never decides. Accept life and you must accept regret.
~ Henri-Frédéric Amiel, 1821-1881 ~

Regrets are idle; yet history is one long regret. Everything might have turned out so differently.
~ Charles Warner, 1829-1900 ~
My Summer in a Garden, 1871

Looking back, I have this to regret, that too often when I loved, I did not say so.
~ David Grayson, 1870-1946 ~

We are more inclined to regret our virtues than our vices; but only the very honest will admit this.
~ Holbrook Jackson, 1874-1948 ~
Platitudes in the Making, 1910

When a thing is done, it's done. Don't look back. Look forward to your next objective.
~ George C. Marshall, 1880-1959 ~

We should have no regrets. We should never look back. The past is finished. There is nothing to be gained by going over it. Whatever it gave us in the experiences it brought us was something we had to know.
~ Rebecca Beard, b. 1885 ~
Everyman's Search, 1951

Make it a rule of life never to regret and never to look back. It is an appalling waste of energy; you can't build on it; it's only good for wallowing in.
~ Katherine Mansfield, 1888-1923 ~

Chronic remorse, as all the moralists are agreed, is a most undesirable sentiment. If you have behaved badly, repent, make what amends you can and address yourself to the task of behaving better next time. On no account brood over your wrongdoing. Rolling in the muck is not the best way of getting clean.
~ Aldous Huxley, 1894-1963 ~

When I consider how my life is spent,
I hardly ever repent.
~ Ogden Nash, 1902-1971 ~
Reminiscent Reflection, 1931

Regret for the things we did can be tempered by time; it is regret for the things we did not do that is inconsolable.
~ Sydney J. Harris, 1917-1986 ~
Strictly Personal, 1953

When I look back, usually I'm sorry for the things I didn't do rather than for the things I shouldn't have done.
~ Malcolm S. Forbes, 1919-1990 ~

If a man spent his life looking over his shoulder at every possible branching of his path he could have taken, he would never accomplish anything. One must learn from history so as not to repeat it, but one must not waste one's energy or time worrying about what might have been.
~ Steve Perry, 1947- ~

RELATIONSHIP

Related States & Conditions: Collaboration/Synergy, Connection/Interbeing/Interdependence, Engagement/Integration/Involvement, Friendship, Influence/Effect, Love-Agape, Love-Eros, Reciprocity/Reflection, Synthesis

Syntonic: Acceptance, Affirmation/Approval, Appreciation, Communication, Compassion/Empathy/Kindness, Congruence/Resonance, Disclosure/Veracity, Flexibility/Flow/Flux, Forgiveness, Giving/Serving, Humor/Laughter, Listening, Openness/Receptivity, Release, Renewal, Respect, Responsibility, Sincerity/Authenticity, Tact/Discretion, Trust, Understanding

Dystonic: Anger, Avoidance/Denial/Refusal, Conflict/Opposition, Criticism/Judgment, Delusion, Fault, Fear, Greed, Guilt, Hate, Jealousy/Envy, Limitation, Revenge, War/Aggression/Violence, Worry

As travellers meet by chance on the way, so does man meet a wife, children, relatives, and friends; let him therefore be in the world and yet separate from it.
~ *Srimad Bhagavata* ~

My closest relation is myself.
~ Terence, c. 190-159 BCE ~
Andria, 166 BCE

There are no snares more dangerous than those which lurk under the guise of duty or the name of relationship.
~ Cicero, 106-43 BCE ~

Those have most power to hurt us that we love.
~ John Fletcher, 1579-1625 ~

Be civil to all; sociable to many; familiar with few; friend to one; enemy to none.
~ Benjamin Franklin, 1706-1790 ~

Relations are made by fate, friends by choice.
~ Jacques Delille, 1738-1813 ~
Malheur et pitié, 1803

We ought not to isolate ourselves, for we cannot remain in a state of isolation. Social intercourse makes us the more able to bear with ourselves and with others.
~ Johann von Goethe, 1749-1832 ~

If any individual live too much in relations, so that he becomes a stranger to the resources of his own nature, he falls, after a while, into a distraction, or imbecility, from which he can only be cured by a time of isolation, which gives the renovating fountain time to rise up.
~ Margaret Fuller, 1810-1850 ~
The Portable Margaret Fuller, Mary Kelley, ed., 1994

To be fit for relations in time, souls, whether of man or woman, must be able to do without them in spirit.
~ Ibid.

Sorrow shared is halved and joy shared is doubled.
~ Native American Saying ~

Life is short and we never have enough time for gladdening the hearts of those who travel the way with us. O, be swift to love! Make haste to be kind.
~ Henri-Frédéric Amiel, 1821-1881 ~

Children begin by loving their parents; as they grow older they judge them; sometimes they forgive them.
~ Oscar Wilde, 1856-1900 ~

Many people are greatly enslaved by what we term ties of relationship. It is well, however, for us to remember that our true relatives are not necessarily those who are connected to us by ties of blood. Our true relatives are those who are nearest akin to us in mind, in soul, in spirit.
~ Ralph Waldo Trine, 1866-1958 ~

Only someone who is ready for everything, who doesn't exclude any experience, even the most incomprehensible, will live the relationship with another person as something alive and will himself sound the depths of his own being.
~ Rainer Maria Rilke, 1875-1926 ~

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The meeting of two personalities is like the contact of two chemical substances; if there is any reaction, both are transformed.
~ Carl Jung, 1875-1961 ~

One never reaches home, but wherever friendly paths intersect, the whole world looks like home for a time.
~ Herman Hesse, 1877-1962 ~

In a real conversation, a real lesson, a real embrace … in all these, what is essential takes place between them in a dimension which is accessible only to them both … If I and another "happen" to one another, the sum does not exactly divide. There is a remainder somewhere, where the souls end and the world has not yet begun.
~ Martin Buber, 1878-1965 ~

Anything, everything, little or big becomes an adventure when the right person shares it. Nothing, nothing, nothing is worthwhile when we have to do it all alone.
~ Kathleen Norris, 1880-1966 ~
Hands Full of Living, 1931

The most empowering relationships are those in which each partner lifts the other to a higher possession of their own being.
~ Pierre Teilhard de Chardin, 1881-1955 ~

The most effective way to achieve right relations with any living thing is to look for the best in it, and then help that best into the fullest expression.
~ J. Allen Boone, b. 1882 ~
Kinship With All Life, 1954

A relationship is placing one's heart and soul in the hands of another while taking charge of another in one's soul and heart.
~ Khalil Gibran, 1883-1931 ~

The most wonderful of all things in life, I believe, is the discovery of another human being with whom one's relationship has a glowing depth, beauty, and joy as the years increase. This inner progressiveness of love between two human beings is a most marvelous thing, it cannot be found by looking for it or by passionately wishing for it. It is a sort of Divine accident.
~ Hugh Walpole, 1884-1941 ~

Only in relationship do you see the face of what is.
~ Jiddu Krishnamurti, 1895-1986 ~
Krishnamurti's Journal, 1982

Relationship *is* life, and this relationship is a constant movement, a constant change.
~ Krishnamurti ~
You Are the World, 1972

Only in relationship can you know yourself, not in abstraction and certainly not in isolation.
~ Krishnamurti ~

Time necessarily brings changes in any relation, and one must be prepared to recognize these changes and to grow and to change with time. But if one can believe that it is possible for the greater knowledge that two persons may acquire of each other in the course of time to bring also greater respect and love, then – beyond the inevitabilities of human life cycles – one need not fear time.
~ Helen Merrell Lynd, 1896-1982 ~
On Shame and the Search for Identity, 1958

Happiness is having a large, loving, caring, close-knit family in another city.
~ George Burns, 1896-1996 ~

Man is a knot, a web, a mesh, into which relationships are tied. Only these relationships matter.
~ Antoine de Saint-Exupéry, 1900-1944 ~
Flight to Arras, 1942

The superficial character of human relationships leads many to hope that they can find depth and intensity of feeling in individual love. But love for one person and love for one's neighbor are indivisible; in any given culture, love relationships are only a more intense expression of the relatedness to man prevalent in that culture.
~ Erich Fromm, 1900-1980 ~
Man for Himself, 1947

When we speak of "keeping in touch" we know whereof we speak, that it is not a mere metaphor but a consummation much to be desired.
~ Ashley Montagu, 1905-1999 ~

Security in a relationship lies neither in looking back to what was in nostalgia, nor forward to what it might be in dread or anticipation, but living in the present relationship and accepting it as it is now.
~ Anne Morrow Lindbergh, 1906-2001 ~
Gift from the Sea, 1955

A good relationship has a pattern like a dance … To touch heavily would be to arrest the pattern and freeze the movement, to check the endlessly changing beauty of its unfolding. There is no place here for the possessive clutch, the clinging arm, the heavy hand; only the barest touch in passing.
~ Ibid.

Almost all of our relationships begin and most of them continue as forms of mutual exploitation, a mental or physical barter, to be terminated when one or both parties runs out of goods.
~ W. H. Auden, 1907-1973 ~

Associations formed in this earth life are not necessarily for the duration of the life span. Separation takes place constantly, and as long as it takes place lovingly, not only is there no spiritual injury, but spiritual progress may actually be helped.
~ Peace Pilgrim, 1908-1981 ~
Peace Pilgrim: Her Life and Work in Her Own Words, 1982

You do not possess any other human being, no matter how close that other may be. No husband owns his wife; no wife owns her husband; no parents own their children. When you think you possess people there is a tendency to run their lives for them.
~ Peace Pilgrim ~

The world is nothing but a school of love, our relationships with our husband or wife, with our children and parents, with our friends and relatives are the university in which we are meant to learn what love and devotion truly are.
~ Paramahansa Muktananda, 1908-1982 ~
in Julia Cameron, *Transitions: Prayers and Declarations for a Changing Life*, 1999

The consuming desire of most human beings is deliberately to plant their whole life in the hands of some other person. I would describe this method of searching for happiness as immature.
~ Quentin Crisp, 1908-1999 ~

For an unholy relationship is based on differences, where each one thinks the other has what he has not. They come together each to complete himself and rob the other. They stay until they think that there is nothing left to steal, and then move on. And so they wander through a world of strangers, unlike themselves, living with their bodies perhaps under a common roof that shelters neither; in the same room and yet a world apart. A holy relationship starts from a different premise. Each one has looked within and seen no lack. Accepting his completion, he would extend it by joining with another, whole as himself.
~ Helen Schucman, 1910-1981 ~
A Course in Miracles, 1975

Go behind the apparent circumstances of the situation and locate the love in yourself and in all others involved in the situation.
~ Mother Teresa, 1910-1997 ~

Human relations just are not fixed in their orbits like the planets – they're more like galaxies, changing all the time, exploding into light for years, then dying away.
~ May Sarton, 1912-1995 ~

If a relationship is based on "what am I getting?" all is lost.
~ Ossie B. Davis, 1917-2005 ~

Never idealize others. They will never live up to your expectations. Don't over-analyze your relationships. Stop playing games. A growing relationship can only be nurtured by genuineness.
~ Leo Buscaglia, 1924-1998 ~

We hope to share the experience of a relationship, but the only honest beginning, or even end, may be to share the experience of its absence.
~ R. D. Laing, 1927-1989 ~
The Politics of Experience, 1967

To meet a person at his center is to pass through a revolution in yourself. If you want to meet someone at his center, you will have to allow him to reach your center also.
~ "Osho" Rajneesh, 1931-1990 ~

The most important ingredient we put into any relationship is not what we say or what we do, but what we are. And if our words and our actions come from superficial human relations techniques (the Personality Ethic) rather than from our own inner core (the Character Ethic), others will sense that duplicity. We simply won't be able to sustain the foundation necessary for effective interdependence.
~ Stephen Covey, 1932- ~
The 7 Habits of Highly Effective People, 1989

The odds of not meeting in this life are so great that every meeting is like a miracle. It's a wonder that we don't make love to every single person we meet.
~ Yoko Ono, 1933- ~
Sleeve notes, *Feeling the Space*, 1973

I don't need a man to rectify my existence. The most profound relationship we'll ever have is the one with ourselves.
~ Shirley MacLaine, 1934- ~

It takes time and deeds, and this involves trust, it involves making ourselves vulnerable to each other, to strip ourselves naked, to become sitting ducks for each other – and if one of the ducks is shamming, then the sincere duck will pay in pain – but the deceitful duck, I feel, will be the loser.
~ Eldridge Cleaver, 1935-1998 ~
Soul on Ice, 1968

The bond that links your true family is not one of blood, but of respect and joy in each other's life. Rarely do members of one family grow up under the same roof.
~ Richard Bach, 1936- ~
Illusions: The Adventures of a Reluctant Messiah, 1997

Mutual loving confrontation is a significant part of all successful and meaningful human relationships. Without it the relationship is either unsuccessful or shallow.
~ M. Scott Peck, 1936-2005 ~
The Road Less Travelled, 1978

If you are committed to a relationship, you must stick with it through thick and thin. Instead of looking for ways to get out, look for ways to work it out. When you are involved in a relationship, a career, or a task, you shouldn't look for reasons to fail, even if you failed in the past. You must look for reasons to succeed, because you have a purpose.
~ Famous Amos, 1937- ~
Watermelon Magic, 1996

Because there is continuous change in a transformative relationship, there can be no taking for granted. Each partner is awake to the other. The relationship is always new, an experiment, free to become whatever it will. It rests on the security that comes from giving up absolute certainty. The transformative relationship defines itself; it does not conform to what society says it should be but serves only the needs of the participants. There may be guiding principles, even flexible agreements, but no rules.
~ Marilyn Ferguson, 1938- ~
The Aquarian Conspiracy, 1980

No relationship can provide everything needed for the complete experience of being yourself.
~ David Viscott, 1938-1996 ~

The highest love a person can have for you is to wish for you to evolve into the best person you can be. No one owns you, no matter what your relationship.
~ Viscott ~

There is no beauty but in relationships. Nothing cut off by itself is beautiful. Never can things in destructive relationships be beautiful. All beauty is in the creative purpose of our relationships.
~ Ayi Kwei Armah, 1939- ~

When any relationship is characterized by difference, particularly a disparity in power, there remains a tendency to model it on the parent-child-relationship. Even protectiveness and benevolence toward the poor, toward minorities, and especially toward women have involved equating them with children.
~ Catherine Bateson, 1939- ~

You are in a great number of relationships, all of which have validity, but they come and go just like your life here in form comes from no-where and goes to now-here and then back to no-where. It is a relationship of coming and going, and thus it changes … There are no failed relationships. Every person who enters and exits your life does so in a mutual sharing of life's divine lessons. Some have longer roles to play than others, but ultimately, you will return to your relationship to the absolute.
~ Wayne Dyer, 1940- ~
Your Sacred Self, 1995

If a relationship is ever going to work … we must surrender to each other … give up possession of the power over each other.
~ Stewart Emery, 1941- ~

At the critical juncture in all human relationships, there is only one question: What would love do now?
~ Neale Donald Walsch, 1943- ~
Conversations With God, Book 1, 1995

Intimate relationships cannot substitute for a life plan. But to have any meaning or viability at all, a life plan must include intimate relationships.
~ Harriet Lerner, 1944- ~
in *Words of Women, Quotations for Success*, 1997

Underground issues from one relationship or context invariably fuel our fires in another.
~ Lerner ~

Our relationships are our mirrors; they reflect where we are in consciousness. And if we are able to face the truth about ourselves, our relationships offer the lessons that lead to our greatest transformation.
~ Susan L. Taylor, 1946- ~
Lessons in Living, 1995

The people we are in relationship with are always a mirror, reflecting our own beliefs, and simultaneously we are mirrors, reflecting their beliefs.
~ Shakti Gawain, 1948- ~
Creative Visualization, 1978

Our primary relationship is really with ourselves … Our relationships with other people constantly reflect exactly where we are in the process.
~ Gawain ~

The greatest catalyst for change in a relationship is complete acceptance of your partner as he or she is, without needing to judge or change them in any way. That immediately takes you beyond ego. All mind games and all addictive clinging are then over. There are no victims and no perpetrators anymore, no accuser and accused. This is also the end of codependency, of being drawn into somebody else's unconscious pattern and thereby enabling it to continue. You will then either separate – in love – or move even more deeply into the Now together – into Being.
~ Eckhard Tolle, 1948- ~
The Power of Now: A Guide to Spiritual Enlightenment, 1999

When we enter into any relationship with the premise that we are empty and the other person will fill us in, we are sure to fail. We can only win when we proceed from wholeness.
~ Alan Cohen, 1950- ~

One day we will realize that nothing occurs outside our minds. How a person seems to show up for us is intimately connected to how we choose to show up for them. I have learned that my most productive responses to relationships come not from my focus on the particulars about another person, but rather from my commitments to playing my own role in the relationship on as high a level as I'm capable.
~ Marianne Williamson, 1952- ~
A Return to Love, 1992

Inner progress is measured by the quality of my internal relationship to the moment, and outer progress is measured by the way I relate to people and situations in the moment. Inner and outer are just one.
~ Gilles Farcet, 1959- ~

The person who seeks to change another person in a relationship basically sets the stage for a great deal of conflict.
~ Wesley Snipes, 1962- ~

The point of relationship is the added power that life gets in working with it as a channel. A good relationship gives life more power. If two people are strong together, then life has a more powerful channel than it has with two single people.
~ Charlotte Joko Beck ~
Everyday Zen, 1989

Unless and until we can live with ourselves, we cannot live with other people. But equally, unless and until we have learnt to live fully and creatively with others we cannot hope to live with ourselves.
~ Esther de Waal ~
Living with Contradiction: The Rule of St. Benedict, 1989

Relationships, of all kinds, are like sand held in your hand. Held loosely, with an open hand, the sand remains where it is. The minute you close your hand and squeeze tightly to hold on, the sand trickles through your fingers. You may hold onto some of it, but most will be spilled. A relationship is like that. Held loosely, with respect and freedom for the other person, it is likely to remain intact. But hold too tightly, too possessively, and the relationship slips away and is lost.
~ Kaleel Jamison ~

There is so much you cannot understand in human relationship; often you have to endure what seems to be injustice. But those … who can take the long view, can always tell you that all crooked places will be made straight and all injustice will be righted.
~ White Eagle ~

RELATIVITY

Related States & Conditions: Balance, Comparison/Competition, Connection/Interbeing/Interdependence, Differentiation/Division/Separation, Influence/Effect, Oneness/Unity/Wholeness, Perspective, Polarity/Contrast, Reciprocity/Reflection, Relationship

Syntonic: Acceptance, Appreciation, Detachment, Equanimity, Flexibility/Flow/Flux, Openness/Receptivity, Release, Respect, Tolerance, Understanding

Dystonic: Avoidance/Denial/Refusal, Conflict/Opposition, Criticism/Judgment, Delusion, Fault, Fear, Hate, Jealousy/Envy, Limitation, War/Aggression/Violence, Worry

The way up and the way down are one and the same.
~ Heraclitus, c. 540-c. 480 BCE ~

If there were no illusion, there would be no enlightenment.
~ Buddhist Saying ~

Evil exists to glorify the good. Evil is negative good. It is a relative term. Evil can be transmuted into good. What is evil to one at one time, becomes good at another time to somebody else.
~ Mengzi, 372-289 BCE ~

There is in reality neither truth nor error, neither yes nor no, nor any distinction whatsoever, since all – including the contraries – is One.
~ Zhuangzi, c. 369-c. 286 BCE ~

There is no fruit which is not bitter before it is ripe.
~ Publilius Syrus, c. 42 BCE ~

Light and Darkness, life and death, right and left, are brothers of one another. They are inseparable. Because of this neither are the good good, nor evil evil, nor is life life, nor death death. For this reason each one will dissolve into its earliest origin.
~ Jesus of Nazareth, c. 5-38 CE ~
in *The Gospel of Philip*, Wesley W. Isenberg, tr.

Right in light there is darkness, but don't confront it as darkness;
Right in darkness there is light, but don't see it as light.
Light and dark are relative to one another
Like forward and backward steps.
~ Shitou Xiqian, 700-790 ~
in *Can Tong Qi*

The wisdom of this year is the folly of the next.
~ Yoruba Saying ~

The rose and the thorn, and sorrow and gladness are linked together.
~ Moslih Sa'adi, 1184-1291 ~

To the man of God right and wrong are alike.
~ Shams of Tabriz, 13th C. Sufi Master ~

There is no real coming and going.
For what is going but coming?
~ Sa'd Ud Din Shabistari, 13th C. ~
The Secret Rose Garden of Sa'd Ud Din Mahmud Shabistari

Whether time goes quickly or slowly is all in the mind, just as the size of things is in the mind's eye. A single day for the person who knows leisure lasts ten thousand ages, and a tiny room for the broad-minded is really several chambers.
~ Hong Zicheng, fl. 1596 ~
Caigentan: Vegetable Roots Discourse, II.19, Robert Aitken & Daniel W. Y. Kwok, trs., 2006

One and the same thing can at the same time be good and bad, for example, music is good to the melancholy, bad to the mourner, and neither good nor bad to the deaf.
~ Baruch de Spinoza, 1632-1677 ~
Ethics, 1677

If we rightly estimate what we call good and evil, we shall find it lies in comparison.
~ John Locke, 1632-1704 ~

The sublime and the ridiculous are often so nearly related, that it is difficult to class them separately. One step above the sublime, makes the ridiculous;

and one step above the ridiculous, makes the sublime again.
~ Thomas Paine, 1737-1809 ~
The Age of Reason, 1795

Where there is much light, the shadow is deep.
~ Johann von Goethe, 1749-1832 ~

As high as you have mounted in delight,
In your dejection do you sink as low.
~ William Wordsworth, 1770-1850 ~

Dirt is not dirt, but only something in the wrong place.
~ Lord Palmerston, 1784-1865 ~

When there is a famine no bread is stale.
~ Spanish Saying ~

There is neither happiness nor misery in the world; there is only the comparison of one state to another, nothing more. He who has felt the deepest grief is best able to experience supreme happiness. We must have felt what it is to die, that we may appreciate the enjoyments of life.
~ Alexandre Dumas, (père), 1802-1870 ~
The Count of Monte Crisco, 1844

It was the best of times, it was the worst of times, it was the age of wisdom, it was the age of foolishness, it was the epoch of belief, it was the epoch of incredulity, it was the season of Light, it was the season of Darkness, it was the spring of hope, it was the winter of despair, we had everything before us, we had nothing before us, we were all going direct to heaven, we were all going direct the other way – in short, the period was so far like the present period, that some of its noisiest authorities insisted on its being received, for good or for evil, in the superlative degree of comparison only.
~ Charles Dickens, 1812-1870 ~
A Tale of Two Cities, 1859

We are creatures of comparisons, because we are finite. We can only learn values or estimate truths by comparing them with others. We honor one thing by despising another. We can hardly do justice to a thing without first doing an injustice to something else.
~ Frederick Faber, 1814-1863 ~
Bethlehem, 1860

We are always giving things absolutely arbitrary characters. This thing is good, that thing is bad, we say; but badness or goodness, beauty or ugliness are not in things themselves, but in the ways those things relate themselves to us.
~ Phillips Brooks, 1835-1893 ~
Visions and Tasks, 1886

Neurosis is the inability to tolerate ambiguity.
~ Sigmund Freud, 1856-1939 ~

There is no such thing as good and bad, they are not two different things; the same thing is good and bad, and the difference is only in degree. The very thing I call pleasurable today, tomorrow under better circumstances I may call pain. The fire that warms us can also consume us; it is not the fault of the fire.
~ Vivekananda, 1863-1902 ~
The Complete Works of Swami Vivekananda, 1984-1987, 2:168, 1926

According to our mental constitution or the different planes of existence in which we are, duty and morality may vary. The important thing is to know that there are gradations of duty and of morality – that the duty of one state of life, in one set of circumstances, will not and cannot be that of another.
~ Ibid., 1:37

Everything is vague to a degree you do not realize till you have tried to make it precise.
~ Bertrand Russell, 1872-1970 ~
The Philosophy of Logical Atomism, 1972

Recognition of the reality of evil necessarily relativizes the good, and the evil likewise, converting both into halves of a paradoxical whole.
~ Carl Jung, 1875-1961 ~
Memories, Dreams, Reflections, 1989, 1990, 1991

People are accustomed to think that good and evil must be the same for everyone, and, above all, that good and evil exist for everyone. In reality, however, good and evil exist only for a few, for those who have an aim and pursue that aim. Then what hinders the pursuit of that aim is evil and what helps is good.
~ George Gurdjieff, 1877-1949 ~
in P. D. Ouspensky, *In Search of the Miraculous*, 1949

Verily all things move within your being in constant half embrace, the desired and the dreaded, the repugnant and the cherished, the pursued and that which you would escape.

These things move within you as lights and shadows in pairs that cling.
And when the shadow fades and is no more, the light that lingers becomes a shadow to another light.
And thus your freedom when it loses its fetters becomes itself the fetter of a greater freedom.
~ Khalil Gibran, 1883-1931 ~
The Prophet, 1923

He who makes a paradise of his bread makes a hell of his hunger.
~ Antonio Porchia, 1886-1968 ~
Voices, W. S. Merwin, tr., 1988

The awareness of the ambiguity of one's highest achievements (as well as one's deepest failures) is a definite symptom of maturity.
~ Paul Tillich, 1888-1965 ~

One man's cliché can be another man's conviction.
~ Adlai Stevenson, 1900-1965 ~

So light and darkness, although they are pairs of opposites, are equal, as when one footstep is ahead and the other is behind. When you walk, the step ahead immediately becomes the step behind. Is a step with your right foot the step ahead or the step behind? Which is it? Which is brightness and which is darkness? It is difficult to tell.
~ Shunryu Suzuki, 1905-1971 ~
Branching Streams Flow in the Darkness: Zen Talks on the Sandokai, Mel Weitsman & Michael Wenger, eds., 1999

The world is round and the place which may seem like the end may also be only the beginning.
~ Ivy Baker Priest, 1905-1975 ~

Those who set out nobly to be their brother's keeper sometimes end up by becoming his jailer. Every emancipation has in it the seeds of a new slavery, and every truth easily becomes a lie.
~ I. F. Stone, 1907-1989 ~

There may always be another reality
To make fiction of the truth we think we've arrived at.
~ Christopher Fry, 1907-2005 ~
A Yard of Sun, 1970

Purity is the ability to contemplate defilement.
~ Simone Weil, 1909-1943 ~
"Attention and Will," *Gravity and Grace*, 1947

The creative person is willing to live with ambiguity. He doesn't need problems solved immediately and can afford to wait for the right ideas.
~ Abe Tannenbaum, 1922- ~

Good and evil are merely conceptional and relative. What is good for one may be bad for another. There are no fixed standards, but only those set by the mind.
~ Ram Dass, 1931- ~

Every exit is an entrance somewhere else.
~ Tom Stoppard, 1937- ~

Sometimes I worry about being a success in a mediocre world.
~ Lily Tomlin, 1939- ~

One man's ceiling is another man's floor.
~ Paul Simon, 1941- ~

Ambivalence is a wonderful tune to dance to. It has a rhythm all its own.
~ Erica Jong, 1942- ~

Whenever we come up with any concept at all, we simultaneously create one or more opposite concepts. Each relative truth engenders other opposite relative truths. And if we take the opposing concepts for reality, they will inevitably cause misery.
~ Steve Hagen, 1945- ~
Buddhism Plain & Simple, 1997

Any measurement must take into account the position of the observer. There is no such thing as measurement absolute, there is only measurement relative.
~ Jeanette Winterson, 1959- ~

One man's despicable evil is another man's delightful good.
~ Brendan Francis ~

Everybody has their ups and downs so I decided to have mine between good and great.
~ David Hoogterp ~

Life is ambiguous; there are many right answers – all depending on what you are looking for. But if you think there is only one right answer, then you'll stop looking as soon as you find one.
~ Roger von Oech ~

RELEASE

Related States & Conditions: Death/Dying, Detachment, Expression, Forgiveness, Liberation/Liberty/Freedom, Renewal, Retreat/Withdrawal, Submission/Surrender

Syntonic: Acceptance, Courage, Equanimity, Faith, Flexibility/Flow/Flux, Openness/Receptivity, Tolerance, Trust

Dystonic: Attachment, Avoidance/Denial/Refusal, Conflict/Opposition, Criticism/Judgment, Delusion, Dependence, Fault, Fear, Hate, Jealousy/Envy, Limitation, Regret, Revenge, War/Aggression/Violence, Worry

And when That is seen in its
Immanence and transcendence
Then the ties that have bound the
Heart are loosened, the doubts
Of the mind vanish, and the law
Of karma works no more.
~ *Mundaka Upanishad*, c. 1400-c. 800 BCE ~

One must empty oneself of what has been unnecessarily accumulated. Self-purification is the first step towards spiritual development.
~ *Yi Jing*, c. 1150 BCE ~
"Ting: Cauldron" in *The Photographic I Ching*, Dhiresha McCarver, tr., 1997

If you want to be given everything,
give up everything.
If you open yourself to loss,
you are one with loss
and you can accept it completely.
~ Laozi, 570-490 BCE ~
Tao Te Ching: A New English Version, Stephen Mitchell, tr., 1988

One need not carry the raft on one's head after crossing the stream.
~ Buddha, c. 563-483 BCE ~

Just as a snake sheds its skin, we must shed our past – over and over again … Learn to let go. That is the key to happiness.
~ Buddha ~

Tension is who you think you should be.
Relaxation is who you are.
~ Chinese Saying ~

When the heart weeps for what it has lost, the spirit laughs for what it has found.
~ Sufi Saying ~

The wise do not sorrow
for what is dead, or lost, or past.
Between the wise and the fools,
just this is the difference.
~ Vishnu Sharma, c. 200 BCE ~
Panchatantra, III.44, Chandra Rajan, tr., 1993

The mind is slow in unlearning what it has been long in learning.
~ Seneca, c. 4 BCE-65 CE ~

The more a man deprives himself, or even allows himself to be deprived, if he can calmly endure the loss, the better he becomes.
~ Marcus Aurelius, 121-180 ~
The Spiritual Teachings of Marcus Aurelius, Mark Forstater, tr., 2000

For the greatest part of what we say and do being unnecessary, if a man takes this away, he will have more leisure and less uneasiness. Accordingly, on every occasion a man should ask himself, is this one of the unnecessary things? Now, a man should take away not only unnecessary acts, but also unnecessary thoughts, for thus superfluous acts will not follow after.
~ Marcus Aurelius ~
Meditations, IV.24, 170-180

Let go the things in which you are in doubt for the things in which there is no doubt.
~ Muhammad, c. 570-632 ~
The Forty-Two Traditions of An-Nawawi

Nothing is better for a man than to be without anything, having no asceticism, no theory, no practice. When he is without everything, he is with everything.
~ Abu Yazid Al-Bistami, d. c. 874 ~
in *The Enlightened Mind: An Anthology of Sacred Prose*, Stephen Mitchell, ed., 1991

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Let the past drift away with the water.
~ Japanese Saying ~

The soul grows by subtraction, not by addition … Thou must be emptied of that wherewith thou art full, that thou may be filled with that whereof thou art empty … Only those who dare to let go can dare to re-enter.
~ Meister Eckhart, 1260-1327 ~

You should let go your hand and footholds, as if plunging off a precipitous cliff. When body and mind have died away at once, it is like standing right in the middle of cosmic space, like sitting in the center of a crystal vase. All of a sudden there will emerge the great state that is not ordinary, not holy, not Buddha, not mind, not a thing; you will attain penetrating realization that mind, Buddha, and living beings are all one. This is the reality body of all Buddhas, the inherent essence of all people. By realizing this, one becomes a Buddha or a Zen master; by missing this, one remains an ordinary mortal.
~ Man-An, 1591-1654 ~
in *Minding Mind – A Course in Basic Meditation*, Thomas Cleary, tr., 1995

It would add much to human happiness, if an art could be taught of forgetting things which are useless and afflictive, that the mind might perform its function without encumbrance, and the past might no longer encroach upon the present.
~ Samuel Johnson, 1709-1784 ~

Finish each day
And be done with it.
You have done what you could.
Some blunders and
Absurdities have crept in.
Forget them as soon as you can.
Tomorrow is a new day;
You shall begin it serenely
And with too high a spirit
To be encumbered by
Your old nonsense.
~ Ralph Waldo Emerson, 1803-1882 ~

It is a good thing for a man to know when he has done his work … There are very few men who know how to quit any great office, or to divest themselves of any robe of power.
~ Arthur Helps, 1813-1875 ~
Companions of My Solitude, 1850

In this world it is not what we take up, but what we give up, that makes us rich.
~ Henry Ward Beecher, 1813-1887 ~

When you discover you are riding a dead horse, the best strategy is to dismount.
~ Dakota Saying ~

Every one should keep a mental waste-paper basket and the older he grows the more things he will consign to it – torn up to irrevocable tatters.
~ Samuel Butler, 1835-1902 ~

Shut out all of your past except that which will help you weather your tomorrows.
~ William Osler, 1849-1919 ~

Through loyalty to the past, our mind refuses to realize that tomorrow's joy is possible only if today's makes way for it; that each wave owes the beauty of its line only to the withdrawal of the preceding one.
~ André Gide, 1869-1951 ~

To go with the drift of things,
To yield with grace to reason,
And bow and accept the end
Of a love and a season.
~ Robert Frost, 1874-1963 ~
"Reluctance," *The Poetry of Robert Frost*, Edward Connery Lathem, ed., 1962

One principle of awakening to life … is: emptying the self. In other words, making oneself a clearer and fuller accommodation in order to accommodate all experiences more clearly and fully.
~ Hazrat Khan, 1882-1927 ~
The Mysticism of Sound and Music, 1991

If you love somebody, let them go, for if they return, they were always yours. And if they don't, they never were.
~ Khalil Gibran, 1883-1931 ~
The Prophet, 1923

Forget past mistakes. Forget failures. Forget everything except what you're going to do now and do it.
~ Will Durant, 1885-1982 ~

The loss of a thing affects us until we have lost it altogether.
~ Antonio Porchia, 1886-1968 ~
Voices, W. S. Merwin, tr., 1988

Tidied all my papers. Tore up and ruthlessly destroyed much. This is always a great satisfaction.
~ Katherine Mansfield, 1888-1923 ~
The Journal of Katherine Mansfield, J. Middleton Murry, ed., 1927

We should recognize that maturation is a process of repeated giving up, relinquishing, rejecting of what has been painfully learned, in order to establish a new and replacing pattern, a new role, or to establish a new relationship more appropriate to enlarging capacities, experiences and opportunities.
~ Lawrence K. Frank, 1890-1968 ~
in Irma H. Gross, *Potentialities of Women in the Middle Years*, 1956

Never mind the past. Though your errors be as deep as the ocean, the soul itself cannot be swallowed up by them. Have the unflinching determination to move on your path unhampered by limiting thoughts of past errors.
~ Paramahansa Yogananda, 1893-1952 ~

Spiritual maturity lies in the readiness to let go of everything. The giving up is the first step. But the real giving up is in realizing that there is nothing to give up, for nothing is your own.
~ Nisargadatta, 1897-1981 ~

In order to change skins, evolve into new cycles, I feel one has to learn to discard. If one changes internally one should not continue to live with the same objects. They reflect one's mind and psyche of yesterday. I throw away what has no dynamic, living use. I keep nothing to remind me of the passage of time, deterioration, loss, shriveling.
~ Anaïs Nin, 1903-1977 ~
The Diary of Anaïs Nin, Vol. IV, Gunther Stuhlmann, ed., 1971

We must be willing to get rid of the life we've planned, so as to have the life that is waiting for us. The old skin has to be shed before the new one can come.
~ Joseph Campbell, 1904-1987 ~
A Joseph Campbell Reader: Reflections on the Art of Living, Diane K. Osbon, ed., 1991

To be free, to be able to stand up and leave everything behind – without looking back. To say Yes.
~ Dag Hammarskjöld, 1905-1961 ~

We don't need to learn how to let things go; we just need to learn to recognize when they've already gone.
~ Shunryu Suzuki, 1905-1971 ~

In our spiritual development we are often required to pull up roots many times and to close many chapters in our lives until we are no longer attached to any material thing and we can love people without any attachment to them.
~ Peace Pilgrim, 1908-1981 ~
Peace Pilgrim: Her Life and Work in Her Own Words, 1982

I feel so much better since I gave up hope.
~ *Zen Comics*, Vol. 2, 1982 ~

There is a time for departure even when there's no certain place to go.
~ Tennessee Williams, 1911-1983 ~

In order to contribute to the self-organizing faculty of the Universe … you have to be able to let go of your old self. The fresh petals in the center of the flower cannot unfold until the decaying petals fall away … Though this is often emotionally painful, the understanding that what is emerging is not only you but the richness of the whole Cosmos will outweigh your suffering.
~ Vilayat Khan, 1916-2004 ~
Awakening: A Sufi Experience, 1999

The important thing is this – to be able at any moment to sacrifice what we are for what we could become.
~ Charles Wayne Dubois, 1922- ~

There are many things we are unable to leave behind us, which trap us. Practice looking deeply into these things. In the beginning, you may think these are vital to your happiness, but they may actually be obstacles to your true happiness, causing you to suffer. If you are not able to be happy because you are caught by them, leaving them behind will be a source of joy for you … The key thing is to let go and free yourself.
~ Thich Nhat Hanh, 1926- ~
The Path of Emancipation, 2000

Each of us is caught in an idea of happiness. We believe that we will be truly happy when certain conditions are fulfilled. We don't realize that this idea is an obstacle to our true happiness. If we can release our idea of happiness, true happiness is born in us right away.
~ Ibid.

There is only one courage and that is the courage to go on dying to the past, not to collect it, not to accumulate it, not to cling to it. We all cling to the

past, and because we cling to the past we become unavailable to the present.
~ "Osho" Rajneesh, 1931-1990 ~
Walking in Zen, Sitting in Zen, 1982

A warrior has no honor, no dignity, no family, no name, no country; he has only life to be lived.
~ Carlos Castaneda, 1931-1998 ~

Wanna fly, you got to give up the shit that weighs you down.
~ Toni Morrison, 1931- ~

When your dreams turn to dust, vacuum.
~ Desmond Tutu, 1931- ~

The river flows rapidly down the mountain, and then all of a sudden it gets blocked with big boulders and a lot of trees. The water can't go any farther, even though it has tremendous force and forward energy. It just gets blocked there. That's what happens with us, too; we get blocked like that. Letting go at the end of the out-breath, letting the thoughts go, is like moving one of those boulders away so that the water can keep flowing, so that our energy and our life force can keep evolving and going forward. We don't, out of fear of the unknown, have to put up these blocks, these dams, that basically say no to life and to feeling life.
~ Pema Chödrön, 1936- ~
in *Tricycle: The Buddhist Review*, Vol. I, No. 1

The act of giving something up is painful. But as we negotiate the curves and corners of our lives, we must continually give up parts of ourselves. The only alternative is not to travel at all on the journey of life.
~ M. Scott Peck, 1936-2005 ~
The Road Less Travelled, 1978

You can make your own decisions about the kind of person you are now. The you of your past can travel with the you of your present only at your invitation. Cancel the invitation. You will be doing yourself a big favor.
~ Famous Amos, 1937- ~
Watermelon Magic, 1996

There's a lot to be said for recognizing that there comes a time when terminating an interminable situation is better than digging into a dungheap and pretending it's a bed of roses.
~ Ibid.

Sometimes you've got to let *everything* go – purge yourself. I did that. I had nothing, but I had my freedom … If you are unhappy with anything … whatever is bringing you down, get rid of it. Because you'll find that when you're free, your true creativity, your true self comes out.
~ Tina Turner, 1939- ~
I, Tina, 1986

Healthy mysticism praises acts of letting go, of being emptied, of getting in touch with the space inside and expanding this until it merges with the space outside. Space meeting space, empty pouring into empty. Births happen from that encounter with emptiness, nothingness … Let us not fight emptiness and nothingness, but allow it to penetrate us even as we penetrate it.
~ Matthew Fox, 1940- ~
Creation Spirituality: Liberating Gifts for the Peoples of the Earth, 1991

When you find yourself at a crossroads and you must make a choice, look closely to see if the so-called sacrifice is really a loss. Usually, the things we give up to achieve a goal are no longer needed or are unworthy of keeping … Sometimes, however, we can freely and willingly sacrifice certain states of mind to make room for the new.
~ Tae Yun Kim, 1946- ~
Seven Steps to Inner Power, 1991

Critical to our growth and happiness is learning how to live with loss; we simply cannot have everything as we wish it. Parents, children, lovers and friends part, and sometimes it is we who must leave. Our lives are full of separations that shake us up, force us to attend to our emotional selves and to learn new ways of being in the world.
~ Susan L. Taylor, 1946- ~
Lessons in Living, 1995

Many patterns in ordinary unconsciousness … can simply be dropped once you know that you don't want them and don't need them anymore, once you realize that you have a choice, that you are not just a bundle of conditioned reflexes.
~ Eckhard Tolle, 1948- ~
The Power of Now: A Guide to Spiritual Enlightenment, 1999

If the self is to ascend the hierarchy of basic structural development – to grow – then eventually it … must accept the "death," negation, or release of the lower level – it must disidentify with or detach from an exclusive involvement with that level – in order to ascend to the greater unity,

differentiation, and integration of the next higher basic level.
~ Ken Wilber, 1949- ~
Transformations of Consciousness, 1986

Whatever life takes away from you, let it go. When you surrender and let go of the past, you allow yourself to be fully alive in the moment.
~ Miguel Ruiz, 1952- ~
The Four Agreements, 1997

There's no reason to give up something I enjoy unless I get something back that's even better. But I find that when I give up certain things that I might like, like cheeseburgers, for example, I feel so much better, those choices are worth it.
~ Dean Ornish, 1953- ~

Listen to the faint voice that's urging you to let go of those frivolous needs and wants and shallow desires. Let them go, for they are the source of your every limitation. Free yourself from the trivial baggage and have the courage to discover who you truly are.
~ Ralph Marston, 1961- ~

A thing is complete when you can let it be.
~ Gita Bellin ~
A Sharing of Completion and Celebration, 1983

Let both life and death arrive and depart suddenly. It's not a matter of acquiring but rather of losing. Losing your hold on all that you've acquired. Just making room so the profound can enter and stretch its legs.
~ G. BlueStone ~
Journeys on Mind Mountain, 1990

Life is full and overflowing with the new. But it is necessary to empty out the old to make room for the new to enter.
~ Eileen Caddy ~
Footprints on the Path, 1976

Dwell not on the past. Use it to illustrate a point, then leave it behind. Nothing really matters except what you do now in this instant of time.
~ Caddy ~

Willing a release makes the release tighter because it does not yield to will. It yields to yielding.
~ Emmanuel ~

It is necessary to learn how to become a properly functioning human being before one works on surrendering that. It is not real sacrifice unless you have something worth giving up.
~ Robert Ennis ~

Today I am cancelling mess!
Getting rid of confusion that's been hanging around like cobwebs on my ceiling.
I am releasing my soul from tiredness and antiquated, meaningless crap!
Stepping out of traps that have long rusted.
I'm doing like some companies do when they reorganize, forgiving debts, writing off losses, and establishing good credit for myself.
There are simply some things that need to be written off.
Some people too!
~ June Gatlin ~
Spirit Speaks to Sisters, 1996

Letting go means just what it says. It's an invitation to cease clinging to anything – whether it be an idea, a thing, an event, a particular time, or view, or desire. It is a conscious decision to release with full acceptance into the stream of present moments as they are unfolding. To let go means to give up coercing, resisting, or struggling, in exchange for something more powerful and wholesome which comes out of allowing things to be as they are without getting caught up in your attraction or rejection of them, in the intrinsic stickiness of wanting, of liking and disliking.
~ Jon Kabat-Zinn ~
Wherever You Go, There You Are: Mindfulness Meditation in Everyday Life, 1994

If we do not work at releasing the inharmonious thoughts and attitudes that grow deep within, there is nothing that mere physical release can do for us.
~ Juliette McGinnis ~

You must want to fly so much that you are willing to give up being a caterpillar.
~ Trina Paulus ~

Learning to live is learning to let go.
~ Sogyal Rinpoche ~

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RENEWAL

Related States & Conditions: Beginning/Endeavour, Creativity/Discovery/Innovation, Growth/Expansion, Initiative, Learning, Preparation/Readiness, Release, Retreat/Withdrawal, Transformation

Syntonic: Acceptance, Attention/Awareness, Confidence, Death/Dying, Expectation/Hope, Exploration, Faith, Flexibility/Flow/Flux, Forgiveness, Openness/Receptivity, Preparation/Readiness, Silence/Stillness, Solitude, Trust, Unconscious/Subconscious

Dystonic: Attachment, Avoidance/Denial/Refusal, Criticism/Judgment, Delusion, Dependence, Distraction/Diversion, Fear, Grief/Sorrow, Haste/Impatience, Hate, Limitation, Regret, Revenge, War/Aggression/Violence, Worry

No one keeps his enthusiasm automatically. Enthusiasm must be nourished with new actions, new aspirations, new efforts, new vision.
~ Khemetic Saying ~

Take rest; a field that has rested gives a bountiful crop.
~ Ovid, c. 43 BCE–17 CE ~

Thou canst begin a new life! See but things afresh as thou used to see them; for in this consists the new life.
~ Marcus Aurelius, 121-180 ~

Each time that builders come to repair an old building
Don't they begin by destroying what was there before?
Look at the carpenter or the blacksmith or the butcher;
With them too, you'll find destruction precedes renewal.
If you don't subject wheat to the grinding millstone
How will bread ever come to decorate your table?
~ Jalaluddin Rumi, 1207-1273 ~
"Destruction Precedes Renewal," Mathnawi
Teachings of Rumi, Andrew Harvey, tr., 1999

It is the part of a wise man, I say, to refresh and restore himself in moderation with food and drink, with scents, with the beauty of green plants, with decoration, music, sports, the theater, and other things of this kind, which anyone can use without injury to another.
~ Baruch de Spinoza, 1632-1677 ~
A Spinoza Reader: The Ethics and Other Works, The Ethics, IV, P45, Edwin Curley, ed. & tr., 1994

Out of the ruins good will come.
~ Zulu Saying ~

We must always change, renew, rejuvenate ourselves; otherwise we harden.
~ Johann von Goethe, 1749-1832 ~

What has not burst from your own soul will never refresh you.
~ Goethe ~

To reform a world, to reform a nation, no wise man will undertake; and all but foolish men know, that the only solid, though a far slower reformation, is what each begins and perfects on himself.
~ Thomas Carlyle, 1795-1881 ~

Try to keep your soul young and quivering right up to old age, and to imagine right up to the brink of death that life is only beginning. I think that is the only way to keep adding to one's talent, and one's inner happiness.
~ George Sand, 1804-1876 ~

My sun sets to rise again.
~ Elizabeth Barrett Browning, 1806-1861 ~

Sit in reverie, and watch the changing color of the waves that break upon the idle seashore of the mind.
~ Henry Wadsworth Longfellow, 1807-1882 ~

It is well to lie fallow for a while.
~ Martin Tupper, 1810-1889 ~

A man's life should be as fresh as a river. It should be the same channel but a new water every instant.
~ Henry David Thoreau, 1817-1862~
Journal, 1906

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I go to Nature to be soothed and healed, and to have my senses put in tune once more.
~ John Burroughs, 1837-1921 ~
Time and Change, 1912

Climb the mountains and get their good tidings. Nature's peace will flow into you as sunshine flows into trees. The winds will blow their own freshness into you, and the storms their energy, while cares will drop off like autumn leaves.
~ John Muir, 1838-1914 ~

Keep yourself alive by throwing day by day fresh currents of thought and emotion into the things you have come to do from habit.
~ John Lancaster Spalding, 1840-1916 ~

If you never wholly give yourself up to the chair you sit in, but always keep your leg and body muscles half contracted for a rise; if you breathe eighteen or nineteen instead of sixteen times a minute, and never quite breathe out at that – what mental mood can you be in but one of inner panting and expectancy, and how can the future and its worries possibly forsake your mind? On the other hand, how can they gain admission to your mind if your brow be unruffled, your respiration calm and complete and your muscles all relaxed?
~ William James, 1842-1910 ~
Talks to Teachers on Psychology, 1899

The cyclone ends. The sun returns; the lofty coconut trees lift up their plumes again; man does likewise. The great anguish is over; joy has returned; the sea smiles like a child.
~ Paul Gauguin, 1848-1903 ~

I had become a new person; and those who knew the old person laughed at me. The only man who behaved sensibly was my tailor. He took my measure anew every time he saw me, whilst all the rest went in with their old measurements and expected them to fit me.
~ George Bernard Shaw, 1856-1950 ~

Very often a change of self is needed more than a change of scene.
~ A. C. Benson, 1862-1925 ~
Extracts from the Letters of Dr. A. C. Benson to M. E. A., 1926

The only reconstruction worthwhile is a reconstruction of thought.
~ Kelly Miller, 1863-1939 ~
Reconstruction of Thought, 1922

I would like to recapture that freshness of vision which is characteristic of extreme youth when all the world is new to it.
~ Henri Matisse, 1869-1954 ~

Creative experience foreshadows a new Heaven and a new Earth.
~ Nikolai Berdyaev, 1874-1948 ~

Like matter itself, an ideal is mutable, but indestructible. It does not die; it only undergoes a change.
~ Ameen Rihani, 1876-1940 ~
The Path of Vision, 1921

Whether you and I and a few others will renew the world some day remains to be seen. But within ourselves we must renew it each day.
~ Herman Hesse, 1877-1962 ~

Now and again, it is necessary to seclude yourself among deep mountains and hidden valleys to restore your link to the source of life. Breathe in and let yourself soar to the ends of the universe; breathe out and bring the cosmos back inside. Next, breathe all the fecundity and vibrancy of the earth. Finally, blend the breath of heaven and the breath of earth with that of your own, becoming the Breath of Life itself ... Create each day anew by clothing yourself with heaven and earth, bathing yourself with wisdom and love, and placing yourself in the heart of Mother Nature.
~ Morihei Ueshiba, 1883-1969 ~
The Art of Peace, John Stevens, tr., 1992

A moment comes, which comes but rarely in history, when we step out from the old to the new, when an age ends, and when the sound of a nation, long suppressed, finds utterance.
~ Jawaharlal Nehru, 1889-1964 ~

For everything repressed, inferior, immoral, even pathological, can ... become the matrix for a renewal, for a rebirth on a higher level. In the negative and evil may be hidden the germs of a transformation into the positive and good; they can be the starting point for a reversal and purification.
~ Jolande Jacobi, 1890-1973 ~
The Way of Individuation, 1967

Inside myself is a place where I live all alone, and that's where you renew your springs that never dry up.
~ Pearl S. Buck, 1892-1973 ~

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Truth is always new; it is to see the same smile and see that smile newly, to see the same person and see that person anew, to see the waving palms anew, to meet life anew.
~ Jiddu Krishnamurti, 1895-1986 ~

You can make a fresh start with your final breath.
~ Bertolt Brecht, 1898-1956 ~

I don't believe in the generation gap. I believe in regeneration gaps. Each day you regenerate – or else you're not living.
~ Duke Ellington, 1899-1974 ~

After you've done a thing the same way for two years look it over carefully. After five years look at it with suspicion and after ten years throw it away and start all over again.
~ Alfred Perlman, 1902- ~
in *The New York Times*, 1958

Each person is obligated to give new life to one's own being … Repentance … is an act of creation – self-creation.
~ Joseph Soloveitchik, 1903-1993 ~
The Lonely Man of Faith, 1965

We should know how to give up our thinking mind, our busy mind. Believing firmly in the perfect rest of our mind, we should resume our pure original state.
~ Shunryu Suzuki, 1905-1971 ~
Zen Mind, Beginner's Mind, 1970

Rebirth depends on inner work on one's self. No one can be reborn without changing this self. Any time that an entirely new set of reactions enters into a person's life, a change of consciousness has taken place, a spiritual rebirth has occurred.
~ Neville, 1905-1972~
"Fundamentals," *New Thought*, Summer 1953

There will come a time when you believe everything is finished. That will be the beginning.
~ Louis L'Amour, 1908-1988 ~

In the depth of winter, I finally learned that there was in me an invincible summer.
~ Albert Camus, 1913-1960 ~

There is in us an instinct for newness, for renewal, for a liberation of creative power. We seek to awaken in ourselves a force which really changes our lives from within. And yet the same instinct tells us that this change is a recovery of that which is deepest, most original, most personal in ourselves. To be born again is not to become somebody else, but to become ourselves.
~ Thomas Merton, 1915-1968 ~

I have learned never to underestimate the capacity of the human mind and body to regenerate, even when the prospects seem most wretched.
~ Norman Cousins, 1915-1990 ~

If a man devotes himself to the instructions of his own unconscious, it can bestow the gift (of renewal), so that suddenly life, which has been stale and dull, turns into a rich, unending inner adventure, full of creative possibilities.
~ Marie-Louise von Franz, 1915-1998 ~

If you were aware of it, you would realize that you are continually in a state of being reborn and reformed. Just like the crocuses that break through the snow at the earliest onset of spring, so, too, are you always emerging anew.
~ Vilayat Khan, 1916-2004 ~
Awakening: A Sufi Experience, 1999

It takes courage to realize that you can no longer live in the old way, especially when you cannot, as yet, see that a new way exists. It wonderfully exists, but you must walk the royal road without demanding the security of foreknowledge.
~ Vernon Howard, 1918-1992 ~

To each of us, at certain points of our lives, there come opportunities to rearrange our formulas and assumptions – not necessarily to be rid of the old, but more to profit from adding something new.
~ Leo Buscaglia, 1924-1998 ~

Beginning Anew is not to ask for forgiveness. Beginning Anew is to change your mind and heart, to transform the ignorance that brought about wrong actions of body, speech, and mind, and to help you cultivate your mind of love. Your shame and guilt will disappear, and you will begin to experience the joy of being alive. All wrongdoings arise in the mind. It is through the mind that wrongdoings can disappear.
~ Thich Nhat Hanh, 1926- ~
Teachings on Love, 1998

Every now and again take a good look at something not made with hands – a mountain, a star, the turn of a stream. There will come to you

wisdom and patience and solace and, above all, the assurance that you are not alone in the world.
~ Sidney Lovett, 1928- ~

Balanced renewal is optimally synergistic. The things you do to sharpen the saw in any one dimension have positive impact in other dimensions because they are so highly interrelated. Your physical health affects your mental health; your spiritual strength affects your social/emotional strength. As you improve in one dimension, you increase your ability in other dimensions as well.
~ Stephen Covey, 1932- ~
The 7 Habits of Highly Effective People, 1989

He not busy being born is busy dying.
~ Bob Dylan, 1941- ~
"It's Alright, Ma (I'm Only Bleeding)," *Bring It All Back Home*, 1965

A new life will come forth from the womb of darkness.
~ Na'im Akbar, 1944- ~

When we fail to nurture ourselves, our joy is depleted and our capacity to serve diminished. Giving from an empty vessel causes stress, anger and resentment, seeds that sow disorder and disease. Attempting to meet the demands of the world without first attending to our own needs is an act of self-betrayal that can cause us to lose respect for our value and worth.
~ Susan L. Taylor, 1946- ~
Lessons in Living, 1995

Your essential nature, who you really are, is the domain of ever-present witnessing awareness that is beyond your physical and mental layers. This field of consciousness gives rise to both the thoughts in your mind and the molecules in your body. Tapping into this realm of awareness where time and space have no meaning is the basis of emotional and physical renewal.
~ Deepak Chopra, 1947- ~
The Path to Love, 1997

To have a renewed body, you must be willing to have new perceptions that give rise to new solutions ... Every second of our existence, we are creating a new body ... Just one year ago, 98 percent of the atoms in our bodies were not there. It's as if we live inside buildings whose bricks are being systematically taken out and replaced.
~ Chopra ~
Journey Into Healing: Awakening the Wisdom Within You, 1994

No matter how terrible we think we are, how bad we believe we have been, how low we think we have fallen, we can clean out our minds and begin again. *The only way out is truth.*
~ Iyanla Vanzant, 1953- ~
Acts of Faith: Daily Meditations for People of Color, 1993

Hope is a renewable option: If you run out of it at the end of the day, you get to start over in the morning.
~ Barbara Kingsolver, 1955- ~

Another world is not only possible, she's on her way. Maybe many of us won't be here to greet her, but on a quiet day, if I listen very carefully, I can hear her breathing.
~ Arundhati Roy, 1961- ~
"Not Again"

When you feel that you have reached the end and that you cannot go one step further, when life seems to be drained of all purpose: what a wonderful opportunity to start all over again, to turn over a new page.
~ Eileen Caddy ~
Footprints on the Path, 1976

It is important from time to time to slow down, to go away by yourself, and simply Be.
~ Caddy ~
The Dawn of Change, 1979

I need to take an emotional breath, step back, and remind myself who's actually in charge of my life.
~ Judith Knowlton ~

Out of every crisis comes the choice to be reborn, to reconceive ourselves as individuals, to choose the kind of change that will help us to grow and fulfill ourselves more completely.
~ Nena O'Neill ~

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RESPECT

Related States & Conditions: Appreciation, Attention/Awareness, Connection/Interbeing/Interdependence, Reciprocity/Reflection, Relationship, Tolerance

Syntonic: Acceptance, Affirmation/Approval, Compassion/Empathy/Kindness, Equanimity, Faith, Flexibility/Flow/Flux, Forgiveness, Humility/Modesty, Openness/Receptivity, Release, Trust, Understanding

Dystonic: Anger, Avoidance/Denial/Refusal, Criticism/Judgment, Delusion, Distraction/Diversion, Fear, Hate, Jealousy/Envy, Limitation, Regret, Revenge, War/Aggression/Violence, Worry

Respect depends on reciprocity.
~ Nyang (Cameroon) Saying ~

He who wants a rose must respect the thorn.
~ Persian Saying ~

If you treat an individual as he is, he will stay that way, but if you treat him as if he were what he could be, he will become what he could be.
~ Johann von Goethe, 1749-1832 ~

When we show our respect for other living things, they respond with respect for us.
~ Arapaho Saying ~
in Guy A. Zona, *The Soul Would Have No Rainbow If the Eyes Had No Tears, and Other Native American Proverbs*, 1994

If we use no ceremony toward others, we shall be treated without any. People are soon tired of paying trifling attentions to those who receive them with coldness, and return them with neglect.
~ William Hazlitt, 1778-1830 ~

If you want to be respected by others, respect yourself. Only by that, only by self-respect will you compel others to respect you.
~ Fyodor Dostoevsky, 1821-1881 ~

Self-respect will keep a man from being abject when he is in the power of enemies, and will enable him to feel that he may be in the right when the world is against him.
~ Bertrand Russell, 1872-1970 ~

Self-respect is the fruit of discipline; the sense of dignity grows with the ability to say no to oneself.
~ Abraham Heschel, 1907-1972 ~

When self-respect takes its rightful place in the psyche, you will not allow yourself to be manipulated by anyone.
~ Indira Mahindra, 1926- ~

If we lose our love and self-respect and respect for each other, this is how we will finally die.
~ Maya Angelou, 1928- ~
in *Essence*, 1992 December

Real self-respect comes from dominion over self, from true independence.
~ Stephen Covey, 1932- ~
The 7 Habits of Highly Effective People, 1989

To have that sense of one's intrinsic worth which constitutes self-respect is potentially to have everything: the ability to discriminate, to love and to remain indifferent. To lack it is to be locked within oneself, paradoxically incapable of either love or indifference.
~ Joan Didion, 1934- ~
Slouching Towards Bethlehem, 1956

To free us from the expectations of others, to give us back to ourselves – there lies the great, singular power of self-respect.
~ Didion ~

Respect commands itself and it can neither be given nor withheld when it is due.
~ Eldridge Cleaver, 1935-1998 ~
"The White Race and Its Heroes," *Soul on Ice*, 1968

Deal with yourself as an individual worthy of respect and make everyone else deal with you the same way.
~ Nikki Giovanni, 1943- ~

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RESPONSIBILITY

Related States & Conditions: Autonomy/Control, Beginning/Endeavour, Cause, Choice/Volition, Commitment/Dedication, Decision/Decisiveness, Initiative, Self-Reliance

Syntonic: Acceptance, Attention/Awareness, Confidence, Courage, Discipline, Expectation/Hope, Exploration, Faith, Flexibility/Flow/Flux, Forgiveness, Openness/Receptivity, Preparation/Readiness, Release, Trust

Dystonic: Attachment, Avoidance/Denial/Refusal, Complacency, Criticism/Judgment, Defeat, Delusion, Dependence, Depression/Despair/Distress, Distraction/Diversion, Fault, Fear, Guilt, Hate, Limitation, Regret, Revenge, War/Aggression/Violence, Worry

Surely by oneself is evil done, by oneself one becomes pure. Purity and impurity are of the individual. No one purifies another.
~ Buddha, c. 563-483 BCE ~

It is a painful thing
To look at your own trouble and know
That you yourself and no one else has made it.
~ Sophocles, c. 496-406 BCE ~
Ajax, c. 450 BCE

Stand up and be responsible for yourself … Be aware of your mind, and take responsibility for yourself.
~ Suzuki Shosan, 1579-1655 ~

It is not only for what we do that we are held responsible, but also for what we do not do.
~ Jean-Baptiste Moliére, 1622-1673 ~

Having created
the demon mind yourself
When it torments you mercilessly
You're to blame and no one else
When you do wrong
our mind's the demon
There's no hell
To be found outside.
~ Bankei, 1622-1693 ~
Bankei Zen: Translations from the Record of Bankei, Yoshito Hakeda, ed., Peter Haskel, tr., 1984

Our main business is not to see what lies dimly at a distance, but to do what lies clearly at hand.
~ Thomas Carlyle, 1795-1881 ~

Nothing strengthens the judgment and quickens the conscience like individual responsibility.
~ Elizabeth Cady Stanton, 1815-1902 ~

We live in a world which is full of misery and ignorance, and the plain duty of each of us is to try to make the little corner he can influence somewhat less miserable and somewhat less ignorant than it was before he entered it.
~ Thomas Huxley, 1825-1895 ~
Collected Essays, Vol. 1, 1896

Duties are not performed for duty's sake, but because their neglect would make the man uncomfortable. A man performs but one duty – the duty of contenting his spirit, the duty of making himself agreeable to himself.
~ Mark Twain, 1835-1910 ~

If each one sweeps before his own door, the whole street is clean.
~ Yiddish Saying ~

There is no duty we so much underrate as the duty of being happy. By being happy we sow anonymous benefits upon the world.
~ Robert Louis Stevenson, 1850-1894 ~
Virginibus Puerisque, 1881

It is the duty of man to raise up man. One is guilty of all abjection that one does not help to relieve. Only those who spread treachery, fire, and death out of hatred for the prosperity of others are undeserving of pity.
~ José Martí, 1853-1895 ~
Martí Pensamientos, Carlos Ripoll, ed.

Few things help an individual more than to place responsibility upon him, and to let him know that you trust him.
~ Booker T. Washington, 1856-1915 ~
Up From Slavery, 1901

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Liberty means responsibility. That is why most men dread it.
~ George Bernard Shaw, 1856-1950 ~

Nothing befalls us that is not of the nature of ourselves. There comes no adventure but wears to our soul the shape of our everyday thoughts.
~ Maurice Maeterlinck, 1862-1949 ~

Stand up, be bold, be strong. Take the whole responsibility on your own shoulders, and know that you are the creator of your own destiny. All the strength and succor you want is within yourselves. Therefore, make your own future.
~ Vivekananda, 1863-1902 ~
The Complete Works of Swami Vivekananda, 1984-1987, 2:225, 1926

If the whole responsibility is thrown upon our own shoulders, we shall be at our highest and best; and when we have nobody to grope toward, no devil to lay our blame upon, no Personal God to carry our burdens, when we are alone responsible, then we shall rise to our highest and best.
~ Ibid., 2:201

See that you do not flee from the responsibility which has come upon you. It is now that the knowledge and experience you have gained are being tested.
~ Mahatma Gandhi, 1869-1948 ~
Letter to Gangabehn Vaidya, *The Essential Writings of Mahatma Gandhi*, Raghavan Iyer, ed., 1993

Man's responsibility increases as that of the gods decreases.
~ André Gide, 1869-1951 ~

It seems to me probable that anyone who has a series of intolerable positions to put up with must have been responsible for them to some extent: not that it was simply "their fault" – I don't mean that – but that they have contributed to it by impatience, or intolerance, or brusqueness – or some provocation.
~ Robert Hugh Benson, 1871-1914 ~
Spiritual Letters of Monsignor Robert H. Benson to One of His Converts

I believe that every right implies a responsibility; every opportunity, an obligation; every possession, a duty.
~ John D. Rockefeller, Jr., 1874-1960 ~
Speech, 1941 July 8

The price of greatness is responsibility.
~ Winston Churchill, 1874-1965 ~

If your daily life seems poor, do not blame it; blame yourself, tell yourself that you are not poet enough to call forth its riches.
~ Rainer Maria Rilke, 1875-1926 ~

Your responsibility ends when you have made sure that you are honest in will and intention, and are doing your best. There are no unbearable responsibilities in this world but those of our own seeking.
~ Evelyn Underhill, 1875-1941 ~
The Letters of Evelyn Underhill, 1943

Man must cease attributing his problems to his environment, and learn again to exercise his will – his personal responsibility in the realm of faith and morals.
~ Albert Schweitzer, 1875-1965 ~

The further we advance, the more difficult and the more important becomes our part in the symphony of life; and the more conscious we are of this responsibility, the more efficient we become in accomplishing our task.
~ Hazrat Khan, 1882-1927 ~
The Mysticism of Sound and Music, 1991

You need to claim the events of your life to make yourself yours. When you truly possess all you have been and done, which may take some time, you are fierce with reality.
~ Florida Scott-Maxwell, 1884-1978 ~

None of us are responsible for our birth. Our responsibility is the use we make of life.
~ Joshua Henry Jones, 1886-1934 ~

Man is asked to make of himself what he is supposed to become to fulfill his destiny.
~ Paul Tillich, 1888-1965 ~

If there is any appalling and spiritually murderous sensation on earth, it is the knowledge that on a certain date or at a given time and place you have got to be somewhere doing some set, prescribed, definite thing.
~ Christopher Morley, 1890-1957 ~
John Mistletoe, 1931

No man can always be right. So the struggle is to do one's best; to keep the brain and conscience clear; never to be swayed by unworthy motives or

inconsequential reasons, but to strive to unearth the basic factors involved and then do one's duty.
~ Dwight Eisenhower, 1890-1969 ~

We need to restore the full meaning of that old word, duty. It is the other side of rights.
~ Pearl S. Buck, 1892-1973 ~

We cannot shift all the responsibility for our own failure to live up to our true nature (that is, the mode in which Life is striving to become real in us) onto circumstances or other people. The extent to which the image within us realizes itself in this world, and the way in which it does so, is partly determined by ourselves. And, *if* we wake to our true nature, it is the "inner voice," the voice of Life – the voice of the master in ourselves – that tells us that this responsibility exists and how great it is.
~ Karlfried Durckheim, 1896-1988 ~
The Call for the Master, Vincent Nash, tr., 1989

This is (man's) fundamental task – to become aware of the divine that is in him. All others are secondary and tertiary. He must establish himself in the consciousness of the Overself by and for himself. No other man can do it for him.
~ Paul Brunton, 1898-1981 ~
The Spiritual Crisis of Man, 1970

To be a man is, precisely, to be responsible.
~ Antoine de Saint-Exupéry, 1900-1944 ~
Wind, Sand, and Stars, 1939

You must create your own world. I am responsible for my world.
~ Louise Nevelson, 1900-1988 ~

I was thinking of my patients, and how the worst moment for them was when they discovered they were masters of their own fate. It was not a matter of bad or good luck. When they could no longer blame fate, they were in despair.
~ Anaïs Nin, 1903-1977 ~
The Diary of Anaïs Nin, Vol. II, Gunther Stuhlmann, ed., 1967

It is each person's responsibility to free himself from the errors of his time.
~ Marguerite Yourcenar, 1903-1987 ~

It was like a revelation to me, taking complete responsibility for one's own actions. I thought, "I'm unscrewing myself." That's why people use the phrase, "screwed up."
~ Cary Grant, 1904-1986 ~

To let oneself be bound by a duty from the moment you see it approaching is part of the integrity that alone justifies responsibility.
~ Dag Hammarskjöld, 1905-1961 ~

It's a sad day when you find out that it's not accident or time or fortune but just yourself that's kept things from you.
~ Lillian Hellman, 1905-1984 ~

Action springs not from thought, but from a readiness for responsibility.
~ Dietrich Bonhoeffer, 1906-1945 ~
Letters & Papers from Prison, Eberhard Bethge, ed., 1953

Freedom is man's capacity to take a hand in his own development ... if one is not free, one is an automaton and there is obviously no such thing as responsibility, and if one is not responsible for himself, he can't be trusted with freedom.
~ Rollo May, 1909-1994 ~

I think one must finally take one's life in one's arms.
~ Arthur Miller, 1915- ~

Duty without enthusiasm becomes laborious; duty with enthusiasm becomes glorious.
~ William Arthur Ward, 1921- ~

I believe that we are solely responsible for our choices, and we have to accept the consequences of every deed, word, and thought throughout our lifetime.
~ Elisabeth Kübler-Ross, 1926- ~

You can listen to what everybody says, but the fact remains that you've got to get out there and do the thing yourself.
~ Joan Sutherland, 1926- ~

Our definitions of "responsibility" have always placed a heavy emphasis on self-control, but "response-ability" means responsivity or it means nothing at all.
~ Philip Slater, 1927- ~
Earthwalk, 1975

Man must now assume the responsibility for his world. He can no longer shove it off on religious power.
~ Harvey Cox, Jr., 1929- ~

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The word *proactive* means more than merely taking initiative. It means that as human beings, we are responsible for our own lives. Our behavior is a function of our decisions, not our conditions. We can subordinate feelings to values. We have the initiative and the responsibility to make things happen.
~ Stephen Covey, 1932- ~
The 7 Habits of Highly Effective People, 1989

Wake up. The hour has come to be more responsible. Change this world by starting with yourself. The world is not going to change until you change.
~ Betty Shabazz, 1934-1997 ~

By attempting to avoid the responsibility for our own behavior, we are giving away our power to some other individual or organization. In this way, millions daily attempt to escape from freedom ... Most of us believe that the freedom and power of adulthood is our due, but we have little taste for adult responsibility and self-discipline ... To rise to a position of such power that we have no one else to blame except ourselves is a fearful state of affairs.
~ M. Scott Peck, 1936-2005 ~
The Road Less Travelled, 1978

Whatever the cost in personal relationships, we discover that our highest responsibility, finally, unavoidably is the stewardship of our potential – being all we can be.
~ Marilyn Ferguson, 1938- ~
The Aquarian Conspiracy, 1980

Take your life in your own hands and what happens? A terrible thing: no one to blame.
~ Erica Jong, 1942- ~

What we say and what we do ultimately comes back to us so let us own our responsibility, place it in our own hands and carry it with dignity and strength.
~ Gloria Anzaldúa, 1942-2004 ~
"Speaking in Tongues," *Words in Our Pockets*

I believe in the soul. Furthermore, I believe, it is prompt accountability for one's choices, a willing acceptance of responsibility for one's thoughts, behavior, and actions that makes it powerful.
~ Alice Walker, 1944- ~
Afterword to Second Edition, *Grange Copeland*, 1988

You may not have been responsible for your heritage, but you are responsible for your future.
~ Deepak Chopra, 1947- ~

The day you take complete responsibility for your life is the day you start to the top.
~ O. J. Simpson, 1947- ~

You are the common denominator to every situation, circumstance, challenge, and relationship in your life. You are either contributing to or contaminating every situation and circumstance in which you are involved. It is time to find out which of these you're doing, and how and why you're doing it.
~ Phillip McGraw, 1950- ~
Life Strategies: Doing What Works, Doing What Matters, 1999

You are never responsible for the actions of others; you are only responsible for you. When you truly understand this, and refuse to take things personally, you can hardly be hurt by the careless comments or actions of others.
~ Miguel Ruiz, 1952- ~
The Four Agreements, 1997

Don't get lost in an endless round of worldly duties and obligations. No matter how skillful you are, or how selflessly you carry out your duties, there will still be an endless number of things left undone at the end of your life. If you don't learn how to balance duties and your personal spiritual practice, you will be lost.
~ Pandit Rajmani Tigunait, 1953- ~
Inner Quest, 1995

You are responsible for your life. You can't keep blaming somebody else for your dysfunction ... Life is really about moving on.
~ Oprah Winfrey, 1954- ~

It is necessary to make people realize the responsibility for their own lives and their own spiritual path. It is possible to accompany them, but not to travel in their place.
~ Marie-Pierre Chevrier ~

Every individual has an obligation to return to this planet and to all our relations the sound of beauty, the power of prayer, the sense of harmony.
~ Dhyani Ywahoo

RESTRAINT

Related States & Conditions: Autonomy/Control, Discipline, Focus/Intention, Limitation, Moderation, Prudence, Responsibility, Simplicity, Submission/Surrender

Syntonic: Acceptance, Attention/Awareness, Balance, Forgiveness, Release, Trust

Dystonic: Attachment, Avoidance/Denial/Refusal, Complacency, Conformity, Criticism/Judgment, Delusion, Depression/Despair/Distress, Fault, Greed, Hate, Regret, Revenge, War/Aggression/Violence, Worry

Proceed not to speak or act before thou hast weighed thy words, and examined the tendency of every step thou shalt take; so shall disgrace fly far from you, and in thy house shall shame be a stranger; repentance shall not visit you, nor sorrow dwell upon thy cheek.
~ Khemetic Saying ~
Temt Tchaas: Egyptian Proverbs, Muata Ashaya Ashby, ed., 1994

Hope deferred maketh the heart sick: but when desire cometh, it is a tree of life.
~ Solomon, 10th C. BCE ~
in *The Bible*, Proverbs 13:12

The wise who control body, speech, and mind are indeed the consummately controlled.
~ Buddha, c. 563-483 BCE ~
The Dhammapada, Thomas Cleary, tr., 1994

Carpenters bend wood; fletchers bend arrows; wise men fashion themselves.
~ Buddha ~

No man is free who cannot command himself.
~ Pythagoras, 6th C. BCE ~

The first and best victory is to conquer self. To be conquered by self is, of all things, the most shameful and vile.
~ Plato, c. 427-347 BCE ~

Concentrate on your mind, your ruler. You are old; it's time to stop your mind acting like a slave, pulled by the strings of selfish desires.
~ Marcus Aurelius, 121-180 ~
The Spiritual Teachings of Marcus Aurelius, Mark Forstater, tr., 2000

If it's not right, don't do it; if it's not true, don't say it. Keep your impulses in reserve.
~ Ibid.

Who has a harder fight than he who is striving to overcome self?
~ Thomas à Kempis, c. 1380-1471 ~

Be gentle to all and stern with yourself.
~ Teresa of Avila, 1515-1582 ~

He got the better of himself, and that's the best kind of victory one can wish for.
~ Miguel de Cervantes, 1547-1616 ~

Refrain tonight, and that shall lend a hand of easiness to the next abstinence; the next more easy; for use can almost change the stamp of nature, and either curb the devil or throw him out with wondrous potency.
~ William Shakespeare, 1564-1616 ~
Hamlet, 1601

He who reigns within himself and rules his passions, desires and fears is more than a king.
~ John Milton, 1608-1674 ~

He that has not mastery over his inclinations, he that knows not how to resist the importunity of present pleasure or pain … is in danger of never being good for anything.
~ John Locke, 1632-1704 ~

He that would be superior to external influences must first become superior to his own passions.
~ Samuel Johnson, 1709-1784 ~

Those who restrain desire, do so because theirs is weak enough to be restrained; and the restrainer or Reason usurps its place & governs the unwilling. And being restrain'd, it by degrees becomes passive, till it is only the shadow of desire.
~ William Blake, 1757-1827 ~
"Proverbs of Hell," *The Marriage of Heaven and Hell*, 1793

Such power there is in clear-eyed self-restraint.
~ James Russell Lowell, 1819-1891 ~

Mutual respect implies discretion and reserve even in love itself; it means preserving as much liberty as possible to those whose life we share. We must distrust our instinct of intervention, for the desire to make one's own will prevail is often disguised under the mask of solicitude.
~ Henri-Frédéric Amiel, 1821-1881 ~

There never has been, and cannot be, a good life without self-control.
~ Leo Tolstoy, 1828-1910 ~

Every year I live I am more convinced that the waste of life lies in the love we have not given, the powers we have not used, the selfish prudence that will risk nothing, and which shirking pain, misses happiness as well. No one ever yet was the poorer in the long run for having once in a lifetime "let out all the length of all the reins."
~ Mary Cholomondeley, 1859-1925 ~

The difference between a savior and a sinner is this: that the one has perfect control of all the forces witin him; the other is dominated and controlled by them.
~ James Allen, 1864-1912 ~

Remember there is always a limit to self-indulgence, but none to self-restraint ... Civilization, in the real sense of the term, consists not in the multiplication but in the deliberate and voluntary restriction of wants. This alone promotes real happiness and contentment, and increases the capacity for service.
~ Mahatma Gandhi, 1869-1948 ~

Not to have control over the senses is like sailing in a rudderless ship, bound to break into pieces on coming in contact with the very first rock.
~ Gandhi ~

One must train oneself, small and frequent efforts, to dominate one's feelings.
~ Alexis Carrel, 1873-1944 ~

Living apart and at peace with myself, I came to realize more vividly the meaning of the doctrine of acceptance. To refrain from giving advice, to refrain from meddling in the affairs of others, to refrain, even though the motives be the highest, from tampering with another's way of life – so simple, yet so difficult for an active spirit. Hands off!
~ Henry Miller, 1891-1980 ~

All life, particularly the domestic life, is a lesson in restraint.
~ Lin Yutang, 1895-1976 ~
The Importance of Living, 1937

Self-restraint may be alien to the human temperament, but humanity without restraint will dig its own grave.
~ Marya Mannes, 1904-1990 ~

I was in prison before ... The solitude, the long moments of meditative contemplation, have given me the key to freedom.
~ Malcolm X, 1925-1965 ~

A horse that resists the reins, a car without brakes and a person with no self-control, are all equally headed for disaster.
~ Satya Sai Baba, 1926- ~

Our own inner child has to be disciplined in order to release its tremendous spiritual power.
~ Marion Boa Woodman, 1928- ~

Repression is not the way to virtue. When people restrain themselves out of fear, their lives are by necessity diminished. They become rigid and defensive, and their self stops growing. Only through freely chosen discipline can life be enjoyed, and still kept within the bounds of reason. If a person learns to control his instinctual desires, not because he *has* to, because he *wants* to, he can enjoy himself without becoming addicted.
~ Mihaly Csikszentmihalyi, 1934- ~
Flow: The Psychology of Optimal Experience, 1990

The big difference between a warrior and a victim is that the victim represses, and the warrior refrains. Victims repress because they are afraid to show the emotions, afraid to say what they want to say. To refrain is not the same thing as repression. To refrain is to hold emotions and to express them in the right moment, not before, not later.
~ Miguel Ruiz, 1952- ~
The Four Agreements, 1997

Self-discipline does within while you do without.
~ Denis Waitley ~

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RETREAT / WITHDRAWAL

Related States & Conditions: Autonomy/Control, Centering, Composure/Peace/Tranquility, Discipline, Inaction, Limitation, Moderation, Prudence, Responsibility, Restraint, Solitude, Stillness/Silence, Submission/Surrender

Syntonic: Acceptance, Balance, Detachment, Equanimity, Forgiveness, Humility, Release, Tolerance, Trust

Dystonic: Attachment, Avoidance/Denial/Refusal, Complacency, Conformity, Criticism/Judgment, Delusion, Depression/Despair/Distress, Fault, Greed, Hate, Jealousy/Envy, Regret, Revenge, War/Aggression/Violence, Worry

Best of all, to withdraw from one's generation, next to withdraw to another land; next to leave because of a look; next best to leave because of a word.
~ Kongfuzi, c. 551-c. 479 BCE ~
The Analects of Confucius, XIV.39, Arthur Waley, tr., 1989

The superior person knows when to retreat. To advance when the time is not right leads to disaster. Better to organize a skillful retreat and wait for more fortunate circumstances.
~ *Yi Jing*, c. 1150 BCE ~
"Shi: Group Action," in *The Photographic I Ching*, Dhiresha McCarver, tr., 1997

Nowhere can you retire with more quietness or more freedom than within your own spirit … Constantly give yourself this retreat, and renew yourself.
~ Marcus Aurelius, 121-180 ~

Who can leap the world's ties
And sit with me among the white clouds?
~ Han-shan "Cold Mountain," fl. 730-850 ~
Riprap and Cold Mountain Poems, Gary Snyder, tr., 2004

Why, you ask, do I live up in these blue mountains?
I smile and do not reply. Leave me in peace.
Peach blossoms drift on waves of flowing water,
There is another sky, another earth, beyond the world of men.
~ Li Po, 701-762 ~
in Arthur Waley, *The Poetry and Career of Li Po*, 1950

It isn't anything manly to go to the mountains. A man ought to be able to live in the city among people while being so occupied with God that not for a single moment is he empty of him.
~ Sari al-Saqati, fl.c. 850 ~

No matter how far you have gone on the wrong road, turn back.
~ Turkish Saying ~

If you want to perceive and understand objectively, just don't allow yourself to be confused by people. Detach from whatever you find inside or outside of yourself – detach from religion, tradition, and society, and only then will you attain liberation. When you are not entangled in things, you pass through freely to autonomy.
~ Linji Yixuan, d. 867 ~
in *Zen Essence: The Science of Freedom*, Thomas Cleary, tr. & ed., 1989

Leaving one's homeland is to accomplish half the Dharma.
~ Milarepa, 1040-1123 ~
in Lama Surya Das, *Awakening to the Sacred: Creating a Spiritual Life from Scratch*, 1999

To "leave the world" means that you do not let the feelings of worldly people hang on your mind.
~ Eihei Dogen, 1200-1253 ~
in *The Pocket Zen Reader*, Thomas Cleary, ed., 1999

It is not to be learned by world-flight, running away from things, turning solitary and going apart from the world. Rather, one must learn an inner solitude, wherever or with whomever he may be.
~ Meister Eckhart, 1260-1327 ~
Meister Eckhart: A Modern Translation, Raymond Bernard Blakney, 1941

We must reserve a little back-shop, all our own, entirely free, wherein to establish our true liberty and principle, retreat and solitude.
~ Michel de Montaigne, 1533-1592 ~

Even if you stay in quiet and serene places deep in the mountains and sit silently in quiet contemplation, as long as the road of the mind-monkey's horse of conceptualization is not cut off, you will only be wasting time.
~ Man-An, 1591-1654 ~
in *Minding Mind – A Course in Basic Meditation*, Thomas Cleary, tr., 1995

I have come one step away from everything. And here I stay, far from everything, one step away.
~ Antonio Porchia, 1886-1968 ~
Voices, W. S. Merwin, tr., 1988

You will easily get illumination in solitude. Solitude has its charms. Prepare yourself for life in seclusion.
~ Sivananda, 1887-1963 ~

I think the years I have spent in prison have been the most formative and important in my life because of the discipline, the sensations, but chiefly the opportunity to think clearly, to try to understand things.
~ Jawaharlal Nehru, 1889-1964 ~

The man who learns the art of retiring within himself to touch, not the darker strata of the ego's subconscious, but the deepest part of spiritual being, learns to possess both restfulness and happiness at his command. To the extent that he digs more deeply into his mind, he therefore finds benedictory powers of healing and pacification. A prefatory of such silent contemplation radiates its mood and spirit into the rest of his day.
~ Paul Brunton, 1898-1981 ~
The Spiritual Crisis of Man, 1970

You will never find interior solitude unless you make some conscious effort to deliver yourself from the desires and the cares and the interests of an existence in time and in the world.
~ Thomas Merton, 1915-1968 ~
Seeds of Contemplation, 1949

We must live fully in order to secrete the substance of our work, but we have to work alone.
~ Nadine Gordimer, 1923- ~
Nobel Banquet Speech, 1991

Each of us needs to withdraw from the cares which will not withdraw from us. We need hours of aimless wandering, or spates of time sitting on park benches, observing the mysterious world of ants and the canopy of treetops. If we step away for a time, we are not, as many may think and some will accuse, being irresponsible, but rather we are preparing ourselves to more ably perform our duties and discharge our obligations.
~ Maya Angelou, 1928- ~
Wouldn't Take Nothing for My Journey Now, 1993

When action grows unprofitable, gather information; when information grows unprofitable, sleep.
~ Ursula Le Guin, 1929- ~

To live a spiritual life we must first find the courage to enter into the desert of loneliness and change it by gentle and persistent efforts into a garden of solitude.
~ Henri Nouwen, 1932-1996 ~
Out of Solitude, 1974

There's a trick to the Graceful Exit. It begins with the vision to recognize when a job, a life stage, a relationship is over – and to let go. It means leaving what's over without denying its validity or its past importance in our lives. It involves a sense of future, a belief that every exit line is an entry, that we are moving on, rather than out. The trick of retiring well may be the trick of living well. It's hard to recognize that life isn't a holding action, but a process. It's hard to learn that we don't leave the best parts of ourselves behind, back in the dugout or the office. We own what we learned back there. The experiences and the growth are grafted onto our lives. And when we exit, we can take ourselves along – quite gracefully.
~ Ellen Goodman, 1941- ~
in *Boston Globe*

The path of ascetic withdrawal all too often introduces a profound split between the upper and lower dimensions of existence, and, in general, confuses *suppression* of earthly life with transcendence of earthly life.
~ Ken Wilber, 1949- ~
Transformations of Consciousness, 1986

As long as you do not know how to withdraw the senses from the external world, you have almost no choice but to let your mind remain a victim of sensory pleasure.
~ Pandit Rajmani Tigunait, 1953- ~
Inner Quest, 1995

REVENGE

Related States & Conditions: Anger, Defeat, Fault, Hate, Jealousy/Envy, Reciprocity/Reflection, War/Aggression/Violence

Syntonic: Acceptance, Compassion/Empathy/Kindness, Equanimity, Faith, Flexibility/Flow/Flux, Forgiveness, Release, Responsibility, Restraint, Tolerance, Understanding

Dystonic: Attachment, Conformity, Criticism/Judgment, Delusion, Dependence, Depression/Despair/Distress, Fear, Greed, Habit, Haste/Impatience, Regret, Worry

Why seeketh revenge, O man! With what purpose is it that thou pursuest it? Thinkest thou to pain thine adversary by it? Know that thou thyself feelest its greatest torments … Be always more ready to forgive, than to return an injury; they who watch for an opportunity for revenge, lieth in waste against themselves, and draweth down mischief on their own head.
~ Khemetic Saying ~
Temt Tchaas: Egyptian Proverbs, Muata Ashaya Ashby, ed., 1994

The root of revenge is the weakness of the Soul; the most abject and timorous are the most addicted to it.
~ Ibid.

There is nothing so easy as to revenge an offence; but nothing so honorable as to pardon it.
~ Akhenaton, c. 1385-c. 1355 BCE ~

Think not thou art revenged of thine enemy when thou slayest him; thou puttest him beyond thy reach, thou givest him quiet, and takest from thyself all means of hurting him.
~ Akhenaton ~

He who opts for revenge must dig two graves.
~ Chinese Saying ~

You shall not take vengeance or bear a grudge against any of your people, but you shall love your neighbor as yourself.
~ *The Bible*, c. 367 CE ~
Leviticus 19:17

Revenge is the poor delight of little minds.
~ Juvenal, c. 50-c. 130 ~
Satires

To take revenge is often to sacrifice oneself.
~ Bakongo Saying ~

If we take vengeance on vengeance, vengeance will never end.
~ Vietnamese Saying ~

Not becoming like your enemy is the best revenge.
~ Marcus Aurelius, 121-180 ~
The Spiritual Teachings of Marcus Aurelius, Mark Forstater, tr., 2000

How many are the pains of those who hunger for revenge! … They have killed themselves even before they kill their enemies.
~ Catherine of Siena, 1347-1380 ~

In taking revenge, a man is but even with his enemy; but in passing it over, he is superior … A man that studieth revenge keeps his own wounds green, which otherwise would heal and do well.
~ Francis Bacon, 1561-1626 ~
Of Revenge, 1625

Living well is the best revenge.
~ George Herbert, 1593-1633 ~
Jacula Prudentum, 1651

Revenge is barren of itself: it is the dreadful food it feeds on; its delight is murder, and its end is despair.
~ Friedrich von Schiller, 1759-1805 ~

Never does the human soul appear so strong as when it forgoes revenge, and dares forgive an injury.
~ E. H. Chapin, 1814-1880 ~

Revenge holds the cup to the lips of another but drinks the dregs itself.
~ Josh Billings, 1818-1885 ~
His Works Complete, 1876

There is no revenge so complete as forgiveness.
~ Billings ~

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An eye for an eye just makes everyone blind.
~ Mahatma Gandhi, 1869-1948 ~

Nothing is more costly, nothing is more sterile, than vengeance.
~ Winston Churchill, 1874-1965 ~

Revenge ... is like a rolling stone, which, when a man hath forced up a hill, will return upon him with a greater violence, and break those bones whose sinews gave it motion.
~ Albert Schweitzer, 1875-1965 ~

It's harder to defeat
Than it is to spell,
Revenge is not sweet,
It's bitter as Hell.
~ Duke Ellington, 1899-1974 ~
"Don't Get Down on Your Knees to Pray Until You Have Forgiven Everyone," *Sacred Concert*, 1965

Development of the psychology and the moral of hitting back when you have been hit – something *active* is *necessary* after something passive – something to balance the having "been hit." One must *hit* – but this is not considered good by modern nice people. Still, one gets all poisoned if the passive experience is not answered by an active one ... Therefore, after an injury, one must *do* something, not to the person who injured you, but make an *action* as strong as the action which injured you and proving your strength as much as retaliation would. Creative, if possible, but anyway active. Then you will be all right without any poison.
~ Katharine Hathaway, 1890-1942 ~
The Journals and Letters of the Little Locksmith, 1946

Revenge could steal a man's life until there was nothing left by emptiness ... A man can lose sight of everything else when he's bent on revenge, and it ain't worth it.
~ Louis L'Amour, 1908-1988 ~

People who fight fire with fire usually end up with ashes.
~ Abigail van Buren, 1918- ~

Keeping score of old scores and scars, getting even and one-upping, always makes you less than you are.
~ Malcolm S. Forbes, 1919-1990 ~

It is the law of the universe that retaliation, hatred, and revenge only continue the cycle and never stop it. Reconciliation does not mean that we surrender rights and conditions, but rather that we use love in all of our negotiations. It means that we see ourselves in the opponent – for what is the opponent but a being in ignorance, and we ourselves are also ignorant of many things.
~ Samdech Ghosananda, 1929- ~
Step by Step: Meditations on Wisdom and Compassion, 1992

If you have not set up the target it cannot be hit by an arrow. This is to say that each time you retaliate with words and actions that hurt, you are strengthening the habit of anger. Then, without doubt, plenty of arrows will always be coming your way. The pattern of striking out may already be very strong; however, each time you are provoked you are given a chance to do something different. The choice is yours: you can further strengthen your painful and crippling habit or you can shake it up a bit by holding your seat. Each time you sit still with the restlessness and heat of anger neither acting it out nor repressing it you are tamed and strengthened. Each time you act on the anger or suppress it, you are weakened; you become more and more like a walking target. Then, as the years go by, almost everything makes you mad.
~ Pema Chödrön, 1936- ~
Start Where You Are, 1994

You'll never get ahead of anyone as long as you try to get even with him.
~ Lou Holtz, 1937- ~

Some people would rather get even instead of get ahead.
~ Les Brown, 1945- ~

The problem with revenge is that it never gets what it wants; it never evens the score. Fairness never comes. The chain reaction set off by every act of vengeance always takes its unhindered course. It ties both the injured and the injurer to an escalator of pain. Both are stuck on the escalator as long as parity is demanded, and the escalator never stops, never lets anyone off.
~ Lewis B. Smedes ~
The Art of Forgiving, 1996

SEEKING

Related States & Conditions: Actualization/Fulfillment, Desire, Direction, Exploration, Goal/Ideal/Purpose, Introspection/Self-Knowledge, Journey/Path, Possibility/Potential, Questioning/Doubt, Self

Syntonic: Attention/Awareness, Autonomy/Control, Confidence, Courage, Determination/Persistence/Resolve, Equanimity, Expectation/Hope, Faith, Flexibility/Flow/Flux, Focus/Intention, Initiative, Openness/Receptivity, Opportunity, Patience, Preparation/Readiness, Prudence, Release, Self-Reliance

Dystonic: Attachment, Avoidance/Denial/Refusal, Complacency, Conformity, Criticism/Judgment, Delusion, Dependence, Fear, Greed, Haste/Impatience, Hate, Limitation, Regret, Worry

Searching for one's self in the world is the pursuit of an illusion.
~ Khemetic Saying ~
Temt Tchaas: Egyptian Proverbs, Muata Ashaya Ashby, ed., 1994

Better than a hundred years of mischief
is one day spent in contemplation.
Better than a hundred years of ignorance
is one day spent in reflection.
Better than a hundred years in idleness
is one day spent in determination.
Better to live one day wondering
how all things arise and pass away.
~ Buddha, c. 563-483 BCE ~
The Dhammapada, Thomas Cleary, tr., 1994

Be a lamp unto your own feet; do not seek outside yourself.
~ Buddha ~

Nothing is so difficult but that it may be found out by seeking.
~ Terence, c. 190-159 BCE ~

The great blessings of mankind are within us, and within our reach; but we shut our eyes and, like people in the dark, fall short of the very thing we search for without finding it.
~ Seneca, c. 4 BCE-65 CE ~

Ask, and it shall be given you; seek, and ye shall find; knock, and it shall be opened unto you: for everyone that asketh receiveth; and he that seeketh findeth; and to him that knocketh it shall be opened.
~ Jesus of Nazareth, c. 5-38 CE ~
in *The Bible*, Matthew 7:7-8

Just make use of your own treasure house according to your needs, and you will be happy men. There isn't a single thing that can be grasped or rejected. When you stop thinking that things have a past or a future, and that they come or go, then in the whole universe there won't be a single atom that is not your own treasure. All you have to do is look into your own mind; then the marvelous reality will manifest itself at all times.
~ Huihai Dazhu, 8th C. ~
The Zen Teaching of Hui Hai, John Blofeld, tr., 1962

This thing we tell of can never be found by seeking, yet only seekers find it.
~ Abu Yazid Al-Bistami, d. c. 874 ~
Early Islamic Mysticism: Sufi, Qur'an, Mi'raj, Poetic and Theological Writings, Michael A. Sells, tr. & ed., 1996

It is most urgent that you seek real, true perception, so you can be free in the world and not confused by ordinary practitioners. It is best to have no obsessions. Just don't be contrived. Simply be normal. You impulsively seek elsewhere, looking to others for your own hands and feet. This is already mistaken.
~ Linji Yixuan, d. 867 ~
in *Zen Essence: The Science of Freedom*, Thomas Cleary, tr. & ed., 1989

Right now, all this dashing and searching you're doing – do you know what it is you're looking for? It is vibrantly alive, yet has no root or stem. You can't gather it up, you can't scatter it to the winds. The more you search for it the further away it gets. But don't search for it and it's right before your eyes, its miraculous sound always in your ears.
~ Linji ~

If you know that fundamentally there is nothing to seek, you have settled your affairs.
~ Linji ~

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The universal body of reality is so subtle that you do not hear it when you deliberately listen for it, and you do not see it when you look for it. As for the pure knowledge that has no teacher, how can it be attained by thought or study?
~ Huanglong Huinan, 1002-1069 ~
in *Zen Essence: The Science of Freedom*, Thomas Cleary, tr. & ed., 1989

If you seek, how is that different from pursuing sound and form? If you don't seek, how are you different from earth, wood, or stone? You must seek without seeking.
~ Fuyan Qingyuan, 1067-1120 ~
in *Zen Essence: The Science of Freedom*, Thomas Cleary, tr. & ed., 1989

What we are looking for is what is looking.
~ Francis of Assisi, c. 1181-1226 ~

If you can't find the truth right where you are, where else do you think you will find it?
~ Eihei Dogen, 1200-1253 ~
"The Practice of Meditation," in *The Enlightened Mind: An Anthology of Sacred Prose*, Stephen Mitchell, ed., 1991

O pure people who wander the world,
amazed at the idols you see,
what you are searching for out there,
if you look within, you yourself are it.
~ Jalaluddin Rumi, 1207-1273 ~
Rubaiyat 549, *The Pocket Rumi Reader*, Kabir Helminski, ed., 2001

Whether one moves slowly or with speed,
the one who is a seeker will be a finder.
Always seek with your whole self,
for the search is an excellent guide on the way.
~ Ibid., Mathnawi III, 978

From the moment you dreamed you set out
you created the distance
from that which had been near to you.
Many set out on a journey
that leads them further away from their goal.
~ Ibid., "The Water We Seek," Mathnawi IV, 3232-33

To reach the fundamental ground is not something like going from the country to the city or from one land to another. In reality it is like waking up from a dream. All the questions about where the fundamental ground is and how to get there are part of the dream, arising from the thoughts of a dream about a dream.
~ Muso Kokushi, 1275-1351 ~
in *Dream Conversations on Buddhism and Zen*, Thomas Cleary, tr., 1994

I laugh when I hear that the fish in the water is thirsty.
You wander restlessly from forest to forest while the Reality is within your own dwelling.
The truth is here! Go where you will – to Benares or to Mathura; until you have found God in your own soul, the whole world will seem meaningless to you.
~ Kabir, 1440-1518 ~

There is no real doctrine at all for you to chew on or squat over. If you will not believe in yourself, you pick up your baggage and go around to other people's houses looking … You think this is searching for the ultimate, and you make it into your religion, but this is like running blindly to the east to get something that is in the west. The more you run, the further away you are, and the more you hurry the later you become.
~ Yuansou, 1578-1657 ~
in *Zen Essence: The Science of Freedom*, Thomas Cleary, tr. & ed., 1989

How sad that people ignore the near
And search for truth afar:
Like someone in the midst of water
Crying out in thirst,
Like a child of a wealthy home
Wandering among the poor.
~ Hakuin Ekaku, 1686-1769 ~
"Hakuin's Song of Zazen," Norman Waddell, tr.

The Tao is simple and convenient. There is no need to seek afar, for it is right at home. Transform yourself, and there you have the soul-restoring pill. Change your outlook, and there is the real shore of the Way. The reason the spiritual treasure does not appear to seekers is that they themselves will not allow it to do so – what a pity that false people spend their lives madly in sidetracks.
~ Liu Yiming, b. c. 1737 ~
Awakening to the Tao, Thomas Cleary, tr., 1988

What we seek we shall find; what we flee from flees from us … hence the high caution, that, since we are sure of having what we wish, we beware to ask only for high things.
~ Ralph Waldo Emerson, 1803-1882 ~

Men go fishing all of their lives without knowing that it is not fish they are after.
~ Henry David Thoreau, 1817-1862 ~

Will you seek afar off? You will come back at last to things best known to you, finding happiness, knowledge, not in another place but in this place … not in another hour, but *this* hour.
~ Walt Whitman, 1819-1892 ~

No matter how much we seek, we never find anything but ourselves.
~ Anatole France, 1844-1924 ~

A man travels the world over in search of what he needs, and returns home to find it.
~ George A. Moore, 1852-1933 ~

Through delusion we have been trying to forget our nature, and yet we could not; it was always calling upon us, and all our search after God or gods, or external freedom, was a search after our real nature.
~ Vivekananda, 1863-1902 ~
The Complete Works of Swami Vivekananda, 1984-1987, 2:325, 1926

All search is in vain, until we begin to perceive that wisdom is within ourselves … then we may know the sun is rising, that the morning is breaking for us.
~ Vivekananda ~

Peace lies not in the external world. It lies within one's own soul. We may travel over many different avenues in pursuit of it, we may seek it through the channels of the bodily appetites and passions, we may seek it through all the channels of the external, we may chase for it hither and thither, but it will always be just beyond our grasp, because we are searching for it where it is not.
~ Ralph Waldo Trine, 1866-1958 ~
In Tune With the Infinite, 1897

The best way to find yourself is to lose yourself in the service of others.
~ Mahatma Gandhi, 1869-1948 ~

We have all to return to the source. Every human being is seeking its source and must one day come to it. We must come from the Within; we have gone outward; now we must return inward.
~ Ramana Maharshi, 1879-1950 ~

Would there be this eternal seeking if the found existed?
~ Antonio Porchia, 1886-1968 ~
Voices, W. S. Merwin, tr., 1988

Perhaps … our lot on earth is to seek and to search. Now and again we find just enough to enable us to carry on. I now doubt that any of us will completely find and be found in this life.
~ Jean Toomer, 1894-1967 ~

Should one seek at all? Seeking is always for something over there on the other bank, in the distance covered by time … The seeking and the finding are in the future – over there, just beyond the hill … so the distance between that which is to be found and that which *is*, is made even wider by the search – however pleasant and comforting that search may be.
~ Jiddu Krishnamurti, 1895-1986 ~
The Second Penguin Krishnamurti Reader, Mary Lutyens, ed., 1973

From the outset we are always ourselves; fundamentally, the person we seek to become. The inner urge that sets us seeking is itself the thing we are looking for.
~ Karlfried Durckheim, 1896-1988 ~
The Call for the Master, Vincent Nash, tr., 1989

The human mind is everlastingly curious. It wants to know more and more. Yet it can never slake this curiosity and satisfy this craving. All that it gathers is finite and limited, incomplete and insufficient – and must remain so. When at last it wakes up to this fact, it will sooner or later put itself upon the quest. Then, when it finally succeeds in turning around and gazing within it will be stilled in, and become questionless with, an infinite satisfaction.
~ Paul Brunton, 1898-1981 ~
The Spiritual Crisis of Man, 1970

As long as you seek for something, you will get the shadow of reality and not reality itself.
~ Shunryu Suzuki, 1905-1971 ~

We find what we search for – or, if we don't find it, we become it.
~ Jessamyn West, 1907- ~

Sometimes a man humbles himself in his heart, submits the visible to the power to see, and seeks to return to his source. He seeks, he finds, and he returns home … To return to the source of things,

one has to travel in the opposite direction.
~ René Daumal, 1908-1944 ~
Mount Analogue, 1952

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You will never be happy if you continue to search for what happiness consists of. You will never live if you are looking for the meaning of life.
~ Albert Camus, 1913-1960 ~

We have what we seek. It is there all the time, and if we give it time, it will make itself known to us.
~ Thomas Merton, 1915-1968 ~

The more you look through your drawers, under the bed and bureau, in the closet and on the bathroom shelf for the spectacles you are already wearing, the further you will be from finding them … just as there is nothing more totally obvious and fundamentally self-evident than the infinite Reality in whose consciousness and being we live and move. Our trouble is that the egoistic viewpoint is so thoroughly complex that it has extreme difficulty in recognizing the essentially simple.
~ Alan Watts, 1915-1973 ~
The Supreme Identity, 1950

The idyllic condition cannot be arrived at and held on to eternally. It is in the search itself that one finds ecstasy.
~ Maya Angelou, 1928- ~
Wouldn't Take Nothing for My Journey Now, 1993

I sometimes realize that there is something on the earth that is free of everything but what created it, and that is the one thing I have been trying to find.
~ Ornette Coleman, 1930- ~

There comes a time in the seeker's life when he discovers that he is at once the lover and the beloved. The aspiring soul which he embodies is the lover in him. And the transcendental Self which he reveals from within is his Beloved.
~ Sri Chinmoy, 1931- ~

It is through the paradoxical mixture of seeking and not seeking that we obtain the gift of serendipity and the blessings of grace.
~ M. Scott Peck, 1936-2005 ~
The Road Less Travelled, 1978

It's the striving that separates us from who we are.
~ Joan Halifax, 1942- ~

It is not our job to seek for love, but to seek for all the barriers we hold against its coming.
~ Marianne Williamson, 1952- ~
A Return to Love, 1992

The secret of the world is this: the world is entirely circular and you will go round and round endlessly, never finding what you want, unless you have found what you really want inside yourself. When you follow a star you know you will never reach that star; rather it will guide you to where you want to go. It's a reference point, not an end in itself, even though you seem to be following it. So it is with the world. It will only ever lead you back to yourself. The end of all your exploring will be to cease from exploration and know the place for the first time.
~ Jeanette Winterson, 1959- ~

People who are troubled by an unnamed and unnameable distress – sometimes referred to vaguely as spiritual seeking – find themselves helplessly and compulsively driven in the direction of mystic transformation. The seeking becomes increasingly troubled and restless, completely at odds with conventional notions of emotional illness, and is progressively and decisively consummated as attachment to self and its importance is given up.
~ Ali Ansari, 1969- ~
Sufism and Beyond: Sufi Thought in the Light of Late 20th Century Science, 1999

Enlightenment isn't something we can search for, but we think we must search for something … if we cease looking, searching, what are we left with? We're left with what's been there at the center all the time.
~ Charlotte Joko Beck ~
Everyday Zen, 1989

Every day in every place is an adventure. This you have not yet learned. And so you chase down the distant roads, hoping to satisfy the hunger for excitement that burns in your heart.
~ Catti-Brie ~

It is always wise to stop wishing for things long enough to enjoy the fragrance of those now flowering.
~ Patrice Gifford ~

The longer you look for something "special" that is beyond yourself and the tools that you already have available to you, the less likely you'll be to find what is there.
~ Angel Kyodo Williams ~
Being Black: Zen and the Art of Living with Fearlessness and Grace, 2000

SELF

Related States & Conditions: Actualization/Fulfillment, Autonomy/Control, Being/Essence/Soul, Centering, Connection/Interbeing/Interdependence, Expression, Identity, Individuality, Journey/Path, Possibility/Potential

Syntonic: Affirmation/Approval, Attention/Awareness, Confidence, Courage, Determination/Persistence/Resolve, Equanimity, Faith, Flexibility/Flow/Flux, Focus/Intention, Initiative, Introspection/Self-Knowledge, Openness/Receptivity, Release, Responsibility, Solitude

Dystonic: Attachment, Avoidance/Denial/Refusal, Complacency, Conformity, Criticism/Judgment, Delusion, Dependence, Fear, Greed, Haste/Impatience, Hate, Limitation, Regret, Worry

As a great fish swims between the banks of a river as it likes, so does the shining Self move between the states of dreaming and waking.
As an eagle, weary after soaring in the sky, folds its wings and flies down to rest in its nest, so does the shining Self enter the state of dreamless sleep, where one is freed from all desires.
~ *Brihadaranyaka Upanishad* ~
The Upanishads, Swami Prabhavanada & Frederick Manchester, trs., 1975

The self is the owner of the chariot,
The chariot is the body,
Soul is the charioteer,
Mind the reins.
Senses, they say, are the steeds,
Their object the tract before them;
What, then, is the subject of experience?
"Self, sense and mind conjoined," wise men reply.
~ *Katha Upanishad*, III.3-4 ~
Hindu Scriptures, R. C. Zaehner, tr., 1966

The Self is the ear of the ear,
The eye of the eye, the mind of the mind,
The word of words, and the life of life.
Rising above the senses and the mind
And renouncing separate existence,
The wise realize the deathless Self.
~ *Kena Upanishad* ~

He is my self within the heart, smaller than a corn of rice, smaller than a corn of barley, smaller than a mustard seed, smaller than a canary seed or the kernel of a canary seed. He also is my self within the heart, greater than the earth, greater than the sky, greater than heaven, greater than all these worlds.
~ *Khandogya Upanishad* ~

Self is everywhere, shining forth from all beings, vaster than the vast, subtler than the most subtle, unreachable, yet nearer than breath, than heartbeat. Eye cannot see it, ear cannot hear it nor tongue utter it; only in deep absorption can the mind, grown pure and silent, merge with the formless truth. As soon as you find it, you are free; you have found yourself; you have solved the great riddle; your heart is forever at peace. Whole, you enter the Whole. Your personal self returns to its radiant, intimate, deathless source.
~ *Mundaka Upanishad* ~

Like oil in sesame seeds
butter in cream
water in the river-bed,
fire in tinder
the Self dwells within the soul.
Realize that Self
through truthfulness and meditation.
~ *Svetasvatara Upanishad* ~

The All-knowing Self was never born, nor will it die.
Beyond cause and effect, this self is eternal and immutable.
When the body dies, the Self does not die.
If the slayer believes that he can kill
And the slain believes that he can be killed,
Neither knows the truth.
The eternal Self slays not, nor is ever slain.
~ *Upanishads*, c. 1400-c. 800 BCE ~

When we realize the universal Self in us, when and what may anybody fear or worship?
~ Ibid. in *A Source Book in Indian Philosophy*, Sarvepalli Radhakrishnan & Charles A. Moore, eds., 1957

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How can I salute the Self, which is indestructible, which is all Bliss, which in Itself and by Itself pervades everything, and which is inseparable from Itself? I alone am, ever free from all taint. The world exists like a mirage within me. To whom shall I bow? Verily the one Self is all, free from differentiation and non-differentiation. Neither can it be said, "It is" nor "It is not." What a great mystery.
~ Mahatma Dattatreya, c. 1100 BCE ~
Avadhut Gita, I.2-4, Hari Prasad Shastri, tr., 1934

The reason that we have so much trouble is that we have selves.
~ Laozi, 570-490 BCE ~
Daode Jing

This self of which you speak, whether it is the great self or the small self, is only a concept that does not correspond to any reality.
~ Buddha, c. 563-483 BCE ~

Whether fêted or tormented, the wise man is always aware of his supreme self-nature and is neither pleased nor disappointed.
The great souled person sees even his own body in action as if it were someone else's, so how should he be disturbed by praise or blame?
~ *Ashtavakra Gita* ~
3.9-10, John Richards, tr., 1994

If I am not for myself, who is for me; and being for my own self what am I? If not now, when?
~ Hillel, the Elder, c. 60 BCE-c. 10 CE ~

The self conscious of its Self shows a way, solves the mystery of choice, and unleashes our animal energy.
~ Jesus of Nazareth, c. 5-38 CE ~
The Gospel of John, 14:6, Peshitta Version

This whatever this is that I am is flesh and spirit, and the ruling part.
~ Marcus Aurelius, 121-180 ~
Meditations, 170-180

The personhood of man, therefore, is an inter-involvement of rich inter-communication or dialogue. Man, though he feels lonely, is always in encounter with himself. The more he presses this dialogue of the self, the deeper he goes into the self itself. Sooner or later he encounters the Totally Other within the self. This is a radical departure from the sharp cleavage between the subjective and the objective world which one finds in classical idealism. There is an inner reality which is as surely objective as any outer reality.
~ Augustine of Hippo, 354-430 ~
in Wayne E. Oates, *Religious Dimensions of Personality*, 1957

Don't ride another's horse, don't draw another's bow, don't mind another's business.
~ Dahui, 677-744 ~

There is a self-existent Reality ... That Reality is the Witness of the three states of consciousness ... That Reality is the knower in all states of consciousness – waking, dreaming, and dreamless sleep. It is the Self.
~ Shankara, 686-718 ~
Shankara's Crest-Jewel of Discrimination, Swami Prabhavananda & Christopher Isherwood, trs., 1947, 1978

Just don't seek from others,
Or you'll be far estranged from Self.
I now go on alone;
Everywhere I meet It:
It now is me; I now am It.
One must understand in this way
To merge with thusness.
~ Dongshan Liangjie, 807–869 ~

If you want to be free,
Get to know your real self.
It has no form, no appearance,
No root, no basis, no abode,
But is lively and buoyant.
It responds with versatile facility,
But its function cannot be located.
Therefore when you look for it
You become further from it,
When you seek it
You turn away from it all the more.
~ Linji Yixuan, d. 867 ~
in *Zen Essence: The Science of Freedom*, Thomas Cleary, tr. & ed., 1989

To study the Buddha way is to study the self.
To study the self is to forget the self.
To forget the self is to be enlightened by all things.
~ Eihei Dogen, 1200-1253 ~
Genjokoan, 1233

Go on a journey from self to Self, my friend ...
Such a journey transforms the earth into a mine of gold.
~ Jalaluddin Rumi, 1207-1273 ~
Mathnawi, *Teachings of Rumi*, Andrew Harvey, tr., 1999

If you desire the self, get out of the self.
Leave the shallow stream behind
and flow into the river deep and wide.
Don't be an ox pulling the wheel of the plow,
turn with the stars that wheel above you.
~ Rumi ~
Rubaiyat 62, *The Pocket Rumi Reader*, Kabir Helminski, ed., 2001

Once you get hold of selflessness, you'll be dragged from your ego and freed from many traps.
Come, return to the root of the root of your self.
~ Ibid. "The Root of the Root of Your Self"

Whether you are going or staying, sitting or lying down, the whole world is your own self. You must find out whether the mountains, rivers, grass and forests exist in your own mind or exist outside it. Analyze the ten thousand things, dissect them minutely, and when you take this to the limit, you will come to the limitless. When you search into it, you come to the end of searching where thinking goes no further and distinctions vanish.
~ Daikaku, 1213-1279 ~
in *Zen and the Ways*, Trevor Leggett, ed., 1978

When a man goes out of himself to find or fetch God he is wrong. I do not find God outside myself nor conceive him excepting as my own and in me. A man ought not to work for any why, not for God nor for his glory nor for anything at all that is outside him, but only for that which is his being, his very life within him.
~ Meister Eckhart, 1260-1327 ~
in *The Common Experience*, J. M. Cohen & J. F. Phipps, eds., 1979

I am more afraid of my own heart than of the pope and all his cardinals. I have within me the great pope, Self.
~ Martin Luther, 1483-1546 ~

We seek other conditions because we don't understand the use of our own, and go out of ourselves because we don't know what it is like within. Yet it is no use for us to mount on stilts, for on stilts we must still walk with our own legs. And upon the loftiest throne in the world we are still sitting on our own ass.
~ Michel de Montaigne, 1533-1592 ~
"Experience," *Essays of Montaigne*, Charles Cotton, tr., 1877

Self-interest speaks every kind of language, and plays every role, even that of disinterestedness.
~ François de La Rochefoucauld, 1613-1680 ~
Maximes, 1664

At the gate of birth of the self you stabilize the root of life, at the door of death of the self you strip off the skin shell.
~ Liu Yiming, b. c. 1737 ~
Awakening to the Tao, Thomas Cleary, tr., 1988

Self-development is a higher duty than self-sacrifice.
~ Elizabeth Cady Stanton, 1815-1902 ~

Resolve to be thyself: and know, that he
Who finds himself, loses his misery.
~ Matthew Arnold, 1822-1888 ~
Self-Dependence, 1852

There is but one cause of human failure and that is man's lack of faith in his true Self.
~ William James, 1842-1910 ~

If you inhabit thought (and persevere) you come at length to a region of consciousness below or behind thought … and a realization of an altogether vaster self than that to which we are accustomed. And since the ordinary consciousness, with which we are condemned in ordinary life, is before all things founded on the little self … it follows that to pass out of that is to die to the ordinary self and the ordinary world. It is to die in the ordinary sense, but in another, it is to wake up and find that the "I," one's real, most intimate self, pervades the universe and all other beings. So great, so splendid is this experience, that it may be said that all minor questions and doubts fall away in the face of it; and certain it is that in the thousands and thousands of cases, the fact of its having come even once to an individual has completely revolutionized his subsequent life and outlook on the world.
~ Edward Carpenter, 1844-1929 ~

At every single moment of one's life one is what one is going to be no less than what one has been.
~ Oscar Wilde, 1856-1900 ~
De Profundis, 1905

Our ego-feeling is only a shrunken residue of a much more inclusive, indeed an all-embracing, feeling which corresponded to a more intimate bond between the ego and the world about it.
~ Sigmund Freud, 1856-1939 ~

Life isn't about finding yourself. Life is about creating yourself.
~ George Bernard Shaw, 1856-1950 ~

Better keep yourself clean and bright, you are the window through which you must see the world.
~ Shaw ~

We are responsible for what we are; and whatever we wish ourselves to be, we have the power to make ourselves. If what we are now has been the result of our own past actions, it certainly follows that whatever we wish to be in future can be produced by our present actions; so we have to know how to act.
~ Vivekananda, 1863-1902 ~
The Complete Works of Swami Vivekananda, 1984-1987, 1:31

Self answers to self, and we love a congenial egotist. We love him because by sympathy we can and do expand our spirit to the measure of his.
~ Charles Horton Cooley, 1864-1929 ~
Life and the Student, 1927

What's wrong with this egotism? If a man doesn't delight in himself and the force in him and feel that he and it are wonders, how is all life to become important to him? The interest in the lives of others, the high evaluation of these lives, what are they but the overflow of the interest he finds in himself, the value he attributes to his own being?
~ Sherwood Anderson, 1876-1941 ~
Memoirs, 1942

No one doubts that he exists, though you may doubt the existence of God. If you find out the truth yourself and discover your own source, this is all that is required.
~ Ramana Maharshi, 1879-1950 ~

The Self is nothing else but the knowledge that "you are." Meditate on that principle by which you know "you are" and on account of which you experience the world. Meditate on this knowledge "you are," which is the Consciousness, and abide therein.
~ Nisargadatta, 1897-1981 ~

That which you are, your true self, you love it, and whatever you do, you do for your own happiness. To find it, to know it, to cherish it is your basic urge. Since time immemorial you loved yourself, but not wisely. Use your body and mind wisely in the service of the self, that is all.
~ Nisargadatta ~

As long as anyone believes that his ideal and purpose is outside him, that it is above the clouds, in the past or in the future, he will go outside himself and seek fulfillment where it cannot be found. He will look for solutions and answers at every point except the one where they can be found – in himself.
~ Erich Fromm, 1900-1980 ~
Man for Himself, 1947

We project the unbearable self onto others, so that we can hate it in others and destroy it. These condemned elements are necessary to life. When you kill them, you kill life.
~ Anaïs Nin, 1903-1977 ~
The Diary of Anaïs Nin, Vol. IV, Gunther Stuhlmann, ed., 1971

Settle the self on the self.
~ Shunryu Suzuki, 1905-1971 ~

Men can starve from a lack of self-realization as much as they can from a lack of bread.
~ Richard Wright, 1908-1960 ~
Native Son, 1940

We experience ourselves as a thinking, intuiting-feeling and acting unity. The self is thus not merely the sum of the various "roles" one plays – it is the capacity by which one *knows* he plays these roles; it is the center from which one sees and is aware of these so-called different "sides" of himself.
~ Rollo May, 1909-1994 ~

Consciousness of self gives us the power to stand outside the rigid chain of stimulus and response, to pause, and by this pause to throw some weight on either side, to cast some decision about what the response will be.
~ May ~
Man's Search for Himself, 1953

People often say this or that person has not yet found himself. The self is not something that one finds, it is something that one creates.
~ Thomas Szasz, 1920- ~

Love and the self are one and the discovery of either is the realization of both.
~ Leo Buscaglia, 1924-1998 ~
Love, 1972

You can never leave home. You take it with you wherever you go.
~ Maya Angelou, 1928- ~

There is no sense in talking about "being true to myself" until you are sure what voice you are being

true to. It takes hard work to differentiate the voices of the unconscious.
~ Marion Boa Woodman, 1928- ~

You must love yourself before you love another. By accepting yourself and joyfully being what you are, you fulfill your own abilities, and your simple presence can make others happy.
~ Jane Roberts, 1929-1984 ~
The Nature of Personal Reality, 1974

The time will come
when, with elation,
you will greet yourself arriving
at your own door, in your own mirror,
and each will smile at the other's welcome.
~ Derek Walcott, 1930- ~
"Love after Love," *Collected Poems 1948-1984*, 1986

The culture devotes itself to the creation and maintenance of a strange and unprecedented "self" almost entirely cut off from being and thus condemned to ceaseless doing and getting. For such a self, the quality of being alive is simply irrelevant.
~ George B. Leonard, 1931- ~

Ego has always been a paradox – it is the point from which you see, but it also makes you blind.
~ Bill Russell, 1934- ~

Just when I think I have learned the way to live, life changes and I am left the same. The more things change the more I am the same … I am what I started with, and when it is all over I will be all that is left of me.
~ Hugh Prather, 1938- ~
Notes to Myself, 1970

Revolution begins with the self, in the self. The individual, the basic revolutionary unit, must be purged of poison and lies that assault the ego and threaten the heart.
~ Toni Cade Bambara, 1939-1995 ~

Your Silent Master is your *Real Self*, your original Self. It expresses Itself through your thinking, through true Ideas and Thoughts in your mind. It is your eternal Selfhood that exists apart from your brain (which is a sensory processor only) and the personality traits imposed on you from your environment.
~ Tae Yun Kim, 1946- ~
"Image I: You Are One of a Kind," *Seven Steps to Inner Power*, 1991

You don't have to do anything to find the Self – you have to stop doing anything.
~ Deepak Chopra, 1947- ~
Journey Into Healing: Awakening the Wisdom Within You, 1994

There is a space between each of your thoughts where you manufacture your thoughts, where you are an infinite choice maker. This "gap" between thoughts is the window to your higher self, the window to the cosmic self. The real you cannot be squeezed into the volume of a body or the span of a lifetime. It is the thinker in the field of memory and information in the space between thoughts.
~ Ibid.

The *clearer* or more transparent the self becomes (via concernful reflection), or the more it can empty itself of egocentric, power-based, or inauthentic modes, the more it comes to an *autonomous* or *authentic* stance or grounding … it is this *grounding* in authenticity and autonony that *itself* provides existential meaning in life, that combats dread and angst, and that provides a courage to be in the face of "sickness unto death."
~ Ken Wilber, 1949- ~
Transformations of Consciousness, 1986

To want to hold on to the illusion of a fixed self – the personal self – in the midst of a reality of continuous change is like trading the living life for a snapshot … As an object and product of perception, the apparent reality of a fixed "personal" self might … be called a neurally orchestrated illusion.
~ Ali Ansari, 1969- ~
Sufism and Beyond: Sufi Thought in the Light of Late 20th Century Science, 1999

Insight is not one moment of revelation. The self is not a book to be read; its pages are constantly turning in a high wind and only a word can be glimpsed here, a line there, from which, with persistence, some idea of the whole can be pieced together.
~ Jo Coubert ~

As for who is this "I" – in my case, at any given time, it's just the then momentary concatenation of the dependently arising streams of factors that have eventuated in the utterance "at ear."
~ Kent A. Davy ~

Wherever you go, there you are.
~ Jon Kabat-Zinn ~
Wherever You Go, There You Are: Mindfulness Meditation in Everyday Life, 1994

SELF-RELIANCE

Related States & Conditions: Actualization/Fulfillment, Autonomy/Control, Being/Essence/Soul, Centering, Expression, Identity, Individuality, Initiative

Syntonic: Affirmation/Approval, Attention/Awareness, Confidence, Courage, Determination/Persistence/Resolve, Equanimity, Faith, Flexibility/Flow/Flux, Focus/Intention, Insight/Instinct/Intuition, Introspection/Self-Knowledge, Openness/Receptivity, Release, Responsibility, Solitude, Strength

Dystonic: Attachment, Avoidance/Denial/Refusal, Complacency, Conformity, Criticism/Judgment, Deferment/Delay, Delusion, Dependence, Fear, Greed, Haste/Impatience, Hate, Limitation, Regret, Worry

If you travel on a road made by your own hands each day, you will arrive at the place where you would want to be.
~ Khemetic Saying ~
Temt Tchaas: Egyptian Proverbs, Muata Ashaya Ashby, ed., 1994

Be a light unto yourself; betake yourself to no external refuge. Hold fast to the Truth. Look not for refuge to anyone besides yourselves.
~ Buddha, c. 563-483 BCE ~

If another drinks, does it quench your thirst? If another eats, does it appease your hunger? If another sleeps, does it rest you? Who, then, shall develop your understanding?
~ Buddha ~

He who requires much from himself and little from others, will keep himself from being the object of resentment.
~ Kongfuzi, c. 551-c. 479 BCE ~

The gods help those who help themselves.
~ Aesop, fl. c. 550 BCE ~
Hercules and the Wagonner

The soul is its own source of unfolding.
~ Heraclitus, c. 540-c. 480 BCE ~

The man who makes everything that leads to happiness depend upon himself, and not upon other men, has adopted the very best plan for living happily.
~ Plato, c. 427-347 BCE ~

How much time he gains who does not look to see what his neighbor says or does or thinks, but only at what he does himself, to make it just and holy.
~ Marcus Aurelius ~
Meditations, IV.18

Be cheerful, also, and seek not external help, nor the peace which others give. A man must stand straight, and not be kept straight by others.
~ Marcus Aurelius, 121-180 ~

You yourself must make the effort. The buddhas are only teachers.
~ Buddhist Saying ~

The buddhas of past, present, and future,
And all of their scriptural discourses,
Are all in your original nature,
Inherently complete.
You do not need to seek,
But you must save yourself.
No one can do it for you.
~ Xuefeng Yicun, 822-908 ~

There is a basket of fresh bread on your head, and yet
you go door to door asking for crusts.
Knock on your inner door. No other.
~ Jalaluddin Rumi, 1207-1273 ~
"A Basket of Fresh Bread," *This Longing: Poetry, Teaching Stories, and Letters of Rumi*, Coleman Barks & John Moyne, trs.

Be thine own palace, or the world's thy jail.
~ John Donne, 1572-1631 ~

He that would have the fruit must climb the tree.
~ Thomas Fuller, 1608-1661 ~

Never depend on anyone except yourself.
~ Jean de la Fontaine, 1621-1695 ~
Fables, 1668-1694

If you would have a faithful servant, and one that you like, serve yourself ... If you want a thing done, go; if not, send.
~ Benjamin Franklin, 1706-1790 ~

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He who is plenteously provided for from within needs but little from without.
~ Johann von Goethe, 1749-1832 ~

No bird soars too high, if he soars with his own wings.
~ William Blake, 1757-1827 ~
"Proverbs of Hell," *The Marriage of Heaven and Hell*, 1793

Let all your views in life be directed to a solid, however moderate, independence; without it no man can be happy, nor even honest.
~ Junius, fl. 1769-1772 ~

If you want a thing done well, do it yourself.
~ Napoléon Bonaparte, 1769-1821 ~
Military Maxims of Napoleon, General Burnod, ed., 1827

Everyone can raise himself, but only by his own actions.
~ Nachman of Breslov, 1772-1810 ~

Even in the common affairs of life, in love, friendship, and marriage, how little security have we when we trust our happiness in the hands of others.
~ William Hazlitt, 1778-1830 ~

Himself is the source of the best and most a man can be or achieve. The more this is so – the more a man finds his sources of pleasure in himself – the happier he will be … For all other sources of happiness are in their nature most uncertain.
~ Arthur Schopenhauer, 1788-1860 ~

There is a time in every man's education when he arrives at the conviction that envy is ignorance; that imitation is suicide; that he must take himself for better, for worse, as his portion; that though the wide universe is full of good, no kernel of nourishing corn can come to him but through his toil bestowed on that plot of ground which is given him to till. The power which resides in him is new in nature and none but he knows what he can do, nor does he know until he has tried.
~ Ralph Waldo Emerson, 1803-1882 ~

Why should we ever go abroad, even across the way, to ask a neighbor's advice? There is a nearer neighbor within us incessantly telling us how we should behave.
~ Henry David Thoreau, 1817-1862 ~
Letter to Harrison Blake, 1854 December 19

You must live within yourself and depend on yourself, always tucked up and ready for a start.
~ Thoreau ~

The individual must be self-reliant and, in a sense, self-sufficient, or else he goes down.
~ Luther Burbank, 1849-1926 ~

I do not expect anything from others, so their actions cannot be in opposition to wishes of mine.
~ Sri Yukteswar, 1855-1936 ~

Be yourself and think for yourself; and while your conclusions may not be infallible, they will be nearer right than the conclusions forced upon you.
~ Elbert Hubbard, 1856-1915 ~

With begging and scrambling we find very little, but with being true to ourselves we find a great deal more than we desire.
~ Rabindranath Tagore, 1861-1941 ~
Letters to a Friend, C. F. Andrews, ed., 1929

All search is in vain, until we begin to perceive that knowledge is within ourselves, that no one can help us, that we must help ourselves.
~ Vivekananda, 1863-1902 ~
The Complete Works of Swami Vivekananda, 1984-1987, 1:258

What is the true meaning of the assertion that we should depend on ourselves? Here self means the eternal Self. But even dependence on the non-eternal self may lead gradually to the right goal, as the individual self is really the eternal Self under delusion.
~ Ibid., 5:314

Taking everything into account only one solution becomes me – my own.
~ Antonin G. Sertillanges, 1863-1948 ~
Rectitude, 1953

Depend upon yourself. Make your judgment trustworthy by trusting it. You can develop good judgment as you do the muscles of your body – by judicious, daily exercise.
~ Grenville Kleiser, 1868-1953 ~

Strength of numbers is the delight of the timid. The valiant in spirit glory in fighting alone.
~ Mahatma Gandhi, 1869-1948 ~
in Eknath Easwaran, *Gandhi, The Man*, 1997

Obtain from yourself all that makes complaining useless. No longer implore from others what you

yourself can obtain.
~ André Gide, 1869-1951 ~
The Fruits of the Earth, Dorothy Bussy, tr., 1949

There are admirable potentialities in every human being. Believe in your strength and your truth. Learn to repeat endlessly to yourself. "It all depends on me."
~ Gide ~

At bottom no one in life can help anyone else in life; this one experiences over and over in every conflict and every perplexity: that one is alone. That isn't as bad as it may at first glance appear; and again it is the best thing in life that each should have everything in himself: his fate, his future, his whole expanse and world.
~ Rainer Maria Rilke, 1875-1926 ~
Letters of Rainer Maria Rilke 1892-1910, J. B. Greene, ed., 1945

Hope not between crumbling walls
Of mankind's gratitude to find repose,
But rather,
Build within thy own soul
Fortresses!
~ Georgia Douglas Johnson, 1886-1967 ~
Lesson, 1924

Lift up yourselves ... take yourselves out of the mire and hitch your hopes to the stars.
~ Marcus Garvey, 1887-1940 ~
Philosophy and Opinions of Marcus Garvey, Vol. I, Amy Jacques Garvey, ed., 1923

According to the commonest principles of human action, no man will do as much for you as you will do for yourself.
~ Garvey ~

You are your own physician. You are your own savior and redeemer. Nobody can give you freedom. You will have to tread the spiritual path yourself. Rely on your own self-exertion. Teachers and books can only help you to a certain extent.
~ Sivananda, 1887-1963 ~

There is no virtue greater than self-reliance. The possession of this important quality is a *sine qua non* for all aspirants who search after Truth.
~ Sivananda ~

Do not rely completely on any other human being, however dear. We meet all life's greatest tests alone.
~ Agnes Macphail, 1890-1954 ~

I was always looking outside myself for strength and confidence but it comes from within. It is there all the time.
~ Anna Freud, 1895-1982 ~

The amount of satisfaction you get from life depends largely on *your* own ingenuity, self-sufficiency, and resourcefulness. People who wait around for life to supply their satisfaction usually find boredom instead.
~ William C. Menninger, 1899-1966 ~
Self-Understanding, 1951

Never grow a wishbone ... where your backbone ought to be.
~ Clementine Paddleford, 1900-1967 ~

The externals are simply so many props; everything we need is within us.
~ Etty Hillesum, 1914-1943 ~
An Interrupted Life, 1983

We all walk in the dark and each of us must learn to turn on his or her own light.
~ Earl Nightingale, 1921-1989 ~

One must learn to care for oneself first, so that one can then dare to care for someone else. That's what it takes to make the caged bird sing.
~ Maya Angelou, 1928- ~

True independence of character empowers us to act rather than be acted upon. It frees us from our dependence on circumstances and other people and is a worthy, liberating goal.
~ Stephen Covey, 1932- ~
The 7 Habits of Highly Effective People, 1989

Power returns to the person when rewards are no longer relegated to outside forces ... Instead of forever straining for the tantalizing prize dangled just out of reach, one begins to harvest the genuine rewards of living.
~ Mihaly Csikszentmihalyi, 1934- ~

You need not look for external help, because it is all within you. You only have to change the direction of your mind. Once you put yourself in the right direction, you are sure to realize the goal of understanding.
~ Swami Premananda Baba ~
in Derek Biermann, *Samadhi: Personal Journeys to Spiritual Truth*, 2000

SENSIBILITY / SENSUALITY

Related States & Conditions: Attention/Awareness, Centering, Congruence/Resonance, Dance/Movement, Desire, Expression, Experience, Feeling/Emotion, Indulgence/Temptation, Insight/Instinct/Intuition, Love-Eros, Music, Presence

Syntonic: Affirmation/Approval, Appreciation, Flexibility/Flow/Flux, Focus/Intention, Health/Healing, Introspection/Self-Knowledge, Openness/Receptivity, Passion, Release, Renewal, Withdrawal/Retreat

Dystonic: Attachment, Avoidance/Denial/Refusal, Conformity, Criticism/Judgment, Deferment/Delay, Delusion, Dependence, Fear, Greed, Guilt, Haste/Impatience, Hate, Jealousy/Envy, Limitation, Regret, Worry

If you wish to know the divine, feel the wind on your face and the warm sun on your hand.
~ Buddha, c. 563-483 BCE ~

Our sensuality is grounded in Nature, in Compassion and in Grace. This enables us to receive gifts that lead to everlasting life … in our sensuality God is. For God is never out of the soul.
~ Julian of Norwich, 1342-1416 ~

As much as possible you should be among plants that smell sweet or at least not bad. All herbs, flowers, trees, and fruits are aromatic, even though we may not always notice it. By means of this fragrance, as though it were the breath and spirit of the world's vitality, they nourish you and refresh you. Indeed, I would say that your own spirit is very much like these fragrances, and through this spirit, the link between your body and soul, these fragrances refresh your body and wonderfully restore your soul.
~ Marsilio Ficino, 1433-1499 ~
The Book of Life, Charles Boer, tr., 1980

Be strong then, and enter into your own body; there you have a solid place for your feet.
~ Kabir, 1440-1518 ~
in Julia Cameron, *Transitions: Prayers and Declarations for a Changing Life*, 1999

"Do not be averse to the objects of the six senses." This does not mean that you should indulge in the objects of the six senses; it means that you should keep right mindfulness continuous, neither grasping nor rejecting the objects of the six senses in the course of everyday life, like a duck going into the water without its feathers getting wet. If, in contrast, you despise the objects of the six senses and try to avoid them, you fall into escapist tendencies and never fulfill the Way of Buddha-hood. If you clearly see the essence, then the objects of the six senses are themselves meditation; sensual desires are themselves the Way of Unity; and all things are manifestations of Reality.
~ Man-An, 1591-1654 ~
in *Minding Mind – A Course in Basic Meditation*, Thomas Cleary, tr., 1995

For present joys are more to flesh and blood
Than a dull prospect of a distant good.
~ John Dryden, 1631-1700 ~
The Hind and the Panther, 1687

You never enjoy the world aright, till the sea itself floweth in your veins, till you are clothed with the heavens, and crowned with the stars: and perceive yourself to be the sole heir of the whole world, and more than so, because men are in it who are every one sole heirs as well as you.
~ Thomas Traherne, 1637-1674 ~
Centuries of Meditations, Bertram Dobell, ed., 1908

It is in this world,
With this body
That I sport.
No need to think
About the world to come.
~ Ryokan, 1758-1831 ~

The great art of life is sensation, to feel that we exist, even in pain.
~ Lord Byron, 1788-1824 ~

Oh for a life of sensations, rather than of thoughts.
~ John Keats, 1795-1821 ~

Live each season as it passes; breathe the air, drink the drink, taste the fruit, and resign yourself to the influences of each.
~ Henry David Thoreau, 1817-1862 ~

If we had keen vision and feeling of all ordinary human life, it would be like hearing the grass grow and the squirrel's heart beat, and we should die of that roar which lies on the other side of silence.
~ George Eliot, 1819-1880 ~
Middlemarch, 1872

I believe in the flesh and the appetites;
Seeing, hearing, feeling, are miracles and each part
and tag of me is a miracle.
Divine am I inside and out, and I make holy
whatever I touch or am touch'd from,
The scent of these armpits aroma finer than prayer.
~ Walt Whitman, 1819-1892 ~
"Song of Myself," *Leaves of Grass*, 1855

Many persons know the luxury of a skin bath – a plunge in the pool or the wave unhampered by clothing. That is the simple life – direct and immediate contact with things, life with the false trappings torn away. To see the fire that warms you, or better yet, to cut the wood that feeds the fire that warms you; to see a spring where the water bubbles up that slakes your thirst, and to dip your pail into it … to be in direct and personal contact with the sources of your material life … to find the universal elements enough … to be thrilled by the stars and night, to be elated over a bird's nest or over a wild flower in Spring – these are some of the rewards of a simple life.
~ John Burroughs, 1837-1921 ~

Climb the mountains and get their good tidings. Nature's peace will flow into you as sunshine flows into trees. The winds will blow their own freshness into you, and the storms their energy, while cares will drop away from you like leaves of Autumn … The sun shines not on us, but in us. The rivers flow not past, but through us, thrilling, tingling, vibrating every fiber and cell of the substance of our bodies, making them glide and sing.
~ John Muir, 1838-1914 ~

Nothing can cure the soul but the senses, just as nothing can cure the senses but the soul.
~ Oscar Wilde, 1856-1900 ~

To drink in the spirit of a place you should be not only alone but not hurried.
~ George Santayana, 1863-1952 ~

There is a road from the eye to the heart that does not go through the intellect.
~ G. K. Chesterton, 1874-1936 ~

I have ceased to question stars and books; I have begun to listen to the teaching my blood whispers to me.
~ Herman Hesse, 1877-1962 ~

A man possesses nothing certainly save a brief loan of his own body: and yet the body of man is capable of much curious pleasure.
~ James Branch Cabell, 1879-1958 ~
Jurgen, 1919

Would that you could meet the sun and the wind
with more of your skin and less of your
raiment,
For the breath of life is in the sunlight and the
hand of life is in the wind …
And forget not that the earth delights to feel your
bare feet and the winds long to play with your
hair.
~ Khalil Gibran, 1883-1931 ~
The Prophet, 1923

If the senses are clogged, one's perception is stifled. The more it is stifled, the more contaminated the senses become. This creates disorder in the world, and that is the greatest evil of all. Polish the heart, free the six senses and let them function without obstruction, and your entire body and soul will glow.
~ Morihei Ueshiba, 1883-1969 ~
The Art of Peace, John Stevens, tr., 1992

Far from distrusting the temporal delights that come through the body, we should abandon ourselves to them with confidence. The way of the senses is the way of life.
~ Llewelyn Powys, 1884-1939 ~
Earth Memories, 1934

Our own physical body possesses a wisdom which we who inhabit the body lack. We give it orders which make no sense.
~ Henry Miller, 1891-1980 ~
A Devil in Paradise, 1956

There is a great possibility that our loss of capacity for enjoying the positive joys of life is largely due to the decreased sensibility of our senses and our lack of full use of them.
~ Lin Yutang, 1895-1976 ~
The Importance of Living, 1937

No one, I believe, can live in close touch with nature and its seasons, its snows and rains, its hills

and dales, receiving its healing powers, and have a warped mind or a warped view of life.
~ Lin ~
The Gay Genius, 1947

The truly happy moments are: when I get up in the morning after a night of perfect sleep and sniff the morning air and there is an expansiveness in the lungs, when I feel inclined to inhale deeply and there is a fine sensation of movement around the skin and muscles of the chest, and when, therefore, I am fit for work; or when I hold a pipe in my hand and rest my legs on a chair, and the tobacco burns slowly and evenly; or when I am travelling on a summer day, my throat parched with thirst, and I see a beautiful clear spring, whose very sound makes me happy, and I take off my socks and shoes and dip my feet in the delightful, cool water; or when after a perfect dinner I lounge in an armchair ... spiritually and physically at peace with the world; or when on a summer afternoon I see black clouds gathering on the horizon and know for certain a July shower is coming in a quarter of an hour ... I hastily set out to meet the shower half way across the fields and come home drenched through and through.
~ Lin ~
The Importance of Living, 1937

The body remembers past pleasures and on being made aware of them, floods the mind with sweetness.
~ Cyril Connolly, 1903-1974 ~
The Unquiet Grave, 1944

The body is an instrument which only gives off music when it is used as a body. Always an orchestra, and just as music traverses walls, so sensuality traverses the body and reaches up to ecstasy.
~ Anaïs Nin, 1903-1977 ~
The Diary of Anaïs Nin, Vol. II, Gunther Stuhlmann, ed., 1967

See without looking,
hear without listening,
breathe without asking.
~ W. H. Auden, 1907-1973 ~

It becomes necessary occasionally, simply to throw open the hatches and ventilate one's psyche, or whatever you choose to call it. This means an excursion to some place where the sky is not simply what you see at the end of the street.
~ Louis J. Halle, 1910-1998 ~
Spring in Washington, 1947

Think with your whole body.
~ Taisen Deshimaru, 1914-1982 ~

The mind's first step to self-awareness must be through the body.
~ George Sheehan, 1918-1993 ~

There is a wisdom in the body that is older and more reliable than clocks and calendars.
~ John Harold Johnson, 1918-2005 ~
Succeeding Against Odds, 1989

All sanity depends on this: that it should be a delight to feel heat strike the skin, a delight to stand upright, knowing the bones are moving easily under the flesh.
~ Doris Lessing, 1919- ~

To be sensual, I think, is to respect and rejoice in the force of life, of life itself, and to be *present* in all that one does, from the effort of loving to the breaking of bread.
~ James Baldwin, 1924-1987 ~
The Fire Next Time, 1962

Be sensitive in every way possible about everything in life. Be sensitive. Insensitivity brings indifference and nothing is worse than indifference. Indifference makes that person dead before the person dies.
~ Elie Wiesel, 1928- ~

Often the wisdom of the body clarifies the despair of the spirit.
~ Marion Boa Woodman, 1928- ~

I sensed each one of my steps. They resonated on the ground; their echo produced the indescribable euphoria of being a man.
~ Carlos Castaneda, 1931-1998 ~
The Teachings of Don Juan: A Yaqui Way of Knowledge, 1968

The erotic is not a question only of what we do; it is a question of how acutely and fully we can feel in the doing.
~ Audre Lorde, 1934-1992 ~

Few learn to move with the grace of an acrobat, see with the fresh eye of an artist, feel the joy of an athlete who breaks his own record, taste with the subtlety of a connoisseur, or love with a skill that lifts sex into a form of art. Because these opportunities are easily within reach, the easiest step toward improving the quality of life consists in

simply learning to control the body and its senses.
~ Mihaly Csikszentmihalyi, 1934- ~
Flow: The Psychology of Optimal Experience, 1990

Your body is the ground and metaphor of your life, the expression of your existence. It is your Bible, your encyclopedia, your life story. Everything that happens to you is stored and reflected in your body. In the marriage of flesh and spirit divorce is impossible.
~ Gabrielle Roth, 1941 ~

Mindfulness of the body is awareness of how it moves: the position of the hand, head, or tongue; our posture; our breathing; the touch of grass, or sand, or wood, or stone underfoot; and the taste and smell of this moment.
~ Steve Hagen, 1945- ~
Buddhism Plain & Simple, 1997

Body awareness brings us into the present. The body lives in a much more vibrant reality than the mind, which is so caught up in analysing and judging that it often misses the actual *experience* of being in the present. Sensing ourselves in our bodies reminds us we are alive *now*.
~ Toby Johnson, 1945- ~
Gay Perspective: Things Our Homosexuality Tells Us About the Nature of God and the Universe, 2003

A body that can "think" is far different from the one medicine now treats. For one thing, it knows what is happening to it, not just through the brain, but everywhere there is a receptor for messenger molecules, which means within every cell.
~ Deepak Chopra, 1947- ~
Journey Into Healing: Awakening the Wisdom Within You, 1994

To stay present in everyday life, it helps to be deeply rooted within yourself; otherwise, the mind, which has incredible momentum, will drag you along like a wild river. It means to inhabit your body fully. To always have some of your attention in the inner energy field of your body. To feel the body from within, so to speak. Body awareness keeps you present. It anchors you in the Now.
~ Eckhard Tolle, 1948- ~
The Power of Now: A Guide to Spiritual Enlightenment, 1999

Smell is very important. Your eyes can fool you. You can see things that aren't there. But not smell. Smell remembers and tells the future. No lying about that. Smell can make your heart crack open no matter how many locks you have wrapped round it.
~ Cherríe Moraga, 1952- ~
"La Ofrenda," *OUT/LOOK* No. 10, 1990 Fall

The soreness in my hamstrings at the end of a hard day of planting or hoeing feels good in a way that I can hardly explain – except to another gardener, who will know exactly the sweet ache I mean. My children know it too and sleep best on those nights. I've found the deepest kind of physical satisfaction in giving my body's muscles, senses, and attentiveness over to the purpose for which they were originally designed: the industry of feeding that body and keeping it alive. I suspect that most human bodies have fallen into such remove from that original effort, we've precipitated an existential crisis that requires things like shopping, overeating, and adrenaline-rush movies to sate that particular body hunger.
~ Barbara Kingsolver, 1955- ~
"Lily's Chickens," *Small Wonder*, 2002

Our sensing bodies are our direct contact with the rest of the natural world. It is not by being abstract intellects that we are going to fall in love again with the rest of nature. It's by beginning to honor and value our direct sensory experience: the tastes and smells in the air, the feel of the wind as it caresses the skin, the feel of the ground under our feet as we walk upon it. And how much easier it is to feel that ground if you allow yourself to sense that the ground itself is feeling your steps as you walk upon it.
~ David Abram, 1957- ~
Radio interview, "Insight & Outlook," by Scott London, 1999

Caught up in a mass of abstractions, our attention hypnotized by a host of human-made technologies that only reflect us back upon ourselves, it is all too easy for us to forget our carnal inherence in a more-than-human matrix of sensations and sensibilities. Our bodies have formed themselves in delicate reciprocity with the manifold textures, sounds, and shapes of an animate Earth; our eyes have evolved in subtle interaction with other eyes, as our ears are attuned by their very structure to the howling of wolves and the honking of geese.
~ Abram ~
The Spell of the Sensuous: Perception and Language in a More-than-Human World, 1996

If you don't take care of your body, where will you live?
~ Unknown ~

SEX / SEXUALITY

Related States & Conditions: Congruence/Resonance, Dance/Movement, Desire, Enjoyment/Pleasure, Expression, Feeling/Emotion, Indulgence/Temptation, Love-Eros, Partnership/Marriage, Passion, Sensibility/Sensuality

Syntonic: Collaboration/Synergy, Creativity/Discovery/Innovation, Flexibility/Flow/Flux, Focus/Intention, Health/Healing, Introspection/Self-Knowledge, Moderation, Oneness/Unity/Wholeness, Openness/Receptivity, Release, Responsibility

Dystonic: Attachment, Avoidance/Denial/Refusal, Conformity, Criticism/Judgment, Deferment/Delay, Delusion, Dependence, Fear, Greed, Guilt, Haste/Impatience, Hate, Jealousy/Envy, Limitation, Regret, War/Aggression/Violence, Worry

There are three kinds of wine, produced from syrup, grain and honey. But there is a fourth, the darkest of all, the wine of sex, which has intoxicated the whole world. When the mind is uncontrolled, then the body, which is the object of affection to the ignorant, also suffers, and when the mind is controlled, then the body also remains in good estate.
~ Mahatma Dattatreya, c. 1100 BCE ~
Avadhut Gita, VII.15-16, Hari Prasad Shastri, tr., 1934

Sexual intercourse is a slight attack of apoplexy.
~ Democritus, c. 460-c. 400 BCE ~

But after all, these things being done secretly, and the mind of man being fickle, how can it be known what any person will do at any particular time and for any particular purpose?
~ Vatsyayana, Mallanaga, 3rd C. CE ~
Kama Sutra Vatsyayana, Sir Richard Burton, tr., 1883

We are seas mingling, we are two of those cheerful waves rolling over each other …
~ Walt Whitman, 1819-1892 ~
"We Two, How Long Were We Fool'd," *Leaves of Grass*, 1855

Sex lies at the root of life, and we can never learn to reverence life until we know how to understand sex.
~ Havelock Ellis, 1859-1939 ~
Studies in the Psychology of Sex, 1897

It doesn't matter what you do in the bedroom as long as you don't do it in the street and frighten the horses.
~ Mrs. Patrick Campbell, 1865-1940 ~

The physical union of the sexes … only intensifies man's sense of solitude.
~ Nikolai Berdyaev, 1874-1948 ~

There is hardly anyone whose sexual life, if it were broadcast, would not fill the world with surprise and horror.
~ W. Somerset Maugham, 1874-1965 ~

There may be some things better than sex, and there may be some things worse. But there is nothing exactly like it.
~ W. C. Fields, 1880-1946 ~

Sex and beauty are inseparable, like life and consciousness.
~ D. H. Lawrence, 1885-1930 ~
"Sex Versus Loneliness"

The tragedy is when you've got sex in the head instead of down where it belongs.
~ Lawrence ~

I think when one loves, one's very sex passion becomes calm, a steady sort of force, instead of a storm.
~ Lawrence ~
Selected Letters of D. H. Lawrence, Diana Trilling, ed., 1958

The ability to make love frivolously is the chief characteristic which distinguishes human beings from beasts.
~ Heywood Broun, 1888-1939 ~
in Howard Teichman, *George S. Kaufman*, 1972

Sex is one of the nine reasons for incarnation … The other eight are unimportant.
~ Henry Miller, 1891-1980 ~

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Sex is an emotion in motion.
~ Mae West, 1892-1980 ~

Chastity – the most unnatural of the sexual perversions.
~ Aldous Huxley, 1894-1963 ~

Chastity is a mind that is completely free from all image-making, all the pictures, sensations, which thought has built in its search for pleasure through sex. Then you will find an abundance of energy.
~ Jiddu Krishnamurti, 1895-1986 ~

I've tried several varieties of sex. The conventional position makes me claustrophobic. And the others give me either a stiff neck or lockjaw.
~ Tallulah Bankhead, 1903-1968 ~
in Lee Israel, *Miss Tallulah Bankhead*, 1972

Sex does not thrive on monotony. Without feeling, inventions, mood, there are no surprises in bed. Sex must be mixed with tears, laughter, words, promises, scenes, jealousy, envy, all of the spices of fear, foreign travel, new faces, novels, stories, dreams, fantasies, music, dancing, opium, wine ... If you have closed your senses upon silk, light, color, odor, character, temperament, you must by now be completely shriveled up. There are so many minor senses, all running like tributaries into the mainstream of sex, nourishing it. Only the united beat of sex and heart together can create ecstasy.
~ Anaïs Nin, 1903-1977 ~
"Letter to the Collector"

The human spirit sublimates
the impulses it thwarts
a healthy sex life mitigates
the lust for other sports.
~ Piet Hein, 1905-1996 ~
"Hint and Suggestion," *Grooks*, 1966

While I have little to say in favor of sex (it's vastly overrated, it's frequently unnecessary, and it's messy), it is greatly to be preferred to the interminable torments of romantic agony through which two people tear one another limb from limb while professing altruistic devotion.
~ Quentin Crisp, 1908-1999 ~

Nothing in our culture, not even home computers, is more overrated than the epidermal felicity of two featherless bipeds in desperate congress.
~ Crisp ~

You mustn't force sex to do the work of love or love to do the work of sex.
~ Mary McCarthy, 1912-1989 ~
The Group, 1963

Making love, we are all more alike than we are when we are talking or acting. In the climax of the sexual act, moreover, we forget ourselves; that is commonly felt to be one of its recommendations.
~ McCarthy ~
On the Contrary: Articles of Belief, 1946-1961, 1961

Sexual union is the most religious experience possible, it is the most thrilling form of meditation, it is direct contact with the divine.
~ James Broughton, 1913-1999 ~

The height of sexual love, coming upon us of itself, is one of the most total experiences of relationship to the other of which we are capable, but prejudice and insensitivity have prevented us from seeing that in any other circumstances such delight would be called mystical ecstasy. For what lovers feel for each other in this moment is no other than adoration in its full religious sense, and its climax is almost literally the pouring of their lives into each other ... in that moment love takes away illusion and shows the beloved for what he or she in truth is – not the socially pretended person but the naturally divine.
~ Alan Watts, 1915-1973 ~
Nature, Man, and Woman, 1958

Masturbation: the primary sexual activity of mankind. In the nineteenth century it was a disease; in the twentieth, it's a cure.
~ Thomas Szasz, 1920- ~

As in all other experiences, we always have the sexual experience we deserve, depending on our loving kindness towards ourselves and others.
~ Thaddeus Golas, 1924-1997 ~
The Lazy Man's Guide to Enlightenment, 1972, 2002

The safest sex is on the shore of abstinence. The next is with one faithful partner. If you insist on wading out into the turbulent waters of multiple sex partners – wear a life jacket.
~ Joseph Lowery, 1924- ~
in *Jet*, 1989 March

Consenting sexual relations are a good thing, regardless of number, gender or positions assumed. Incontinent baby-making is a bad thing in an overcrowded world. The muddle the Judeo-

Christian nightmare has made of our sexual attitudes is something not to be believed.
~ Gore Vidal, 1925- ~
The Listener, 1978

While a person does not give up on sex, sex does not give up on the person.
~ Gabriel García Márquez, 1928- ~
in *The New York Times*, 1985 April 7

While the sexual joining of genes creates a new biological organism, in suprasex we join our genius, our unique creative capacity to evolve ourselves – and our ability to create the works, acts and gifts required for the evolution of our world – rather than to reproduce ourselves.
~ Barbara Marx Hubbard, 1929- ~
in *Science of Mind*, 1993 September

Sex has been called the original sin. It is neither original nor sin ... One has to go beyond sex one day, but the way beyond goes through it, and if you never go through it rightly, it is very difficult to go beyond it. So going through it is part of going beyond.
~ "Osho" Rajneesh, 1931-1990 ~

Sexuality is something, like nuclear energy, which may prove amenable to domestication, through scruple, but then again it may not.
~ Susan Sontag, 1933-2004 ~
Styles of Radical Will, 1969

To take pleasure in sex one needs only to be healthy and willing; no special skills are required ... But like other pleasures, unless it is transformed into an enjoyable activity, sex easily becomes boring with time. It turns from a genuinely positive experience into either a meaningless ritual or an addictive dependence.
~ Mihaly Csikszentmihalyi, 1934- ~
Flow: The Psychology of Optimal Experience, 1990

Sex appeal is 50% what you've got and 50% what people think you've got.
~ Sophia Loren, 1934- ~

However muted its present appearance may be, sexual dominion obtains nevertheless as perhaps the most pervasive ideology of our culture and provides its most fundamental concept of power.
~ Kate Millett, 1934- ~
Sexual Politics, 1970

The appearance of a beautiful face or a beautiful body – as many scriptures describe – no matter how beautiful, they essentially decompose into a skeleton. When we penetrate to its human flesh and bones, there is no beauty, is there? A couple in a sexual experience is happy for that moment. Then very soon trouble begins.
~ Dalai Lama, 1935- ~
"Inside Out: The Dalai Lama Interviewed by Spalding Gray," Santa Barbara, California, 1991 April 8
A Simple Monk: Writings on His Holiness the Dalai Lama, Tom Morgan, ed., 2001

I can't understand why more people aren't bisexual. It would double your chances for a date on Saturday night.
~ Woody Allen, 1935- ~

Love is the answer, but while you're waiting for the answer, sex raises some pretty good questions.
~ Allen ~

You can, after all, produce an orgasm by yourself if that's what you want, so we must go to bed for something more.
~ Merle Shain, 1935- ~
Some Men Are More Perfect Than Others, 1973

When my beloved first stands before me naked, all open to my sight, there is a feeling throughout the whole of me: awe. Why? If sex is no more than an instinct, why don't I simply feel horny or hungry? Such simple hunger would be quite sufficient to insure the propagation of the species. Why awe? Why should sex be complicated by reverence?
~ M. Scott Peck, 1936-2005 ~
The Road Less Travelled, 1978

Sexuality is an acceleration of time, a speeding up of evolution and a consciousness of intensity, of orgasm and ecstatic time. Time and sex are inherently part of the architecture of consciousness and incarnation. What's interesting is to realize that the most erotic organ is the mind.
~ William Irwin Thompson, 1938- ~
"The Science of Myth," Interview with David Jay Brown & Rebecca McClen Novick, *Voices from the Edge*, 1994

Sexuality for somebody who isn't mystical is the most intense way of experiencing the vividness of your own body and your own ecstatic existence. It's about being both intensely alive and yet webbed to another and participating with the encounter in a romantic dynamic. It's a Zen koan in the sense that it's in you and not in you.
~ Ibid.

I can't see anything wrong with sex between consenting anybodies.
~ Marvin Gaye, 1939-1984 ~

The first lesson in sexuality is to honor the power within yourself and to respect that. Then find out how many different expressions of it there are besides genital expression which is pretty obvious. How does it feed into or out of our relations with the earth? Can we be erotic towards the earth? We can be erotic baking bread, making love or vacuuming the living-room. Eros is the love and a passion for life that we bring to whatever we do.
~ Matthew Fox, 1940- ~
"Counting Our Original Blessings," Interview with David Jay Brown & Rebecca McClen Novick, *Voices from the Edge*, 1994

Sex always evokes pieces of stories and fragments of characters, and so the desire and willingness to be sexually transparent is truly an exposure of the soul. In sex we may discover who we are in ways otherwise unavailable to us, and at the same time we allow our partner to see and know that individual. As we unveil our bodies, we also disclose our persons.
~ Thomas Moore, 1940- ~
Soul Mates: Honoring the Mysteries of Love and Relationship, 1994

Sexual intimacy begins with acknowledgment of and respect for the mystery and madness of the other's sexuality, for it is only in mystery and madness that soul is revealed.
~ Ibid.

The most intense carnal pleasure, enjoyed at leisure in a clandestine, rumpled bed, a perfect combination of caresses, laughter, and intellectual games, has the taste of a baguette, prosciutto, French cheese, and Rhine wine.
~ Isabel Allende, 1942- ~
Aphrodite: A Memoir of the Senses, Margaret Sayers Peden, tr., 1998

The longing for wholeness ... is an almost irresistible urge for union with the opposite energy polarity. The root of this physical urge is a spiritual one: the longing for an end to duality, a return to the state of wholeness... But sexual union is no more than a fleeting glimpse of wholeness, an instant of bliss. As long as it is unconsciously sought as a means of salvation, you are seeking the end of duality on the level of form, where it cannot be found.
~ Eckhard Tolle, 1948- ~
The Power of Now: A Guide to Spiritual Enlightenment, 1999

Sex is a state of heightened awareness of consciousness incarnated in flesh, an altered state of consciousness in which individuality is momentarily transcended and consciousness merges with the collective. It is consciousness delighting in its own evolution into human bodies that can feel pleasure and joy.
~ Toby Johnson, 1945- ~
Gay Spirituality: The Role of Gay Identity in the Transformation of Human Consciousness, 2000

The purpose of intimacy is to massage the heart, to soften the muscles around our hardened places and keep pliant the places where we're already open.
~ Marianne Williamson, 1952- ~
A Woman's Worth, 1993

It's no accident that millions of people say, "Oh, God," when they come. That's because he's there and they saw him. He *is* those moments when there is no argument, just pure connection. That *is* God. It's not *like* God, or *sort of* God, or to be thought about *in terms of* God. Love is God. To love another person – and I'm not saying that every time we come we love, but on the other hand it happens often enough to warrant the conversation – is to experience the divine.
~ Ibid.

We don't understand that sexual energy connects us to the root of life, to the root of our creativity, that sexual energy is what creates life and is what is creating everything around us ... Sex lies at the root of life, and we can never learn reverence for life until we learn reverence for sex.
~ Margo Anand ~
Interview in *Nexus*

Sex is more about *energy* – getting over guilt and shame and learning to focus more on energy and intimacy rather than on body parts. Then, how to keep that energy moving without getting frustrated ... just *thinking* about sex can strengthen your immune system ... In scientific tests it was proven that just thinking about sex creates disease-fighting neuro-peptides.
~ Annie Sprinkle ~
"The Pleasure Principle," Interview with David Jay Brown & Rebecca McClen Novick, *Voices from the Edge*, 1994

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SHADOW

Related States & Conditions: Balance, Dreams/Dreaming, Insanity, Journey/Path, Polarity/Contrast, Reciprocity/Reflection, Relativity, Self, Suffering, Transformation, Unconscious/Subconscious, Wonder/Mystery

Syntonic: Engagement/Integration/Involvement, Flexibility/Flow/Flux, Health/Healing, Introspection/Self-Knowledge, Oneness/Unity/Wholeness, Openness/Receptivity, Release, Responsibility, Synthesis

Dystonic: Attachment, Avoidance/Denial/Refusal, Delusion, Dependence, Fear, Guilt, Hate, Jealousy/Envy, Limitation, Regret, War/Aggression/Violence, Worry

You can go only halfway into the darkest forest; then you are coming out the other side.
~ Chinese Saying ~

A man is other than his shadow. No matter what touches his shadow – hot or cold, good or bad – he remains completely untouched.
~ Shankara, 686-718 ~
Shankara's Crest-Jewel of Discrimination, Swami Prabhavananda & Christopher Isherwood, trs., 1947, 1978

A single sunbeam is enough to drive away any shadows.
~ Francis of Assisi, c. 1181-1226 ~

In the middle of the journey of our life, I came to myself within a dark wood where the straight way was lost.
~ Dante Alighieri, 1265-1321 ~
The Divine Comedy, c. 1320

When I speak of darkness, I am referring to a lack of knowing. It is a lack of knowing that includes everything you do not know or else that you have forgotten, whatever is altogether dark for you because you do not see it with your spiritual eye. And for this reason it is not called a cloud of the air, but rather a cloud of unknowing that is between you and your God.
~ Anonymous English Monk, c. 1349-c. 1395 ~
The Cloud of Unknowing, Ira Progoff, tr., 1983

If a man wishes to be sure of the road he treads on, he must close his eyes and walk in the dark.
~ John of the Cross, 1542-1591 ~

Where the light is brightest, the shadows are the deepest.
~ Johann von Goethe, 1749-1832 ~

Most of the shadows of this life are caused by our standing in one's own sunshine.
~ Ralph Waldo Emerson, 1803-1882 ~

In the depths of every heart, there is a tomb and a dungeon, though the lights, the music and the revelry above may cause us to forget their existence, and the buried ones or prisoners that they hide. But sometimes, and oftenest at midnight, those dark receptacles are flung wide open.
~ Edgar Allen Poe, 1809-1849 ~

Turn your face to the sun and the shadows fall behind you.
~ Maori Saying ~

Everyone is a moon, and has a dark side which he never shows to anybody.
~ Mark Twain, 1835-1910 ~

We are each our own devil, and we make
This world our hell.
~ Oscar Wilde, 1856-1900 ~
The Duchess of Padua, 1883

Instead of trying to suppress the weeds that can never be killed, they may be cultivated into beautiful or useful flowers. For it is impossible to conceive any impulse in a human heart which cannot be transformed into Truth or into Beauty or into Love.
~ Havelock Ellis, 1859-1939 ~
Impressions and Comments, 1914

But I shall be wise this time and wait in the dark.
~ Rabindranath Tagore, 1861-1941 ~
Gitanjali: A Collection of Indian Songs, 1912

Like the moon, life surely has a side permanently turned away from us which is not its counterpart

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but its complement towards perfection, toward consummation, toward the really sound and full sphere and orb of being.
~ Rainer Maria Rilke, 1875-1926 ~

The Shadow is a moral problem that challenges the whole ego-personality, for no one can become conscious of the shadow without considerable moral effort. To become conscious of it involves recognizing the dark aspects of the personality as present and real. This act is the essential condition for self-knowledge, and it therefore, as a rule, meets with considerable resistance ... One does not become enlightened by imaging figures of light, but by making the darkness conscious.
~ Carl Jung, 1875-1961 ~

Psychoanalysis has taught us that every person bears within himself his underworld: it is merely a question whether he has the underworld or it has him.
~ Wilhelm Stekel, 1868-1940 ~
Marriage at the Crossroads, Allen Garman, tr., 1931

It is no good casting out devils. They belong to us, we must accept them and be at peace with them.
~ D. H. Lawrence, 1885-1930 ~
The Reality of Peace, 1936

Between the conception
And the creation
Between the emotion
And the response
Falls the Shadow.
~ T. S. Eliot, 1885-1965 ~
"The Hollow Men," *Poems 1909-1925*, 1925

Hardness of heart is another shadow quality, and the people who are hard in life without knowing and without intention may cause much misery for others and themselves. Yet there are moments when use of one's hard, unyielding shadow is the one thing necessary to save the situation. We need at times to use our shadow, but never to be its victim.
~ Irene Claremont de Castillejo, 1885-1967 ~
Knowing Woman: A Feminine Psychology, 1973, 1990

Perhaps some of us have to go through dark and devious ways before we can find the river of peace or the high road to the soul's destination.
~ Joseph Campbell, 1904-1987 ~

Any negative state, like worry, is like your shadow. If you run away, it pursues, but by standing still you see that it has no movement except that which you give it by running away.
~ Vernon Howard, 1918-1992 ~

Light never battles darkness, so whenever you see a fight it is always between two dark forces.
~ Howard ~

Never fear to deliberately walk through dark places, for that is how you reach the light on the other side.
~ Howard ~
The Power of Your Supermind, 1967

The price one pays for pursuing any profession or calling, is an intimate knowledge of its ugly side.
~ James Baldwin, 1924-1987 ~
Nobody Knows My Name, 1961

Depth psychology has presented us with the undeniable wisdom that the enemy is constructed from denied aspects of the self. Therefore, the radical commandment "Love your enemy as yourself" points the way toward both self-knowledge and peace.
~ Sam Keen, 1931- ~
Faces of the Enemy: Reflections of the Hostile Imagination, 1986

Some of the most awful demons, upon becoming visible, lose their power. All we have to fear is those we do not see.
~ George B. Leonard, 1931- ~

To go in the dark with a light is to know the light. To know the dark, go dark. Go without sight, and find that the dark, too, blooms and sings, and is travelled by dark feet and dark wings.
~ Wendell Berry, 1934- ~
"To Know the Dark," *Farming: A Hand Book*, 1970

When we've integrated our personalities, then disidentifying from them – especially from negative energies – is appropriate. But if we prematurely disidentify before resolving our personal conflicts, we experience denial rather than healing. We need to accept and deal with our anger, fear, greed, and aggression before renouncing them from a higher perspective. Spiritual teaching that urges us to disidentify with negativity at the right time can lead to great leaps in growth. But often such teachings advise us to disidentify with anger and sexuality at an inappropriate time on the spiritual journey. This premature renunciation only buries unacceptable impulses instead of transforming them, causing them to resurface in neurotic,

sometime harmful ways.
~ Frances Vaughan, 1935- ~

We must embrace not only the light of life but also life's darkness.
~ M. Scott Peck, 1936-2005 ~
The Different Drum: Community Making and Peace, 1987

The awakened path is to realize that the unseen, unconscious aspects of self are real and form part of the Whole. A Saint is not Holy without the Sinner. A Male cannot be whole without the Female. A Female is not complete without the Male. The Virgin is not complete without the Whore.
~ W. Brugh Joy, 1939- ~

No culture has yet solved the dilemma each has faced with the growth of the conscious mind: how to live a moral and compassionate existence when one is fully aware of the blood, the horror inherent in all life, when one finds darkness not only in one's own culture but within oneself. If there is a stage at which an individual life becomes truly adult, it must be when one grasps the irony in its unfolding and accepts responsibility for a life lived in the midst of such paradox.
~ Barry Lopez, 1945- ~
Arctic Dreams, 1986

When you see a shadow on the ground, you are not fooled into thinking it has substance. However, you do know there is something of real substance nearby that is casting the shadow. That is, the shadow is telling you that something real is at hand … Negative ideas are substantially unreal, like shadows. When you experience them, they are only pointing to a real idea you are not expressing.
~ Tae Yun Kim, 1946- ~
Seven Steps to Inner Power, 1991

Evil spirits are also aspects of our projections of our own awareness. You project yourself from them by shifting your attention to that part of your higher self that loves and nurtures and is full of beauty and intuition and affection and tenderness.
~ Deepak Chopra, 1947- ~

The individual shadow is ineluctably tied up with the collective shadow. The integration of the shadow into consciousness is not a once-and-for-all event but a lifelong process … (People) prefer to fight imaginary windmills rather than bravely stare the dragon of their own unconscious in the eye. They are scared of the sacred.
~ Georg Feuerstein, 1947- ~

Evil (ignorance) is like a shadow – it has no real substance of its own, it is simply a lack of light. You cannot cause a shadow to disappear by trying to fight it, stamp on it, by railing against it, or any other form of emotional or physical resistance. In order to cause a shadow to disappear, you must shine light on it.
~ Shakti Gawain, 1948- ~

One of the most important aspects of healing ourselves and the earth is the willingness to face our "shadow" – the feelings and parts of ourselves that we have rejected, repressed, or disowned … The feelings and parts of ourselves that we have repressed do not go away just because we don't want them. They are necessary parts of us, parts we actually need for our survival. If they are not allowed their natural expression, they go underground and fester inside of us, building up steam, needing eventual release. If we do not find ways to express them, they begin to "leak out" in distorted ways, or they begin to lead us into life situations which will give them a chance to emerge. For example, if you have repressed your power, you will have anger building up inside you … If attempts to find expression are blocked, the repressed feelings will eventually make your body sick.
~ Gawain ~
Return to the Garden: A Journey of Discovery, 1989

The indigenous mind … gives ample space to the invisible because the invisible holds the key to the wisdom of the universe. Eventually such awareness becomes an honoring of the shadowy and hidden parts of ourselves, those parts of ourselves that are invisible.
~ Malidoma Somé, 1956- ~
The Healing Wisdom of Africa, 1999

A cover of darkness, separation, and confusion are necessary prerequisites for the eventual rebirth of a lost and wandering soul.
~ Nor Hall ~

Whenever we meet someone who carries our shadow energies and regard that person as our teacher rather than our adversary, we can begin the work of reclaiming our repressed wholeness.
~ Hal Stone ~
Embracing Our Selves, 1985

SILENCE / STILLNESS

Related States & Conditions: Attention/Awareness, Being/Essence/Soul, Centering, Composure/Peace/Tranquility, Insight/Instinct/Intuition, Listening, Meditation, Presence, Retreat/Withdrawal, Self, Solitude, Wonder/Mystery

Syntonic: Acceptance, Appreciation, Detachment, Equanimity, Flexibility/Flow/Flux, Focus/Intention, Introspection/Self-Knowledge, Openness/Receptivity, Release, Renewal, Restraint

Dystonic: Anger, Attachment, Avoidance/Denial/Refusal, Distraction/Diversion, Fear, Haste/Impatience, Hate, Jealousy/Envy, Loquacity, Regret, War/Aggression/Violence, Worry

Learn to be silent. Let your quiet mind listen and absorb.
~ Pythagoras, 6th C. BCE ~

To the mind that is still, the whole universe surrenders.
~ Laozi, 570-490 BCE ~

Let thy speech be better than silence, or be silent.
~ Dionysius the Elder, 430-367 BCE ~

The soul that moves in the world of the senses and yet keeps the senses in harmony … finds rest in quietness.
~ *Bhagavad Gita*, c. 400 BCE ~

Men cannot see their reflection in running water, but only in still water. Only that which is itself still can still the seekers of stillness … If water derives lucidity from stillness, how much more the faculties of the mind! The mind of the sage, being in repose, becomes the mirror of the universe.
~ Zhuangzi, c. 369-c. 286 BCE ~

To the mind that is still, the whole universe surrenders.
~ Zhuangzi ~

Parrots and mynah birds are caught
and caged through the fault of speaking;
while herons and cranes are not.
Silence leads to success in everything.
~ Vishnu Sharma, c. 200 BCE ~
Panchatantra, IV.43, Chandra Rajan, tr., 1993

Speech is silver, silence golden; speech sows, silence reaps.
~ Persian Saying ~

What developed people
Learn is to link their nature
To vast emptiness and
Become aware of the
Silent infinite.
~ Huainan Zi, 1st C. BCE ~

A sage thing is timely silence, and better than any speech.
~ Plutarch, c. 46-c. 120 ~
The Education of Children, c. 110

Silence is becoming to the wise and even more so to the fool.
~ *Talmud*, 2nd-5th C. CE ~

Better one hand full of quiet than two hands full of striving after wind.
~ *The Bible*, c. 367 CE ~
Ecclesiastes, 4:6

If you do not sit quietly each day, this light flows and whirls, stopping who knows where. If you can sit quietly for a while, all time – ten thousand ages, a thousand lifetimes – is penetrated from this. All phenomena revert to stillness.
~ Lu Dong Bin, c. 798 ~
The Secret of the Golden Flower: The Classic Chinese Book of Life, Thomas Cleary, tr., 1991

What is it that stands higher than words? Action.
What is it that stands higher than action? Silence.
~ Francis of Assisi, c. 1181-1226 ~

Nothing is so good for any ignorant man as silence; and if he was sensible of this he would not be ignorant.
~ Moslih Sa'adi, 1184-1291 ~

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There is nothing so much like God in all the universe as silence.
~ Meister Eckhart, 1260-1327 ~

If you want to gain some quiet amidst clamor and noise, you ought first master the art of sitting quietly. There is no one who can otherwise avoid being shifted around by circumstances, fluttering at the mercy of things.
~ Hong Zicheng, fl. 1596 ~
Caigentan: Vegetable Roots Discourse, I.184, Robert Aitken & Daniel W. Y. Kwok, trs., 2006

The most wise speech is not as holy as silence.
~ Félix Lope de Vega, 1562-1635 ~
The Stupid Lady, 1613

The silence often of pure innocence
Persuades when speaking fails.
~ William Shakespeare, 1564-1616 ~
The Winter's Tale, 1611

Silence produces peace and peace produces safety.
~ Swahili (Kenya) Saying ~

Most of the evils of life arise from man's being unable to sit still in a room.
~ Blaise Pascal, 1623-1662 ~

True silence is the rest of the mind, and is to the spirit what sleep is to the body, nourishment and refreshment.
~ William Penn, 1644-1718 ~

There is silence, the child of love, which expresses everything, and proclaims more loudly than the tongue is able to do.
~ Vittorio Alfieri, 1749-1803 ~

Silence is one great art of conversation.
~ William Hazlitt, 1778-1830 ~

Under all speech that is good for anything there lies a silence that is better. Silence is deep as Eternity; speech is shallow as Time.
~ Thomas Carlyle, 1795-1881 ~
Memoirs of the Life of Scott, 1839

Silence is the element in which great things fashion themselves together.
~ Carlyle ~

I like the silent church before the service begins, better than any preaching.
~ Ralph Waldo Emerson, 1803-1882 ~
Essays, First Series, 1841

Silence is a solvent that destroys personality, and gives us leave to be great and universal.
~ Emerson ~

The holiest of all holidays are those kept by ourselves in silence and apart;
The secret anniversaries of the heart.
~ Henry Wadsworth Longfellow, 1807-1882 ~

Well-timed silence hath more eloquence than speech.
~ Martin Tupper, 1810-1889 ~
Proverbial Philosophy, 1838

Blessed is the man who, having nothing to say, abstains from giving in words evidence of the fact.
~ George Eliot, 1819-1880 ~
Impressions of Theophrastus Such, 1879

For words divide and rend;
But silence is most noble till the end.
~ A. C. Swinburne, 1837-1909 ~
Atalanta in Calydon, 1865

It is as important to cultivate your silence-power as it is your word-power.
~ William James, 1842-1910 ~

The dust of dead words clings to thee.
Wash thy soul with silence.
~ Rabindranath Tagore, 1861-1941 ~

As there are silent depths in the ocean which the fiercest storm cannot reach, so there are silent, holy depths of the heart of man which the storm of sin and sorrow can never disturb. To reach this silence and to live consciously in it is peace.
~ James Allen, 1864-1912 ~

In the attitude of silence the soul finds the path in a clearer light, and what is elusive and deceptive resolves itself into crystal clearness.
~ Mahatma Gandhi, 1869-1948 ~

Silence of the sewn-up lips is no silence. One may achieve the same result by chopping off one's tongue, but that too would not be silence. He is silent who, having the capacity to speak, utters no idle word.
~ Gandhi ~

Silence is a perennial flow of language, interrupted by words. It is like electricity. When there is resistance to its passage, it glows as a lamp or revolves as a fan. But in the wire it remains as pure

energy. In the same way, silence is the eternal flow of language.
~ Ramana Maharshi, 1879-1950 ~
in *The Enlightened Mind: An Anthology of Sacred Prose*, Stephen Mitchell, ed., 1991

Silence is also speech.
~ Fulfulde (West Africa) Saying ~

To return to your original state of being,
You must become a master of stillness.
Activity for health's sake,
Never carried to the point of strain,
Must alternate with perfect stillness.
Sitting motionless as a rock,
Turn next to stillness of mind.
Close the gates of the senses.
Fix your mind upon one object or,
Even better, enter a state
Of objectless awareness.
Turn the mind in upon itself
And contemplate the inner radiance.
~ Unknown ~

What can be said at all can be said clearly; and whereof one cannot speak, thereon one must keep silent.
~ Ludwig Wittgenstein, 1889-1951 ~
Tractatus Logico-Philosophicus, 1922

Silence is as full of potential wisdom and wit as the unhewn marble of great sculpture.
~ Aldous Huxley, 1894-1963 ~

Leisure is a form of silence, not noiselessness. It is the silence of contemplation such as occurs when we let our minds rest on a rosebud, a child at play, a Divine mystery, or a waterfall.
~ Fulton J. Sheen, 1895-1979 ~

Silence is something extraordinary … that comes naturally when you are watching, when you are watching without motive, without any kind of demand, just to watch … Then in that watching, in that alertness, there is something that is beyond words, beyond all measure.
~ Jiddu Krishnamurti, 1895-1986 ~
Krishnamurti's Journal, 1982

Silence demands space, space in the whole structure of consciousness. There is no space in the structure of one's consciousness as it is, because it is crowded with fears – crowded, chattering, chattering. When there is silence, there is immense, timeless space; then only is there a possibility of coming upon that which is the eternal, sacred.
~ Krishnamurti ~
The Wholeness of Life, 1978

All the masters tell us that the reality of life – which our noisy waking consciousness prevents us from hearing – speaks to us chiefly in silence.
~ Karlfried Durckheim, 1896-1988 ~
Zen and Us, Vincent Nash, tr., 1987

Silence fertilizes the deep place where personality grows. A life with a peaceful center can weather all storms.
~ Norman Vincent Peale, 1898-1993 ~

We listen too much to the telephone and we listen too little to nature. The wind is one of my sounds. A lonely sound, perhaps, but soothing. Everybody should have his personal sounds to listen for – sounds that will make him exhilarated and alive, or quiet and calm … As a matter of fact, one of the greatest sounds of them all – and to me it is a sound – is utter complete silence.
~ Andre Kostelanetz, 1901-1980 ~
Journal-American, 1955

Silence ruled this land. Out of silence mystery comes, and magic, and the delicate awareness of unreasoning things.
~ Eleanor Dark, 1901-1985 ~
The Timeless Land, 1941

To preserve the silence within – amid all the noise. To remain open and quiet, a moist humus in the fertile darkness where the rain falls and the grain ripens – no matter how many tramp across the parade ground in whirling dust under an arid sky.
~ Dag Hammarskjöld, 1905-1961 ~

We all have within us a center of stillness surrounded by silence.
~ Hammarskjöld ~

If you have difficulty finding your place in the life pattern try seeking in receptive silence … still your mind and listen to the urging of the higher will.
~ Peace Pilgrim, 1908-1981 ~
Peace Pilgrim: Her Life and Work in Her Own Words, 1982

See how nature – trees, flowers, grass – grows in silence; see the stars, the moon and the sun, how they move in silence … we need silence to be able to touch souls.
~ Mother Teresa, 1910-1997 ~

Silence gives us a new way of looking at something.
~ Mother Teresa ~

Learn to get in touch with the silence within yourself and know that everything in this life has a purpose. There are no mistakes, no coincidences, all events are blessings given to us to learn from.
~ Elisabeth Kübler-Ross, 1926- ~

"Incredible! What is this most unusual word?"
"Silence."
"And what is the way to silence?"
"Meditation."
"And what, may I ask, is meditation?"
"Silence."
~ Anthony deMello, 1931-1987 ~

Silence first makes us pilgrims. Secondly, silence guards the fire within. Thirdly, silence teaches us how to speak.
~ Henri Nouwen, 1932-1996 ~
The Way of the Heart, 1981

Everyone has experienced how, when punctuated by long silences, words weigh more; they become almost palpable. Or how, when one talks less, one begins feeling more fully one's physical presence.
~ Susan Sontag, 1933-2004 ~
Styles of Radical Will, 1969

Silence is our deepest nature, our home, our common ground, our peace. Silence reveals. Silence heals.
~ Gunilla Norris, 1939- ~

Silence, *fiaga*, is the principal condition of the inner life. Fiaga is the mother of the word, or *diomon* ... To keep silent is to cultivate one's inner dimension.
~ Yaya Diallo, 1946- ~
in Yaya Diallo & Mitchell Hall, *The Healing Drum: African Wisdom Teachings*, 1989

When we experience pure silence in the mind, the body becomes silent also. And in that field of silence, healing is much more efficient ... The space between thoughts is silent; it is a pregnant silence. This is a silence filled with an infinite possibility of thoughts, a field of pure potentiality. It is the real self. The thinker is a silent, infinite choice maker that resides at the level of the "gap." The real you and the real me are both silent fields of infinite possibilities.
~ Deepak Chopra, 1947- ~
Journey Into Healing: Awakening the Wisdom Within You, 1994

When there's no pause in the input, our heads get filled with the voices and opinions of others – be it parents, friends or Peter Jennings. In silence, we have the chance to listen to our own voices. We make choices based on what we really want and not on what others expect.
~ Chopra ~
Prevention, 1996 October

When our days are full of TV, radio, and other chatter, noise squeezes out the silence in which to think, reflect, and find meaning in who we are and what we do.
~ Bruce Davis, 1950- ~
Monastery Without Walls: Daily Life in the Silence, 1990

Silence has a regenerative power of its own. It is always sacred. It always returns you home.
~ Barbara De Angelis, 1951- ~

There is a power in silence that energizes the mind, body and soul ... There is wisdom in silence ... There is love in silence ... Silence is an art, a tool of the wise. When we perfect the art of silence, chances are we will get a whole lot more done.
~ Iyanla Vanzant, 1953- ~
Acts of Faith: Daily Meditations for People of Color, 1993

The power of quiet is great. It generates the same feelings in everything one encounters. It vibrates with the cosmic feeling of oneness. It is everywhere, available to anyone at any time. It is us, the force within that makes us stable, trusting, and loving. It is contemplation contemplating. Peace is letting go – returning to the silence that cannot enter the realm of words because it is too pure to be contained in words.
~ Malidoma Somé, 1956- ~
Of Water and the Spirit, 1994

There is no effort we can make to still ourselves. True stillness comes naturally from moments of solitude where we allow our minds to settle. Just as water seeks its own level, the mind will gravitate toward the holy. Muddy water will become clear if allowed to stand undisturbed, and so too will the mind become clear if it is allowed to be still.
~ Deng Ming-Dao ~
365 Tao: Daily Meditations, 1992

SIMPLICITY

Related States & Conditions: Being/Essence/Soul, Centering, Composure/Peace/Tranquility, Limitation, Little, Presence, Restraint, Self, Silence/Stillness

Syntonic: Acceptance, Appreciation, Detachment, Equanimity, Flexibility/Flow/Flux, Openness/Receptivity, Solitude, Release, Renewal, Retreat/Withdrawal

Dystonic: Anger, Attachment, Avoidance/Denial/Refusal, Distraction/Diversion, Fear, Greed, Hate, Jealousy/Envy, Regret, War/Aggression/Violence, Worry

Complexity is the decadence of society; simplicity is the path of reality and salvation.
~ Khemetic Saying ~
Temt Tchaas: Egyptian Proverbs, Muata Ashaya Ashby, ed., 1994

Abandon all superficial luxury and indulgence … Let what is substantial command and rule what is merely ornamental, in much the same way as the chin is simply adorned by the beard … Ornament has run its course, and now there is a return to pure simplicity. At the height of development, all ornament is discarded.
~ *Yi Jing*, c. 1150 BCE ~
"Pi: Grace," in *The Photographic I Ching*, Dhiresha McCarver, tr., 1997

Manifest plainness,
Embrace simplicity,
Reduce selfishness,
Have few desires.
~ Laozi, 570-490 BCE ~
Daode Jing

Those who are known
As Real People
Are united in essence
With the Way,
So they have endowments yet
Appear to have none;
They are full yet
Appear to be empty.
They govern the inside,
Not the outside.
Clear and pure, utterly plain,
They do not contrive
Artificialities but return
To simplicity.
~ Laozi ~

We never buy more than we need
We never need more than we use
We never use more than it takes to get by
Till we learn to need less.
~ Chinese Saying ~

That man is happiest who lives from day to day and asks no more, garnering the simple goodness of a life.
~ Euripides, c. 485-406 BCE ~

He is richest who is content with the least, for content is the wealth of nature.
~ Socrates, 469-399 BCE ~

How many things I can do without!
~ Socrates ~
in Diogenes, *Lives of Eminent Philosophers*

The greatest wealth is to live content with little.
~ Plato, c. 427-347 BCE ~
The Republic, c. 360 BCE

One is rich not through one's possessions, but through that which one can with dignity do without.
~ Epicurus, 341-270 BCE ~

What nature requires is obtainable, and within easy reach. It's for the superfluous we sweat.
~ Seneca, c. 4 BCE-65 CE ~

He who is satisfied with the simple needs of his nature, refusing the superfluous delights of the world, will not be tempted by any seductions.
~ Huainan Zi, 1st C. BCE ~

Purity and simplicity are the two wings with which man soars above the earth and all temporary nature.
~ Thomas à Kempis, c. 1380-1471 ~

With a few flowers in my garden, half a dozen pictures, and some books, I live without envy.
~ Félix Lope de Vega, 1562-1635 ~

Those who subsist on shrubs and weeds are almost all pure and clear as jade; those who dress in finery and eat sumptuously have the complexion of fawning servitors. For true ambition is manifest in simplicity and purity, and integrity perishes in sweet fat.
~ Hong Zicheng, fl. 1596 ~
Caigentan: Vegetable Roots Discourse, I.11, Robert Aitken & Daniel W. Y. Kwok, trs., 2006

When we are truly in this interior simplicity our whole appearance is franker, more natural. This true spirituality ... makes us conscious of a certain openness, gentleness, innocence, gaiety and serenity, which is charming when we see it near to and continually, with pure eyes.
~ François Fénelon, 1651-1715 ~

Simple truths are a relief from grand speculations.
~ Marquis de Vauvenargues, 1715-1747 ~

If people give up artificiality and return to the real, dismiss intellectuality and cleverness, consider essential life the one matter of importance, practice inner awareness, refine the self and master the mind, observe all things with detachment so all that exists is empty of absoluteness, are not moved by external things and are not influenced by sensory experiences ... they can thereby aspire to wisdom and be enlightened.
~ Liu Yiming, b. c. 1737 ~
Awakening to the Tao, Thomas Cleary, tr., 1988

Simplicity of character is the natural result of profound thought.
~ William Hazlitt, 1778-1830 ~

Nothing is more simple than greatness; indeed, to be simple is to be great.
~ Ralph Waldo Emerson, 1803-1882 ~

Simplicity is the most difficult thing to secure in this world; it is the last limit of experience and the last effort of genius.
~ George Sand, 1804-1876 ~

In character, in manners, in style, in all things, the supreme excellence is simplicity.
~ Henry Wadsworth Longfellow, 1807-1882 ~

Less is more.
~ Robert Browning, 1812-1889 ~
"Andrea del Sarto," 1855

I went to the woods because I wished to live deliberately, to front only the essential facts of life, and see if I could not learn what it had to teach, and not, when I came to die, discover that I have not lived.
~ Henry David Thoreau, 1817-1862 ~

As you simplify your life, the laws of the universe will be simpler; solitude will not be solitude, poverty will not be poverty, nor weakness weakness ... He is richest whose needs are simplest.
~ Thoreau ~

Our life is frittered away by detail ... Simplify, simplify, simplify! ... Simplicity of life and elevation of purpose ... Simplicity! I say let your affairs be as two or three, and not a hundred or a thousand; instead of a million count half a dozen, and keep your accounts on your thumbnail.
~ Thoreau ~
"Where I Lived and What I Lived For," *Walden*, 1854

The art of art, the glory of expression and the sunshine of the light of letters, is simplicity.
~ Walt Whitman, 1819-1892 ~
Leaves of Grass, 1855

A man must be able to cut a knot, for everything cannot be untied; he must know how to disengage what is essential from the detail in which it is enwrapped, for everything cannot be equally considered; in a word, he must be able to simplify his duties, his business and his life.
~ Henri-Frédéric Amiel, 1821-1881 ~

Simplicity is making the journey of this life with just baggage enough.
~ Charles Warner, 1829-1900 ~

I believe we would be happier to have a personal revolution in our individual lives and go back to simpler living and more direct thinking.
~ Laura Ingalls Wilder, 1867-1957 ~

I am beginning to learn that it is the sweet, simple things of life which are the real ones after all.
~ Wilder ~

The only simplicity that matters is the simplicity of the heart.
~ G. K. Chesterton, 1874-1936 ~

Simple style is like white light. It is complex, but its complexity is not obvious.
~ Anatole France, 1844-1924 ~

Life is not complex. *We* are complex. Life is simple, and the simple thing is the right thing.
~ Oscar Wilde, 1856-1900 ~

But I know life is simple, however complex the organism may be; and everything goes to pieces when the living truth of the central simplicity is lost.
~ Rabindranath Tagore, 1861-1941 ~
Letters to a Friend, C. F. Andrews, ed., 1929

Great truths are simple because they are of universal application. Truth itself is always simple. Complexity is due to man's ignorance.
~ Vivekananda, 1863-1902 ~
The Complete Works of Swami Vivekananda, 1984-1987, 6:35, 1926

"Think simple" as my old master used to say – meaning reduce the whole of its parts into the simplest terms, getting back to first principles.
~ Frank Lloyd Wright, 1869-1959 ~

Fishing is much more than fish … It is the great occasion when we may return to the fine simplicity of our forefathers.
~ Herbert Hoover, 1874-1964 ~

Order and simplification are the first steps toward mastery of a subject.
~ Thomas Mann, 1875-1955 ~

I have been described as the great simplificator. One needs to look so deeply at things that they become simple.
~ Konrad Adenauer, 1876-1967 ~

If you can't explain it simply, you don't understand it well enough.
~ Albert Einstein, 1879-1955 ~
in *Reader's Digest*, 1977 October

Possessions, outward success, publicity, luxury – these to me have always been contemptible. I believe that a simple and unassuming manner of life is best for everyone, best both for the body and the mind.
~ Einstein ~

The man of fixed ingrained principles who has mapped out a straight course, and has the courage and self-control to adhere to it, does not find life complex. Complexities are all of our own making.
~ B. C. Forbes, 1880-1954 ~

The ability to simplify means to eliminate the unnecessary so that the necessary may speak.
~ Hans Hoffman, 1880-1966 ~

The obvious is that which is never seen until someone expresses it simply.
~ Khalil Gibran, 1883-1931 ~

All great truths are simple in final analysis and easily understood; if they are not, they are not great truths.
~ Napoleon Hill, 1883-1970 ~

Simple living will help you to control thoughts. If you lead a simple life, you will have only very few wants and you will have to think a little only.
~ Sivananda, 1887-1963 ~

The wisdom of life consists in the elimination of non-essentials, in reducing the problems of philosophy to just a few – the enjoyment of home, of living, of Nature and of culture – and in showing all other irrelevant scientific disciplines and futile chases after knowledge to the door.
~ Lin Yutang, 1895-1976 ~
The Importance of Living, 1937

Modern knowledge has grown in incredible complexity; sooner or later it must return to simplicity again. It will need a simple viewpoint. Then we can afford to see the world go by … Happy is the man who is not confused, who still believes in a few simple truths and retains some simple faiths.
~ Lin ~
The Pleasures of a Nonconformist, 1962

Reduce the complexity of life by eliminating the needless wants of life, and the labors of life reduce themselves.
~ Edwin Teale, 1899-1980 ~
Circle of the Seasons, February 4

Certain environments, certain modes of life, certain rules of conduct are more conducive to inner and outer harmony than others. There are,

in fact, certain roads that one may follow. Simplification of life is one of them.
~ Anne Morrow Lindbergh, 1906-2001 ~
Gift from the Sea, 1955

The simplification of life is one of the steps to inner peace. A persistent simplification will create an inner and outer well-being that places harmony in one's life. For me this began with the discovery of the meaninglessness of possessions beyond my actual and immediate needs.
~ Peace Pilgrim, 1908-1981 ~
Peace Pilgrim: Her Life and Work in Her Own Words, 1982

The simplified life is a sanctified life, much more calm, much less strife. Oh, what wondrous truths are unveiled – projects succeed which had previously failed. Oh, how beautiful life can be, beautiful simplicity.
~ Ibid.

Any intelligent fool can make things bigger, more complex, and more violent. It takes a touch of genius – and a lot of courage – to move in the opposite direction.
~ E. F. Schumacher, 1911-1977 ~
Small Is Beautiful: Economics as if People Mattered, 1973

Whereas Americans and Europeans often develop complex, large-scale solutions to problems, the Japanese constantly pare down and reduce the complexity of products to the barest minimum. They streamline the design, reduce the number of parts, and simplify the inner workings and moving parts. The influence of Zen and haiku poetry are often evident in the simplicity and utility of Japanese designs.
~ Akio Morito, 1920-1999 ~
Made in Japan, 1986

Making the simple complicated is commonplace; making the complicated simple, awesomely simple, that's creativity.
~ Charles Mingus, Jr., 1922-1979 ~

There is nothing to chase after. We can go back to ourselves, enjoy our breathing, our smiling, ourselves, and our beautiful environment.
~ Thich Nhat Hanh, 1926- ~

The simplest things are often the truest.
~ Richard Bach, 1936- ~

Enhanced awareness adds luster to simple things and everyday events, so that what may seem a turn toward a more austere life is often a discovery of subtler, less perishable riches.
~ Marilyn Ferguson, 1938- ~
The Aquarian Conspiracy, 1980

Voluntary simplicity is an attitude, not a budget: thoughtful consumption, resistance to artificially created "needs," sensitivity to the limits of natural resources, a more human scale for living and working … Voluntary simplicity is neither altruistic nor a sacrifice. It can even be hedonistic. Simple lifestyles can become a pleasure in themselves.
~ Ibid.

True refinement seeks simplicity.
~ Bruce Lee, 1940-1973 ~

Not buying something, not going somewhere, and not watching something can each be an effective application of the simplicity rule. Living closer to nature helps simplify because nature, though complex, keeps us in tune with basic rhythms and pleasures that never change and that provide grounding.
~ Thomas Moore, 1940- ~
Original Self, 2000

Simplicity of living means meeting life face to face. It means confronting life clearly, without unnecessary distractions, without trying to soften the awesomeness of our existence or masking the deeper manifestations of life with pretensions, distractions and unnecessary accumulations.
~ Duane Elgin, 1943- ~
Voluntary Simplicity, 1981

When we relinquish, or renounce, the extraneous, we are left with the essential, which can't be lost. When we stop clinging to ego attachments, we lighten our load and learn who we truly are. That's the magic of simplicity.
~ Lama Surya Das, 1950- ~
Awakening to the Sacred: Creating a Spiritual Life from Scratch, 1999

Simplicity of life is the true secret of happiness. Unhampered experience of joy which lies within comes out of simplicity. Your life should never be complicated with too many things.
~ Gurumayi Chidvilasananda, 1955- ~

SINCERITY / AUTHENTICITY

Related States & Conditions: Actualization/Fulfillment, Autonomy/Control, Being/Essence/Soul, Centering, Disclosure/Veracity, Expression, Identity, Individuality, Integrity, Mind, Presence, Self, Truth

Syntonic: Acceptance, Affirmation/Approval, Appreciation, Release, Renewal, Responsibility, Spontaneity

Dystonic: Appearance/Form, Attachment, Avoidance/Denial/Refusal, Conformity, Delusion, Distraction/Diversion, Fear, Greed, Guilt, Hate, Jealousy/Envy, Limitation, Regret, War/Aggression/Violence, Worry

Be sincere and true to your word, serious and careful in your actions; and you will get along even among barbarians. But if you are not sincere and untrustworthy in your speech, frivolous and careless in your actions, how will you get along even among your own neighbors? When standing, see these principles in front of you; in your carriage see them on the yoke. Then you may be sure to get along.
~ Kongfuzi, c. 551-c. 479 BCE ~
Analects

He who possesses sincerity is he who, without an effort, hits what is right, and apprehends, without the exercise of thought: he is the sage who naturally and easily embodies the right way.
~ Kongfuzi ~
The Doctrine of the Mean

Sincerity is the fulfillment of our own true nature, and to arrive at it we need only follow our true self. Sincerity is the beginning and end of existence; without it, nothing can endure. Therefore the mature person values sincerity above all things.
~ Zi Si, 492-431 BCE ~
"The Central Harmony," in *The Wisdom of Confucius*, Lin Yutang, tr., 1938

I want to sing like birds sing, not worrying who listens or what they sing.
~ Jalaluddin Rumi, 1207-1273 ~

Bestow the flame of your desire in such wise that it may issue forth imprinted with the lineaments of your Self.
~ Dante Alighieri, 1265-1321 ~

An honest man's word is as good as his bond.
~ Miguel de Cervantes ~

If we took as much trouble to be what we should be as we take to deceive others by disguising what we are, we could appear as we really are without having the trouble of disguising ourselves.
~ Madame de Sable, 1599-1678 ~
The Maxims of Madame de Sable, Arthur Chandler, tr.

We get so much in the habit of wearing disguises before others that we finally appear disguised before ourselves.
~ François de La Rochefoucauld, 1613-1680 ~

Happy the man who never puts on a face, but receives every visitor with that countenance he has on.
~ Ralph Waldo Emerson, 1803-1882 ~
Journals of Ralph Waldo Emerson, 1863

No man can, for any considerable time, wear one face to himself, and another to the multitude, without finally getting bewildered as to which is the true one.
~ Nathaniel Hawthorne, 1804-1864 ~

Elegance of language may not be in the power of all of us; but simplicity and straightforwardness are. Write much as you would speak; speak as you think. If with your inferiors, speak no coarser than usual; if with your superiors, no finer. Be what you say; and, within the rules of prudence, say what you are.
~ Henry Alford, 1810-1871 ~

Hypocrisy in anything whatever may deceive the cleverest and most penetrating man, but the least wide-awake of children recognizes it, and is revolted by it, however ingeniously it may be disguised.
~ Leo Tolstoy, 1828-1910 ~

Why is it that human sincerity always excites love? Can it be as the poets suggest that in the ultimate analysis it is itself love?
~ J. B. Yeats, 1839-1922 ~
Letters to His Son, W. B. Yeats and Others, Joseph Hone, ed., 1946

The highest courage is to dare to appear to be what one is.
~ John Lancaster Spalding, 1840-1916 ~
Glimpses of Truth, 1903

To revolutionize a whole house on the coming of a few visitors betrays not only poor taste, but an absolute lack of character. Let your friends come into your life; let them see you as you are, and not find you trying to be somebody else.
~ Emma Whitcomb Babcock, b. 1849 ~
Household Hints, 1881

Being entirely honest with oneself is a good exercise.
~ Sigmund Freud, 1856-1939 ~

Nothing is truer to experience or more wholesome than that the impression we make comes from what we are, in inmost desire and habit, and not from what we may try to seem to be. Our souls are not much hidden.
~ Charles Horton Cooley, 1864-1929 ~
Life and the Student, 1927

Be yourself. Especially, do not feign affection.
~ Max Ehrmann, 1872-1945 ~
Desiderata, 1927

The most comprehensive formulation of therapeutic goals is the striving for wholeheartedness: to be without pretense, to be emotionally sincere, to be able to put the whole of oneself into one's feelings, one's work, one's beliefs.
~ Karen Horney, 1885-1962 ~

Men who are in earnest are not afraid of the consequences.
~ Marcus Garvey, 1887-1940 ~
Philosophy and Opinions of Marcus Garvey, Vol. I, Amy Jacques Garvey, ed., 1923

You see – to me – life and work are two things indivisible. It's only by being true to life that I can be true to art. And to be true to life is to be *good, sincere, simple, honest*.
~ Katherine Mansfield, 1888-1923 ~
The Journal of Katherine Mansfield, J. Middleton Murry, ed., 1927

The great majority of us are required to live a life of constant, systematic duplicity. Your health is bound to be affected if, day after day, you say the opposite of what you feel, if you grovel before what you dislike and rejoice at what brings you nothing but misfortune. Our nervous system isn't just a fiction, it's a part of our physical body, and our soul exists in space and is inside us, like the teeth in our mouth. It can't be forever violated with impunity.
~ Boris Pasternak, 1890-1960 ~
Doctor Zhivago, Max Hayward & Manya Harari, ed., 1958

Let the world know you as you are, not as you think you should be, because sooner or later, if you are posing, you will forget the pose, and then where are you?
~ Fanny Brice, 1891-1951 ~

One of the few reasons why so few of us ever act, instead of reacting, is because we are continually stifling our deepest impulses.
~ Henry Miller, 1891-1980 ~
The Books in My Life, 1952

I have never pretended to like people who dislike me. I have never been suave and polished and dishonest.
~ Lin Yutang, 1895-1976 ~
The Little Critic: Essays, Satires and Sketches on China (Second Series: 1933-1935), 1935

I don't mind sitting with ambassadors or common people, but I can't stand ceremonious restraint and have no desire to impress people.
~ Lin ~
in *Twentieth Century Authors*, Stanley J. Kunitz, ed., 1942

There is nothing unnatural about trying to conceal our shortcomings from others, but we cannot achieve true selfhood until we let them see us as we are. Having the courage to go naked is a part of the Way.
~ Karlfried Durckheim, 1896-1988 ~
The Call for the Master, Vincent Nash, tr., 1989

Be true to your own self, love your self absolutely. Do not pretend that you love others as yourself. Unless you have realized them as one with yourself, you cannot love them.
Don't pretend to be what you are not, don't refuse to be what you are.
~ Nisargadatta, 1897-1981 ~

We get together and talk, and say we think and feel and believe in such a way, and what we really

think and feel and believe we never say at all.
~ Thomas Wolfe, 1900-1938 ~
Of Time and the River, 1935

Be who you are and say what you feel because those who mind don't matter and those who matter don't mind.
~ Dr. Seuss, 1904-1991 ~

The people you can be absolutely sincere with – sincere to be truest you – are the ones I am happiest with.
~ Anne Morrow Lindbergh, 1906-2001 ~
Bring Me a Unicorn, 1972

The most exhausting thing in life is being insincere.
~ Lindbergh ~

In the world in which we live men have learned to cover the nakedness of their souls no less than that of their bodies. In almost every act, and even thought, of our lives we are so clothed in rationalization and dissemblance that we can recognize but dimly the deep primal impulses that motivate us.
~ James Ramsey Ullman, 1907-1971 ~
River of the Sun, 1951

What matters is what you think about yourself. You must find the part in life that fits you and then give up acting; your profession is being.
~ Quentin Crisp, 1908-1999 ~
The Naked Civil Servant, 1968

Just be what you are and speak from your guts and heart – it's all a man has.
~ Hubert Humphrey, 1911-1978 ~

Love takes off masks that we fear we cannot live without and know we cannot live within.
~ James Baldwin, 1924-1987 ~

The more authentic you become, the more genuine in your expression, particularly regarding personal experiences and even self-doubts, the more people can relate to your expression and the safer it makes them feel to express themselves.
~ Stephen Covey, 1932- ~
The 7 Habits of Highly Effective People, 1989

I do not believe that a beautiful relationship has to always end in carnage. I do not believe that we have to be fraudulent and pretentious, because that is the source of future difficulties and ultimate failure. If we project fraudulent, pretentious images, or if we fantasize each other into distorted caricatures of what we really are, then, when we awake from the trance and see beyond the sham and front, all will dissolve, all will die and transform into bitterness and hate.
~ Eldridge Cleaver, 1935-1998 ~
Soul on Ice, 1968

As the masks of our composure drop and we see the suffering and courage and brokenness and deeper dignity underneath, we truly start to respect each other as fellow human beings ... The reality is that every human being is broken and vulnerable. How strange that we should ordinarily feel compelled to hide our wounds when we are all wounded!
~ M. Scott Peck, 1936-2005 ~
The Different Drum: Community Making and Peace, 1987

Personal authenticity leads us to abandon the masks and masquerades we do not truly own, so that we can embrace and celebrate our most central character. We give up only the laborious task of playing games. In fact we simplify our lives. One face greets every situation without embarrassment or regret. Rather than rehearse the "right" response, we can trust ourselves by allowing the response we feel in any given moment.
~ Barry Kaufman, 1942- ~
Happiness Is A Choice, 1993

When people believe one thing and do something else, they are inviting misery. If you give yourself the name, play the game. When you believe something you don't follow with your heart, intellect, and body, it hurts. Don't do that to yourself. Live your belief, or let that belief go. If you are not actively living a belief, it's not really your belief, anyway.
~ John-Roger, 1934- ~
Life 101, 1990

The only way to be truly honest is to stay completely in the moment that we are already in. And then the next, and the next. Every single being's truth and the truth of every given situation are all happening at the same time, moment to moment to moment, radiating out into every direction, dynamically creating new truths as they go.
~ Angel Kyodo Williams ~
Being Black: Zen and the Art of Living with Fearlessness and Grace, 2000

SKILL / TALENT / RESOURCES

Related States & Conditions: Ability, Accomplishment/Achievement/Excellence, Action/Effort, Exploration, Expression, Ingenuity, Power, Wealth/Prosperity

Syntonic: Attention/Awareness, Confidence, Creativity/Discovery/Innovation, Courage, Determination/Persistence/Resolve, Experience, Expedience, Flexibility/Flow/Flux, Focus/Intention, Imagination, Initiative, Introspection/Self-Knowledge, Learning, Openness/Receptivity, Patience, Responsibility, Self-Reliance, Strength

Dystonic: Avoidance/Denial/Refusal, Complacency, Conformity, Criticism/Judgment, Defeat, Deferment/Delay, Delusion, Dependence, Distraction/Diversion, Fear, Haste/Impatience, Laziness, Limitation, Regret, Worry

Do not be arrogant because of your knowledge, but confer with the ignorant man as with the learned, for the limit of skill has not been attained, and there is no craftsman who has fully acquired his mastery.
~ Ptahotep, c. 2350 BCE ~
in *Kemet and the African Worldview*, Maulana Karenga and Jacob Carruthers, eds., 1986

One's talents and abilities are not being recognized. When they are, everyone will benefit … The cultivation of oneself is fundamental to the proper leadership of others.
~ *Yi Jing*, c. 1150 BCE ~
"Ching: Well" in *The Photographic I Ching*, Dhiresha McCarver, tr., 1997

Natural ability is by far the best, but many men have succeeded in winning high renown by skill that is the fruit of teaching.
~ Pindar, 518-438 BCE ~
in *Artists in Quotation*, Donna Ward La Cour, ed., 1989

Let not your mind run on what you lack as much as on what you have already.
~ Marcus Aurelius, 121-180 ~

Go find the gem hidden in your depths!
~ Jalaluddin Rumi, 1207-1273 ~
"Your Heart Is the Size of an Ocean"

When someone tosses you a tea bowl
– Catch it!
Catch it nimbly with soft cotton
With the cotton of your skillful mind!
~ Bankei, 1622-1693 ~
Bankei Zen: Translations from the Record of Bankei, Yoshito Hakeda, ed., Peter Haskel, tr., 1984

Hide not your talents; they were for use made.
What's a Sun-dial in the shade?
~ Benjamin Franklin, 1706-1790 ~

As to great and commanding talents, they are the gift of Providence in some way unknown to us. They rise where they are least expected. They fail when everything seems disposed to produce them, or at least to call them forth.
~ Edmund Burke, 1729-1797 ~

Whatever you are by nature, keep to it; never desert your own line of talent. Be what nature intended you for and you will succeed; be anything else and you will be ten thousand times worse than nothing.
~ Sydney Smith, 1771-1845 ~

Talent is the capacity of doing anything that depends on application and industry; it is a voluntary power, while genius is involuntary.
~ William Hazlitt, 1778-1830 ~

Where talent is a dwarf, self-esteem is a giant.
~ John Petit-Senn, 1792-1870 ~
Conceits and Caprices, 1869

Nature arms each man with some faculty which enables him to do easily some feat impossible to any other.
~ Ralph Waldo Emerson, 1803-1882 ~

Talent for talent's sake is a bauble and a show. Talent working with joy in the cause of universal truth lifts the possessor to new power as a benefactor.
~ Emerson ~

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The buried talent is the sunken rock on which most lives strike and founder.
~ Frederick Faber, 1814-1863 ~
Notes on Doctrinal and Spiritual Subjects, Vol. II, 1866

When love and skill work together expect a masterpiece.
~ John Ruskin, 1819-1900 ~

All our talents increase in the using, and every faculty, both good and bad, strengthens by exercise.
~ Anne Brontë, 1820-1849 ~
The Tenant of Wildfell Hall, 1848

Work while you have the light. You are responsible for the talent that has been entrusted to you.
~ Henri-Frédéric Amiel, 1821-1881 ~

Every sort of mastery is an increase of one's freedom.
~ Amiel ~
The Private Journal of Henri-Frédéric Amiel

Different people have different duties assigned to them by Nature; Nature has given one the power or the desire to do this, the other that. Each bird must sing with his own throat.
~ Henrik Ibsen, 1828-1906 ~

The only success worth one's powder was success in the line of one's idiosyncrasy ... what was talent but the art of being completely whatever one happened to be?
~ Henry James, 1843-1916 ~

Use what talents you possess: the woods would be very silent if no birds sang there except those that sang best.
~ Henry Van Dyke, 1852-1933 ~

Talent is a gift that brings with it an obligation to serve the world, and not ourselves, for it is not of our making. To use for our exclusive benefit what is not ours is theft. Culture, which makes talent shine, is not completely ours either, nor can we place it solely at our disposal. Rather, it belongs mainly to our country, which gave it to us, and to humanity, from which we receive it as a birthright.
~ José Martí, 1853-1895 ~
Martí Pensamientos, Carlos Ripoll, ed.

The real tragedy of life is not being limited to one talent, but in failing to use that one talent.
~ E. W. Howe, 1853-1937 ~

A talent somewhat above mediocrity, shrewd and not too sensitive, is more likely to rise in the world than genius, which is apt to be perturbable and to wear itself out before fruition.
~ Charles Horton Cooley, 1864-1929 ~
Life and the Student, 1927

The depth and strength of a human character are defined by its moral reserves. People reveal themselves completely only when they are thrown out of the customary conditions of their life, for only then do they have to fall back on their reserves.
~ Leon Trotsky, 1879-1940 ~

When your work speaks for itself, don't interrupt.
~ Henry Kaiser, 1882-1967 ~

Everybody is talented, original, and has something important to say.
~ Brenda Ueland, 1892-1985 ~

We start with gifts. Merit comes from what we make of them.
~ Jean Toomer, 1894-1967 ~
Essentials: Definitions and Aphorisms, VI, 1931

If a man has talent and cannot use it, he has failed. If he has a talent and uses only half of it, he has partly failed. If he has a talent and learns somehow to use the whole of it, he has gloriously succeeded, and won a satisfaction and a triumph few men ever know.
~ Thomas Wolfe, 1900-1938 ~

In very rare instances an individual may be born with such remarkable tendencies that he could be considered to be a natural genius, but as a rule, gifted persons are made, not born. Every normal person is, in fact, potentially gifted, for he or she has inherited enough from the vast reservoir of the past to become outstanding in achievement. Genius, talent, aptitude, gifts, and ability are faculties which can be developed and grown. They lie dormant in every normal child at birth, and they can be educed at any given point in his development when he is ready.
~ W. Clement Stone, 1902-2002 ~
in Samuel A. Cypert, *Believe and Achieve: W. Clement Stone's 17 Principles of Success*, 1991

Timing and arrogance are decisive factors in the use of talent. The first is a matter of instinct, the second part carapace and part self-hypnosis, the shell that protects, the ego that assumes, without

question, that the talent possessed is not only unique but important, the particular vision demanding to be shared.
~ Marya Mannes, 1904-1990 ~
Out of My Time, 1971

Let us ... accept the truth that we are capable in some directions and limited in others, that genius is rare, that mediocrity is a portion of almost all of us, but that we can contribute from the storehouse of our skills to the enrichment of our common life.
~ Joshua Liebman, 1907-1948 ~

We are not in a position in which we have nothing to work with. We already have capacities, talents, direction, missions, and callings.
~ Abraham Maslow, 1908-1970 ~

A first-rate soup is better than a second-rate painting.
~ Maslow ~

We can't take any credit for our talents. It's how we use them that counts.
~ Madeleine L'Engle, 1918- ~

Any human anywhere will blossom in a hundred unexpected talents and capacities simply by being given the opportunity to do so.
~ Doris Lessing, 1919- ~

We all carry it within us: supreme strength, the fullness of wisdom, unquenchable joy. It is never thwarted, and cannot be destroyed.
~ Huston Smith, 1919- ~

The only real skill that matters in the world of tomorrow is the ability to learn what you need to know on a regular basis.
~ John Naisbitt, 1929- ~

Talent is longing, desire, passion ... real talent, even in the purely mental sphere, has to be more than just a knack for doing something well. To matter, it must also be vitality – a surging, rechargeable, and periodically recharged power that some people have far more than others. This, to me, is a fundamental injustice, for at stake are not only success and fame but the very quality of day-to-day living, what it means to be alive.
~ Tuan Yi-Fu, 1930- ~
Who Am I? An Autobiography of Emotion, Mind, and Spirit, 1999

Few men during their lifetime come anywhere near exhausting the resources dwelling within them. There are deep wells of strength that are never used.
~ Richard E. Byrd, 1931- ~

It is difficult for any one person to reach high levels of complexity in more than one physical domain. The skills necessary to become good athletes, dancers, or connoisseurs of sights, sounds, or tastes are so demanding that one individual does not have enough psychic energy in his waking lifetime to master more than a few. But it is certainly possible to become a dilettante – in the finest sense of that word – in all these areas, in other words, to develop sufficient skills so as to find delight in what the body can do.
~ Mihaly Csikszentmihalyi, 1934- ~
Flow: The Psychology of Optimal Experience, 1990

Self-discovery inevitably involves the awakening of the traits usually associated with the opposite sex. All of the gifts of the human mind are available to the conscious self: nurturance and independence, sensitivity and strength. If we complete such qualities within ourselves, we are not as dependent on others for them. Much of what has been labelled love in our culture is infatuation with, and the need for, our missing inner halves.
~ Marilyn Ferguson, 1938- ~
The Aquarian Conspiracy, 1980

Everyone has talent. What is rare is the courage to follow the talent to the dark place where it leads.
~ Erica Jong, 1942- ~
in *Ms*, 1972

The soul and the spirit have resources that are astonishing. Like wolves and other creatures, the soul and spirit are able to thrive on very little, and sometimes for a long time on nothing. To me, it is the miracle of miracles that this is so.
~ Clarissa Pinkola Estes, 1943- ~

If you have a talent, use it in every which way possible. Don't hoard it. Don't dole it out like a miser. Spend it lavishly like a millionaire intent on going broke.
~ Brendan Francis ~

Don't worry about your talent or capability ... "Capability is like a water table below the surface of the earth." No one owns it, but you can tap it. You tap it with your effort and it will come through you.
~ Natalie Goldberg ~
Writing Down the Bones, 1986

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SOLITUDE

Related States & Conditions: Being/Essence/Soul, Centering, Individuality, Introspection/Self-Knowledge, Loneliness, Meditation, Presence, Renewal, Retreat/Withdrawal, Self, Silence/Stillness

Syntonic: Appreciation, Attention/Awareness, Courage, Focus/Intention, Learning, Listening, Openness/Receptivity, Patience, Responsibility, Self-Reliance, Strength

Dystonic: Avoidance/Denial/Refusal, Conformity, Criticism/Judgment, Defeat, Delusion, Dependence, Distraction/Diversion, Fear, Guilt, Insecurity/Risk, Limitation, Regret, Worry

One may need to separate oneself from the others for a while to strengthen one's inner development. Seek inspiration of a spiritual nature.
~ *Yi Jing*, c. 1150 BCE ~
"Chung Fu: Central Sincerity" in *The Photographic I Ching*, Dhiresha McCarver, tr., 1997

Ordinary men hate solitude.
But the Master makes use of it,
embracing his aloneness, realizing
he is one with the whole universe.
~ Laozi, 570-490 BCE ~
Tao Te Ching: A New English Version, Stephen Mitchell, tr., 1988

Sitting alone, sleeping alone, acting alone, let the diligent one enjoy the forest, taming the self alone.
~ Buddha, c. 563-483 BCE ~
The Dhammapada, Thomas Cleary, tr., 1994

Ideal people can stand alone without fear and leave society without distress.
~ Kongfuzi, c. 551-c. 479 BCE ~

He is never less at leisure than when at leisure, nor less alone than when he is alone.
~ Cicero, 106-43 BCE ~
De Officiis

If you would live innocently, seek solitude.
~ Publilius Syrus, c. 42 BCE ~
Moral Sayings

When you have shut your doors and darkened your room, remember, never to say that you are alone, for you are not alone, but God is within, and your genius is within.
~ Epictetus, 50-120 ~

Solitude is the nurse of enthusiasm, and enthusiasm is the parent of genius.
~ Isaac Israeli, d. c. 932 ~

It is better to be still than to speak to one that is ignorant and to be alone than to be in company and fellowship of evil people.
~ Mubashshir ibn Fatik, 11th C. ~
in Bernard Lewis, *A Middle East Mosaic*, 2000

Which is worth more, a crowd of thousands, or your own genuine solitude?
Freedom, or power over an entire nation.
A little while alone in your room will prove more valuable than anything else that could ever be given you.
~ Jalaluddin Rumi, 1207-1273 ~
The Essential Rumi, Coleman Barks & John Moyne, trs., 1995

Many teachers praise love as the highest of virtues; I, however, place solitude higher than love ... Motionless detachment makes a man superlatively Godlike.
~ Meister Eckhart, 1260-1327 ~

If one attains the mystery of equanimity, one will attain the mystery of aloneness. Having attained the mystery of aloneness, this person will attain the holy spirit.
~ *Kabbalah* ~
The Essential Kabbalah, Daniel Chanan Matt, ed., 1996

Solitude is not out to deceive anyone; it does not pretend or embellish; it has nothing to hide and invents nothing. It is completely naked and without adornment; it knows nothing of shows or the applause which poisons the mind.
~ Petrarch, 1304-1374 ~

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It is better to have many about thee, and to live the solitary life in thy will, than to be alone, and the desire of thy mind be with the crowd.
~ Abbess Matrona, d. 1462 ~

They are never alone that are accompanied with noble thoughts.
~ Philip Sidney, 1554-1586 ~

Little do men perceive what solitude is; and how far it extends. For a crowd is not company, and faces are but a gallery of pictures, and talk but a tinkling cymbal, where there is no love ... Whosoever is delighted in solitude is either a wild beast or a god.
~ Francis Bacon, 1561-1626 ~

Be able to be alone. Lose not the advantage of solitude, and the society of thyself, nor be only content, but delight to be alone and single with Omnipresence.
~ Thomas Browne, 1605-1682 ~

This great misfortune – to be incapable of solitude.
~ Jean de La Bruyère, 1645-1696 ~

The happiest of all lives is a busy solitude.
~ François-Marie Voltaire, 1694-1778 ~
Letter to Frederick the Great, 1751

I was never less alone than when by myself.
~ Edward Gibbon, 1737-1794 ~
Memoirs of My Life and Writings, 1796

Conversation enriches the understanding, but solitude is the school of genius.
~ Gibbon ~

Solitude is a wonderful thing when one is at peace with oneself and when there is a definite task to be accomplished.
~ Johann von Goethe, 1749-1832 ~
in André Maurois, *The Art of Living*, 1939

One can be instructed in society, one is inspired only in solitude.
~ Goethe ~

When from our better selves we have too long
Been parted by the hurrying world, and droop,
Sick of its business, of its pleasure tired,
How gracious, how benign, is Solitude.
~ William Wordsworth, 1770-1850 ~

To dare to live alone is the rarest courage; since there are many who had rather meet their bitterest enemy in the field than their own hearts in their closets.
~ Charles Caleb Colton, 1780-1832 ~

Solitude, though it may be silent as light, is like light, the mightiest of agencies; for solitude is essential to man. All men come into this world alone and leave it alone.
~ Thomas De Quincey, 1785-1859 ~

No man will unfold the capacities of his own intellect who does not at least checker his life with solitude.
~ De Quincey ~

Great minds are like eagles, and build their nest in some lofty solitude ... A man can be himself only so long as he is alone, and if he does not love solitude, he will not love freedom, for it is only when he is alone that he is really free.
~ Arthur Schopenhauer, 1788-1860 ~
in W. H. Auden, *A Certain World*, 1970

Solitude is the fate of all outstanding minds; it will at times be deplored; but it will always be chosen as the lesser of two evils.
~ Schopenhauer ~
Aphorisms for Wisdom, 1851

I love all waste
And solitary places; where we taste the pleasure of
    believing what we see
Is boundless, as we wish our souls to be.
~ Percy Bysshe Shelley, 1792-1822 ~
"Julian and Maddalo," 1819

I find it wholesome to be alone the greater part of the time. To be in company, even with the best, is soon wearisome and dissipating. I love to be alone. I never found the companion that was so companionable as solitude. We are for the most part more lonely when we go abroad among men than when we stay in our chambers. A man thinking or working is always alone, let him be where he will. Solitude is not measured by the miles of space that intervene between a man and his fellows. The really diligent student in one of the crowded hives of Cambridge College is as solitary as a dervish in the desert.
~ Henry David Thoreau, 1817-1862 ~
Walden, 1854

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In what concerns you much, do not think you have companions: know that you are alone in the world.
~ Thoreau ~

Solitude is as needful to the imagination as society is wholesome for the character.
~ James Russell Lowell, 1819-1891 ~

There is a solitude of space
A solitude of sea
A solitude of death, but these
Society shall be
Compared with that profounder site
That polar privacy
A soul admitted to itself –
Finite infinity.
~ Emily Dickinson, 1830-1886 ~

Solitude makes us tougher toward ourselves and tenderer toward others and in both ways improves our character.
~ Friedrich Nietzsche, 1844-1900 ~

If you practice spiritual discipline for some time in a solitary place, you will find that your mind has become strong, and then you can live in any place or society without being in the least affected by it. When the plant is tender, it should be hedged around. But when it has grown big, not even cows and goats can injure it. Spiritual practices in a solitary place are essential.
~ Sri Saradamani Devi, 1853-1920 ~

It is impossible to convey the life-sensation of any given epoch of one's existence – that which makes its truth, its meaning – its subtle and penetrating essence. It is impossible. We live, as we dream – alone.
~ Joseph Conrad, 1857-1924 ~
Heart of Darkness, 1902

It is known to many that we need solitude to find ourselves. Perhaps it is not so well known that we need solitude to find our fellows.
~ Havelock Ellis, 1859-1939 ~
Selected Essays, 1936

The cure for all illness is stored in the inner depth of life itself, the access to which becomes possible when we are alone. This solitude is a world in itself, full of wonders and resources unthought of. It is absurdly near; yet so unapproachably distant.
~ Rabindranath Tagore, 1861-1941 ~
Letters to a Friend, C. F. Andrews, ed., 1929

People are afraid to find themselves alone, and don't find themselves at all. I hate all this moral agoraphobia – it's the worst kind of cowardice. You can't create something without being alone.
~ André Gide, 1869-1951 ~
The Immoralist, Dorothy Bussy, tr., 1930

The art of living lies less in eliminating our troubles but than in growing with them.
~ Bernard Baruch, 1870-1965 ~

There are days when solitude is a heady wine that intoxicates you with freedom, others when it is a bitter tonic, and still others when it is a poison that makes you beat your head against the wall.
~ Colette, 1873-1954 ~
Earthly Paradise: An Autobiography, Robert Phelps, ed., 1966

Solitary trees, if they grow at all, grow strong.
~ Winston Churchill, 1874-1965 ~

What is necessary, after all, is only this: solitude, vast inner solitude. To walk inside yourself and meet no one for hours – that is what you must be able to attain … It is good to be solitary, for solitude is difficult; that something is difficult must be a reason the more for us to do it.
~ Rainer Maria Rilke, 1875-1926 ~

Solitude gives birth to the original in us.
~ Thomas Mann, 1875-1955 ~

We need to rediscover ourselves in creative solitude.
~ Carl Sandburg, 1878-1967 ~

A man attached to desire cannot get solitude, wherever he may be; a detached man is always in solitude.
~ Ramana Maharshi, 1879-1950 ~

Solitude is not to be found in forests only. It can be had even in towns and the thick of worldly occupation.
~ Maharshi ~

I live in that solitude which is painful in youth, but delicious in the years of maturity.
~ Albert Einstein, 1879-1955 ~

The men who have had the most to give to their fellow men are those who have enriched their minds and hearts in solitude. It is a poor education that does not fit a man to be alone with himself.
~ Joel Hildebrand, 1881-1983 ~

You do not need to leave your room. Remain sitting at your table and listen. Do not even listen, simply wait. Do not even wait, be quiet, still and solitary. The world will freely offer itself to you to be unmasked, it has no choice, it will roll in ecstasy at your feet.
~ Franz Kafka, 1883-1924 ~

Solitude is a silent storm that breaks down all our dead branches; yet it sends our living roots deeper into the living heart of the living earth.
~ Khalil Gibran, 1883-1931 ~

It would do the world good if every man in it would compel himself occasionally to be absolutely alone. Most of the world's progress has come out of such loneliness.
~ Bruce Barton, 1886-1967 ~

Alone ... The word is life endured and known.
It is the stillness where our spirits walk
And all but inmost faith is overthrown.
~ Siegfried Sassoon, 1886-1967 ~
The Heart's Journey, 1928

The most important thing about the individual is his isolation; we're all isolated in our minds; where we come in touch with other people is through our affections, our sympathies, our animosities; we don't even know ourselves well enough to tell another person exactly what we are.
~ Joyce Cary, 1888-1957 ~
Radio interview, 1956

Loneliness can be conquered only by those who can bear solitude. We have a natural desire for solitude because we are men. We want to feel what we are – namely, alone – not in pain and horror, but with joy and courage.
~ Paul Tillich, 1888-1965 ~
The Eternal Now, 1963

Our language has wisely sensed the two sides of being alone. It has created the word loneliness to express the pain of being alone, and the word solitude to express the glory of being alone.
~ Tillich ~

Separate we come and separate we go
And this, be it known, is all that we know.
~ Conrad Aiken, 1889-1973 ~
in *The New York Herald Tribune*, 1969

Inside myself is a place, where I live all alone, and that's where you renew your springs that never dry up.
~ Pearl S. Buck, 1892-1973 ~

The more powerful and original a mind, the more it will incline towards the religion of solitude.
~ Aldous Huxley, 1894-1963 ~

To be an adult is to be alone.
~ Jean Rostand, 1894-1977 ~
Thoughts of a Biologist, 1939

A religious man is a man who is Alone – not lonely, you understand, but Alone – with no theories or dogmas, no opinion, no background; he is alone and enjoying it.
~ Jiddu Krishnamurti, 1895-1986 ~

Solitude is strength; to depend on the presence of the crowd is weakness. The man who needs a mob to nerve him is much more alone than he imagines.
~ Paul Brunton, 1898-1981 ~

I have tasted to the full this summer the philosophic sweets of solitude but I find it not an unmixed blessing. It is something one enjoys, I think, when one has friends to run from; but when enforced, it loses much of its charm.
~ Thomas Wolfe, 1900-1938 ~
The Letters of Thomas Wolfe, 1956

Solitude – walking alone, doing things alone – is the most blessed thing in the world. The mind relaxes and thoughts begin to flow.
~ Helen Hayes, 1900-1993 ~

The human animal needs a freedom seldom mentioned, freedom from intrusion. He needs a little privacy quite as much as he wants understanding or vitamins or exercise or praise.
~ Phyllis McGinley, 1905-1978 ~
The Province of the Heart, 1959

It is a difficult lesson to learn today – to leave one's friends and family and deliberately practice the art of solitude for an hour or a day or a week. And yet, once it is done, I find there is a quality to being alone that is incredibly precious. Life rushes back into the void, richer, more vivid, fuller than before ... What a commentary on civilization, when being alone is considered suspect; when one has to apologize for it, make excuses, hide the fact that one practices it – like a secret vice.
~ Anne Morrow Lindbergh, 1906-2001 ~

Alone, even doing nothing, you do not waste your time. You do, almost always, in company. No encounter with yourself can be altogether sterile. Something necessarily emerges, even if only the hope of someday meeting yourself again.
~ E. M. Cioran, 1911-1995 ~
"Strangled Thoughts," *The New Gods*, 1969

Loneliness is the poverty of self; solitude is the richness of self.
~ May Sarton, 1912-1995 ~
Mrs. Stevens Hears the Mermaids Singing, 1993

You must be free and not involved. Solitude is to be preserved, not as a luxury but as a necessity: not for "perfection" so much as for simple "survival."
~ Thomas Merton, 1915-1968 ~
Conjectures of a Guilty Bystander, 1966

Today, more than ever, we need to recognize that the gift of solitude is not ordered to the acquisition of strange contemplative powers, but, first of all, to the recovery of one's deep self, and to the renewal of an authenticity which is presently twisted out of shape by the pretentious routines of a disordered togetherness.
~ Merton ~
Contemplation in a World of Action, 1971

There is no true solitude except interior solitude.
~ Merton ~

All humans are frightened of their own solitude. But only in solitude can we learn to know ourselves, learn to handle our own eternal aloneness.
~ Han Suyin, 1917- ~

Everything seems so necessary and imperative. There's the risk that you will never find time to be alone with yourself.
~ Pope John Paul II, 1920-2005 ~

Man cannot survive without air, water and sleep. Next in importance comes food. And close on its heels, solitude.
~ Thomas Szasz, 1920- ~

Being solitary is being alone well: being alone luxuriously immersed in doings of your own choice, aware of the fullness of your own presence rather than of the absence of others. Because solitude is an achievement.
~ Alice Koller, 1924- ~

I was in prison before entering here … The solitude, the long moments of meditative contemplation, have given me the key to my freedom.
~ Malcolm X, 1925-1965 ~

Aloneness is inevitable in being human. People cannot accept this. They should be aware of it and use it. It heightens your perceptions.
~ Edward Albee, 1928- ~
in *The Daily Mail*, 1969

What a lovely surprise to finally discover how unlonely being alone can be.
~ Ellen Burstyn, 1932- ~

Solitude is a kind of freedom.
~ Umberto Eco, 1932- ~
in *The Observer Review*, 1995

We cannot avoid being alone, so we'd better learn to love our own company. We learn our greatest life lessons alone. We discover the truth of who we are alone.
~ Susan L. Taylor, 1946- ~
Lessons in Living, 1995

We're afraid of solitude because we're afraid of the feelings that will rise before we can be at ease, afraid to confront who we are when stripped of our "doing" nature. We feel a need to be surrounded by people, by activity; to entrain with another's rhythm – anything but solitude … Solitude takes practice. It requires facing down loneliness and realizing that there is nothing more important you can do. Far from being an indulgence, quiet, solitary contemplation – "doing nothing" – is as restorative as any elixir.
~ Stephan Rechtschaffen, 1949- ~
Timeshifting: Creating More Time to Enjoy Your Life, 1966

Taking time to experience ourselves in solitude is one way that we can regain a sense of the divine that can feel the spirit moving in our lives. Solitude is essential to the spiritual for it is there that we cannot only communicate with divine spirits but also listen to our inner voice. One way to transform the lonely feeling that overwhelms some of us is to enter that lonely place and find there a stillness that enables us to hear the soul speak.
~ bell hooks, 1952- ~
Sisters of the Yam: Black Women and Self-Recovery, 1993

Sitting in a sacred place means you must sit alone.
~ Marilyn "Omi Funke" Torres ~

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SOLUTION

Related States & Conditions: Accomplishment/Achievement/Excellence, Creativity/Discovery/Innovation, Expedience, Idea/Opinion, Ingenuity, Opportunity, Possibility/Potential, Renewal, Responsibility, Success, Value/Worth

Syntonic: Appreciation, Attention/Awareness, Confidence, Courage, Daring/Challenge, Determination/Persistence/Resolve, Diligence, Flexibility/Flow/Flux, Focus/Intention, Inspiration, Learning, Listening, Openness/Receptivity, Optimism/Positivism, Patience, Preparation/Readiness, Questioning/Doubt, Release, Self-Reliance, Strength, Vision/Visualization

Dystonic: Avoidance/Denial/Refusal, Conformity, Criticism/Judgment, Defeat, Delusion, Dependence, Distraction/Diversion, Fear, Guilt, Jealousy/Envy, Laziness, Limitation, Regret, War/Aggression/Violence, Worry

Consider the world light,
And the spirit is not burdened;
Consider the myriad things slight,
And the mind is not confused.
Consider life and death equal,
And the intellect is not afraid;
Consider change as sameness,
And clarity is not obscured.
~ Laozi, 570-490 BCE ~

Solvitur ambulando.
The problem will walk itself out.
~ Latin Saying ~

To cover all the earth with sheets of hide –
Where could such amounts of skin be found?
But simply wrap some leather round your feet,
And it's as if the whole earth had been covered!
~ Shantideva, 7th C. ~
The Way of the Boddhisattva, Padmakara, tr., 1997

Our remedies oft in ourselves do lie,
Which we ascribe to heaven.
~ William Shakespeare, 1564-1616 ~
All's Well That Ends Well, I.i, 1603

If the blame is on me, everything I encounter can be a remedy. If I blame others, each turn of my thought will be a weapon. One opens the way to a multitude of blessings. The other is the source of innumerable evils. They are as distant from each other as heaven is from earth.
~ Hong Zicheng, fl. 1596 ~
Caigentan: Vegetable Roots Discourse, I.147, Robert Aitken & Daniel W. Y. Kwok, trs., 2006

Every man's condition is a solution in hieroglyph to those inquiries he would put. He acts it as life before he apprehends it as truth.
~ Ralph Waldo Emerson, 1803-1882 ~

Mankind always sets itself only those problems it can solve; since, looking at the matter more closely, one will always find that the task itself arises only when the material conditions for its solution already exist or are at least in the process of formation.
~ Karl Marx, 1818-1883 ~
A Contribution to the Critique of Political Economy, 1859

You often get a better hold upon a problem by going away from it for a time and dismissing it from your mind altogether.
~ Frank Crane, 1861-1928 ~

It is often wonderful how putting down on paper a clear statement of a case helps one to see, not perhaps the way out, but the way in.
~ A. C. Benson, 1862-1925 ~
Extracts from the Letters of Dr. A. C. Benson to M. E. A., 1926

I am too conscious of the imperfections of the species to which I belong to be irritated against any member thereof. My remedy is to deal with the wrong wherever I see it, not to hurt the wrongdoer.
~ Mahatma Gandhi, 1869-1948 ~

There ain't no answer.
There ain't going to be an answer.
There never has been an answer.
That's the answer.
~ Gertrude Stein, 1874-1946 ~

Perfect solutions of our difficulties are not to be looked for in an imperfect world.
~ Winston Churchill, 1874-1965 ~

When no answer comes from within to the problems and complexities of life, they ultimately mean very little. Outward circumstances are no substitute for inner experience.
~ Carl Jung, 1875-1961 ~
Memories, Dreams, Reflections, Richard & Clara Winston, trs., 1961

The greatest and most important problems of life are all in a certain sense insoluble. They can never be solved, but only outgrown.
~ Jung ~

A problem well stated is a problem half solved.
~ Charles Kettering, 1876-1958 ~

The significant problems we have cannot be solved at the same level of thinking we were at when we created them.
~ Albert Einstein, 1879-1955 ~

Every problem contains its own answer if you think of the problem merely as a question, an inquiry, and not as an obstruction. Thinking of it this way, keep your mind not on the repetition of thoughts about the problem, but on the receipt of a definite answer.
~ Ernest Holmes, 1887-1960 ~
This Thing Called You, 1948

The solution of the problem that you see in life is to live in a way that will make what is problematic disappear. The fact that life is problematic means that your life doesn't fit into life's shape. So you must change your life, and when it fits into the shape, what is problematic disappears.
~ Ludwig Wittgenstein, 1889-1951 ~
in *The Enlightened Mind: An Anthology of Sacred Prose*, Stephen Mitchell, ed., 1991

If we can really understand the problem, the answer will come out of it, because the answer is not separate from the problem.
~ Jiddu Krishnamurti, 1895-1986 ~
The Penguin Krishnamurti Reader, 1970

Countercultures and the many types of intentional communities they commonly create are not social aberrations … These are more than dreamy schemes of dropouts, because they represent man's search for ways of life really suited to fundamental human needs.
~ René Dubos, 1901-1982 ~

Every era opens with its own challenges, and they cannot be met by elaborating methods of the past.
~ Charles Lindbergh, 1902-1974 ~

Loving your enemy is manifest in putting your arms not around the man but around the social situation, to take power from those who misuse it – at which point they can become human too.
~ Bayard Rustin, 1912-1987 ~
in Sally Belfrage, *Freedom Summer*, 1965

Every problem contains within itself the seeds of its own solution.
~ Stanley Arnold, b. 1915 ~

What you find in the end of your searching for solutions to your problems is really love, because love breaks your heart – and that is the only power that can truly expand your consciousness.
~ Vilayat Khan, 1916-2004 ~
Awakening: A Sufi Experience, 1999

When I feel a difficulty coming on, I switch to another book I'm writing. When I get back to the problem, my unconscious has solved it.
~ Isaac Asimov, 1920-1992 ~

If a problem has no solution, it may not be a problem, but a fact, not to be solved, but to be coped with over time.
~ Shimon Peres, 1923- ~
in *The Wall Street Journal*, 2001 February 7

You reach the proper solution for yourself by analysing, again, and separating, the means and ends, of not losing sight of what it is you want to accomplish.
~ Hugh Hefner, 1926- ~
in *Esquire*, 1970

When you can't solve the problem, manage it.
~ Robert H. Schuller, 1926- ~

Darkness cannot drive out darkness; only light can do that. Hate cannot drive out hate; only love can do that.
~ Martin Luther King, Jr., 1929-1968 ~

You are not here to cry about the miseries of the human condition, but to change them when you find them not to your liking through joy, strength and vitality that is within you.
~ Jane Roberts, 1929-1984 ~

I'm still in a state of uncertainty, but I'm not worried anymore. I'm not looking for the answers, because I believe now that we will never know. I believe now that what we have to do is make our passage through life as meaningful and as useful as possible.
~ Chinua Achebe, 1930- ~
Interview by Bradford Morrow, 1991

Though the problems of the world have many different forms, they are nothing but symptoms of one underlying condition: the emotional, moral and spiritual state of modern humanity. In the last analysis, they are the collective result of the present level of consciousness of individual human beings. The only effective and lasting solution to these problems, therefore, would be a radical inner transformation of humanity on a large scale and its consequent rise to a higher level of awareness and maturity.
~ Christina Grof & Stanislav Grof, 1931- ~
The Stormy Search for Self, 1990

When you can see only two alternatives – yours and the "wrong" one – you can look for a synergistic third alternative. There's almost always a third alternative, and if you work with a Win/Win philosophy and really seek to understand, you usually can find a solution that will be better for everyone concerned.
~ Stephen Covey, 1932- ~
The 7 Habits of Highly Effective People, 1989

The truth of the matter is that you always know the right thing to do. The hard part is doing it.
~ H. Norman Schwarzkopf, 1934- ~

If you're not part of the solution, you're part of the problem.
~ Eldridge Cleaver, 1935-1998 ~

We should commit ourselves to a tremendous amount of effort, loving selflessness and service, and patient education. The human race has been working on its own spiritual evolution consciously since before recorded history and this problem is not susceptible to any kind of easy or sudden solution.
~ Lex Hixon, 1942-1995 ~
Interview, 1995 August 8

If you cope with problems one by one as they come up, not resisting and not taking them personally, then you can solve them one by one. The way you transform things in the outside world is by changing the way you hold them in your mind.
~ Toby Johnson, 1945- ~
Gay Spirituality: The Role of Gay Identity in the Transformation of Human Consciousness, 2000

Let's stop looking outside ourselves for answers to our problems. *We* are the solution.
~ Susan L. Taylor, 1946- ~
in *Essence*, 1990 April

Ultimately, this is not about solving your problems. It's about realizing that there *are* no problems. Only situations to be dealt with now, or to be left alone and accepted as part of the "isness" of the present moment until they change or *can* be dealt with.
~ Eckhard Tolle, 1948- ~
The Power of Now: A Guide to Spiritual Enlightenment, 1999

Whenever an answer, a solution, or a creative idea is needed, stop thinking for a moment by focusing attention on your inner energy field. Become aware of stillness. When you resume thinking, it will be fresh and creative.
~ Ibid.

There are times in our lives when we feel there is no way up or out … It is exactly in these times that you must turn to the infinite power within yourself. You must know that the answer is exactly where you are. The strength you need, the answer you want, the solution that will turn the situation around is you.
~ Iyanla Vanzant, 1953- ~
Acts of Faith: Daily Meditations for People of Color, 1993

Eventually we'll have to confront the fact that world suffering is the result of ill-conceived thoughts taking form through misdirected action. If we're going to survive as a species, we must relinquish – to unprecedented levels – qualities such as greed, hatred, and delusion. In other words, our very survival depends on accelerated levels of psychological and spiritual maturation.
~ Roger N. Walsh ~

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SPIRITUALITY

Related States & Conditions: Being/Essence/Soul, Celebration, Centering, Connection/Interbeing/Interdependence, Enlightenment/Realization/Transcendence, Individuality, Journey/Path, Liberation/Liberty/Freedom, Love-Agape, Power, Presence, Practice, Renewal, Self, Wisdom, Wonder/Mystery

Syntonic: Actualization/Fulfillment, Appreciation, Attention/Awareness, Courage, Equanimity, Exploration, Introspection/Self-Knowledge, Listening, Meditation, Openness/Receptivity, Patience, Questioning/Doubt, Responsibility, Seeking, Silence/Stillness, Sincerity/Authenticity, Solitude

Dystonic: Avoidance/Denial/Refusal, Conformity, Criticism/Judgment, Delusion, Dependence, Distraction/Diversion, Fear, Guilt, Hate, Haste/Impatience, Jealousy/Envy, Limitation, Regret, Revenge, War/Aggression/Violence, Worry

The spirit is life and the body is for living.
~ Khemetic Saying ~
Temt Tchaas: Egyptian Proverbs, Muata Ashaya Ashby, ed., 1994

The spirit is beyond sound and form, without touch and taste and perfume. It is eternally unchangeable, and without beginning or end, indeed above reasoning. When consciousness of the spirit manifests itself, man becomes free from the jaws of death.
~ *Upanishads*, c. 1400-c. 800 BCE ~

Just as a candle cannot burn without fire, men cannot live without a spiritual life.
~ Buddha, c. 563-483 BCE ~

We are born into the world of nature; our second birth is into the world of spirit.
~ *Bhagavad Gita*, c. 400 BCE ~

Be sure that it is not you that is mortal, but only your body. For that man whom your outward form reveals is not yourself; the spirit is the true self, not that physical figure which can be pointed out by your finger.
~ Cicero, 106-43 BCE ~

The spiritual light shines alone,
far transcending the senses
and their fields;
the essential substance is
exposed, real and eternal.
It is not contained in written words.
The nature of mind has no defilement;
it is basically perfect and complete in itself.
Just get rid of delusive attachments,
and merge with realization of thusness.
~ Baizhang Huaihai, 749-814 ~

The spiritual world is one single spirit who stands like unto a light behind the bodily world and who, when any single creature comes into being, shines through it as through a window. According to the kind and size of the window, less or more light enters the world. The light itself, however, remains unchanged.
~ Aziz Nasafi, 13th C. ~

The bodily food we take is changed into us, but the spiritual food we receive changes us into itself; therefore divine love is not taken into us, for that would make two things. But divine love takes us into itself, and we are one with it.
~ Meister Eckhart, 1260-1327 ~

Do not lose hope, my brothers and sisters, of moving closer to spiritual things. You still have time; you still have the opportunity. Why delay? Begin this very moment. Say to yourself, "Now is the time to do it; now is the time to fight; now is the best time to mend my ways." The most trying hours, the time of greatest trouble, is the very moment for merit.
~ Thomas à Kempis, c. 1380-1471 ~

Neither a Hindu
Nor a Muslim am I!
A mere ensemble
Of five elements is
This body,
Where the spirit
Plays its drama
Of Joy and suffering.
~ Kabir, 1440-1518 ~
in Sehdev Kumar, *The Vision of Kabir*, 1984

Spiritual rose bushes are not like natural rose bushes; with these latter the thorns remain but the roses pass, with the former the thorns pass but the roses remain.
~ Francis de Sales, 1567-1622 ~
Saint Francis de Sales in His Letters

The reason humans can be humans is because of the spirit. As long as the spirit is there, they live. When the spirit leaves they die ... One who can use the spirit skillfully changes in accordance with the time, and therefore can share the qualities of heaven and earth, share the light of sun and moon, share the order of the four seasons, command nature in the primordial state, and serve nature in the temporal state.
~ Liu Yiming, b. c. 1737 ~
Awakening to the Tao, Thomas Cleary, tr., 1988

The man who has no inner life is a slave to his surroundings, as the barometer is the obedient servant of the air.
~ Henri-Frédéric Amiel, 1821-1881 ~

The most spiritual human beings, assuming they are the most courageous, also experience by far the most painful tragedies; but it is precisely for this reason that they honor life, because it brings against them its most formidable weapons.
~ Friedrich Nietzsche, 1844-1900 ~

It is not by meticulous care in avoiding all contaminations that we can keep our spirit clean and give it grace, but by urging it to give vigorous expression to its inner life in the very midst of all the dust and heat.
~ Rabindranath Tagore, 1861-1941 ~
Letters to a Friend, C. F. Andrews, ed., 1929

Meddle not with so-called social reform, for there cannot be any reform without spiritual reform first.
~ Vivekananda, 1863-1902 ~
The Complete Works of Swami Vivekananda, 1984-1987, 5:74, 1926

In direct proportion as man recognizes himself as spirit, and lives accordingly, is he able to transcend in power the man who recognizes himself merely as material.
~ Ralph Waldo Trine, 1866-1958 ~

Fearlessness is the first requisite of the spiritual life.
~ Mahatma Gandhi, 1869-1948 ~

My inner life is mine, and I shall defend and maintain its integrity against all the powers of hell.
~ James Weldon Johnson, 1871-1938 ~

Only on the wings of mysticism can the spirit soar to its full height.
~ Alexis Carrel, 1873-1944 ~
Reflections on Life, Antonia White, tr., 1953

Any profound view of the world is mysticism, in that it brings men into a spiritual relation with the Infinite.
~ Albert Schweitzer, 1875-1965 ~
Out of My Life and Thought, C. T. Campion, tr., 1933

By ethical conduct toward all creatures, we enter into a spiritual relationship with the universe.
~ Schweitzer ~

There are two techniques that every man and woman needs to live life. One is the technique of volition, of trying hard, putting your back into it and doing your best. That's *output* ... The other is the philosophy of intake, of spiritual hospitality, of the receptivity of the soul to the oversoul, of the open door that lets the highest in. That's *intake*. One is like the branches of a tree, spreading out. The other is like roots, digging in.
~ Henry Emerson Fosdick, 1878-1969 ~

We are not human beings having a spiritual experience. We are spiritual beings having a human experience.
~ Pierre Teilhard de Chardin, 1881-1955 ~

Spiritual attainment is attuning oneself to a higher pitch.
~ Hazrat Khan, 1882-1927 ~
in Vilayat Inayat Khan, *Awakening: A Sufi Experience*, 1999

The fact that there is nothing but a spiritual world deprives us of hope and gives us certainty.
~ Franz Kafka, 1883-1924 ~
in *The Enlightened Mind: An Anthology of Sacred Prose*, Stephen Mitchell, ed., 1991

Do not say, "I follow the one true path of the Spirit," but rather, "I have found the Spirit walking on my path," for the Spirit walks on all paths.
~ Khalil Gibran, 1883-1931 ~
The Prophet, 1923

The divine is not something high above us. It is in heaven, it is in earth, it is inside us ... It is right here in this very body. Each one of us is a

miniature universe, a living shrine.
~ Morihei Ueshiba, 1883-1969 ~
The Art of Peace, John Stevens, tr., 1992

To think about the soul, to think about it at least once in the confusion of every crowded day, is indeed the beginning of salvation.
~ Georges Duhamel, 1884-1966 ~
The Heart's Domain, Eleanor Stimson Brooks, tr., 1919

All classes of people under social pressure are permeated with a common experience; they are emotionally welded as others cannot be. With them, even ordinary living has epic depth and lyric intensity, and this, their material handicap, is their spiritual advantage.
~ Alain Locke, 1886-1954 ~

To spiritually regulate oneself is another form of the higher education that fits man for a nobler place in life.
~ Marcus Garvey, 1887-1940 ~

The courage to be is rooted in the God who appears when God has disappeared in the anxiety of doubt.
~ Paul Tillich, 1888-1965 ~
The Courage to Be, 1952

A spiritual atmosphere is more important than outer conditions; if one can get that and also create one's own spiritual air to breathe in and live in it, that is the true condition of progress.
~ Sri Aurobindo, 1892-1950 ~
Words of Sri Aurobindo, Third Series, 1976

Spiritual development is a long and arduous journey, an adventure through strange lands full of surprises, joy and beauty, difficulties, and even dangers. It involves the awakening of potentialities hitherto dormant, the raising of consciousness to new realms, a drastic transmutation of the "normal" elements of the personality, and a functioning along a new inner dimension.
~ Roberto Assagioli, 1893-1974 ~
Self-Realization and Psychological Disturbances, 1961

The spiritual life is a continuous creation: to the extent that it gives way, materialistic explanations prevail against it.
~ Henri de Lubac, 1896-1991 ~
Paradoxes of Faith, Sadie Kreilkamp & Simon Paule, trs., 1987

We have been too content with allocating the high places of spirituality to the few names of a far-off past, and with assigning the muddy depths to humanity in general. We forget our own divine nature.
~ Paul Brunton, 1898-1981 ~

I believe in hearing the inaudible and touching the intangible and seeing the invisible.
~ Adam Clayton Powell, Jr., 1908-1972 ~

Authentic spirituality is intimately related to first-hand, direct experiencing. It may mature through various disciplines, as for instance structured meditation and verbalized prayer. To live in radical openness to pure experiencing in kitchen, bedroom, subway, newspaper, that is: to everyday life, inside as well as around oneself may, however, be the equivalent of both formal meditation and verbal prayer.
~ Frederick Franck, 1909- ~
A Little Compendium on That Which Matters, 1993

You can't regiment spirit, and it is the spirit that counts.
~ Romare Bearden, 1914-1988 ~

As the retina enables us to see countless pulses of energy as a single light, so the mystical experience shows us innumerable individuals as a single Self.
~ Alan Watts, 1915-1973 ~
"Psychedelics and Religious Experience,"
in *The Religious Situation*, Donald R. Cutler, ed., 1969

The human spirit can't be diagrammed or dissected; it can't be seen by tomographic scanners and it can't be represented by numbers on a medical chart. Yet it is the single most identifiable feature of human uniqueness. Unless it is understood and respected, all other facts are secondary.
~ Norman Cousins, 1915-1990 ~

The sense of our real powers, powers we seem to derive from the universe itself, also comes and goes ... We are reluctant to talk about this because there is nothing we can prove, because our language is inadequate, and because few people are willing to risk talking about it. They would have to say, "There is a spirit," and that is taboo.
~ Saul Bellow, 1915-2005 ~
Nobel Prize Acceptance Speech, 1976

The great truth is that man is a spiritual being, who brings with him a life to unfold, a power to release, a love to express, and a veritable kingdom of heaven to outpicture. He doesn't begin life

empty, but as a dynamic spiritual potentiality.
~ Eric Butterworth, 1916-2003 ~

Sometimes people get the mistaken notion that spirituality is a separate department of life, the penthouse of our existence. But rightly understood, it is a vital awareness that pervades all realms of our being ... Wherever we may come alive, that is the area in which we are spiritual.
~ David Steindl-Rast, 1926- ~
The Music of Silence, 1995

Nothing can dim the light which shines from within.
~ Maya Angelou, 1928- ~

If your spiritual philosophy is not moving you to the state of peace, health, wealth and love your spirit desires ... you need a new spiritual philosophy.
~ Sun Bear, 1929-1992 ~

The spiritual dimension is your core, your center, your commitment to your value system. It's a very private area of life and a supremely important one. It draws upon the sources that inspire and uplift you and tie you to the timeless truths of all humanity. And people do it very, very differently.
~ Stephen Covey, 1932- ~
The 7 Habits of Highly Effective People, 1989

Spirituality means acceptance of what is ... the ability to find peace and happiness in an imperfect world, and to feel that one's own personality is imperfect but acceptable. From this state of mind come both creativity and the ability to love unselfishly, which go hand in hand.
~ Bernie Siegel, 1932- ~
Love, Medicine & Miracles, 1986

Every era has to reinvent the project of "spirituality" for itself. (Spirituality = plans, terminologies, ideas of deportment aimed at resolving the painful structural conditions inherent in the human situation, at the completion of human consciousness, at transcendence.) In the modern era, one of the most active metaphors for the spiritual project is "art."
~ Susan Sontag, 1933-2004 ~
"The Aesthetics of Silence," *Styles of Radical Will*, 1969

True spirituality is a mental attitude that you can practice at any time.
~ Dalai Lama, 1935- ~

Spirituality is completely ordinary. Though we may speak of it as extraordinary, it is the most ordinary thing of all. Spirituality is simply a means of arousing one's spirit, of developing a kind of spiritedness. Through that we begin to have a greater contact with reality.
~ Chögyam Trungpa, 1939-1987 ~

Ego is constantly attempting to acquire and apply the teachings of spirituality for its own benefit ... the main point of any spiritual practice is to step out of the bureaucracy of ego. This means stepping out of ego's constant desire for a higher, more spiritual, more transcendental version of knowledge, religion, virtue, judgment, comfort or whatever it is that the particular ego is seeking.
~ Trungpa ~
Cutting Through Spiritual Materialism, 1973

Let's not talk about "spiritual" life. This sounds as if there are a few people living a spiritual life and the rest of humanity are not. This period of testing, of feeling everything is lost, happens with regularity to all human beings. They must get through it and that's the way they grow. Human life itself is spiritual life.
~ Lex Hixon, 1942-1995 ~
Interview, 1995 August 8

If you let the world define you, you are dead, and that is all there is to it. If you let spirit define you, you have a life that even death itself cannot intimidate or extinguish.
~ Peter Gomes, 1942- ~

The dramatic action that we need to create a way of life on Earth that really works will be taken not through personal, social or political action, but through spiritual action.
~ Brooke Medicine-Eagle, 1943- ~

Spirituality is a higher order of consciousness than religion, though spirituality can include religion. Indeed, spiritual practice is the real basis of religion. Religion is one of the clues to the nature of consciousness. Spiritual maturation calls for rising above religion, seeing the metaphors, understanding their meaning, and not just taking them at face value. This is not necessarily rejecting religion. In fact, it means to comprehend it even more fully. The proper progression of the spiritual life leads one *beyond* religion. That may or may not

entail leaving religion behind.
~ Toby Johnson, 1945- ~
Gay Perspective: Things Our Homosexuality Tells Us About the Nature of God and the Universe, 2003

The most sacred place isn't the church, the mosque, or the temple, it's the temple of the body. That's where spirit lives.
~ Susan L. Taylor, 1946- ~

What energy is to physics, mind is to psychology and spirit is to theology. The existence of all three, energy, mind and spirit, are inferred. You don't directly observe energy. You infer its existence through its effects and you learn to manipulate and channel it to your advantage. The same is true of mind and spirit.
~ Deepak Chopra, 1947- ~

We must never forget that spiritual experience is above all a practical experience of love. And with love, there are no rules.
~ Paulo Coelho, c. 1947- ~
By the River Piedra I Sat Down and Wept, Alan R. Clarke, tr., 1996

Genuine spirituality is about transcending the very thing that we are so fond of, which is our personality.
~ Georg Feuerstein, 1947- ~
"To Light a Candle in a Dark Age," Interview by Hal Blacker

The purpose of spiritual practice is to "deconstruct" our carefully constructed consensus reality so that we can recover the Reality that lies beneath, or beyond, all our signs and symbols. This process of deconstruction, in which all meaning is transcended, resembles madness. Psychologically immature individuals embarking on this path have been known to go literally mad, unable to face up to the fact that naked Reality, which reveals itself when our conceptual grids are removed, is an unimaginable richness of actualities and possibilities.
~ Feuerstein ~
"He Who Shows the Sacred"

Spirituality leaps where science cannot yet follow, because science must always test and measure, and much of reality and human experience is immeasurable.
~ Starhawk, 1951- ~

If you want to accomplish the goals of your life, you have to begin with the spirit.
~ Oprah Winfrey, 1954- ~

A physical body alone cannot have any sort of direction in this life, so it is important to recognize that the body is an extension of the spirit, and the spirit is an extension of the body, and that the two are inseparable, with a communication that goes both ways. This is nothing supernatural, it is just what is … for many indigenous cultures, the supernatural is part of our everyday lives. To us the material is just the spiritual taking on form. The secular is religion in a lower key, a rest area from the tension of religious and spiritual practice.
~ Malidoma Somé, 1956- ~
The Healing Wisdom of Africa, 1999

People will often have some spiritual experience when they break through the layers of defense or woundedness within them, and are really able to tap into that place of wholeness, that spirit within them.
~ Christina Grof ~

The side-effect that makes spiritual work most attractive is the possibility of developing compassion and the ability to love. I don't think it is to achieve enlightenment, whatever that is.
~ Robert Hall ~

Under the guise of transmuting their instinctual energy, many people try mightily to become more "spiritual," more loving, more pure, instead of embracing their psychic wholeness and becoming what they are.
~ Hal Stone ~

Spirituality, for me, means connecting with your greater Self. Everyone is their physical self nearly all the time, but when you start connecting to your greater Self, that is when you start realizing that you are a spiritual being, not just a physical being. Love is understanding the connection and then expressing it in hundreds of ways.
~ Tara Vasanti ~
in Derek Biermann, *Samadhi: Personal Journeys to Spiritual Truth*, 2000

Spiritual growth results from absorbing and digesting truth and putting it to practice in daily life.
~ White Eagle ~

SPONTANEITY

Related States & Conditions: Being/Essence/Soul, Celebration, Centering, Indulgence/Temptation, Humor/Laughter, Innocence, Lila/Leisure, Passion, Presence, Renewal, Self, Sensibility/Sensuality, Today, Zeal/Zest

Syntonic: Actualization/Fulfillment, Appreciation, Attention/Awareness, Exploration, Introspection/Self-Knowledge, Listening, Openness/Receptivity, Release, Sincerity/Authenticity

Dystonic: Attachment, Avoidance/Denial/Refusal, Conformity, Criticism/Judgment, Delusion, Dependence, Fear, Guilt, Habit, Hate, Jealousy/Envy, Limitation, Regret, Restraint, Revenge, Worry

The model (or law) of man is the earth;
The model of the earth is heaven;
The model of heaven is the Tao;
The model of the Tao is spontaneity.
~ Laozi, 570-490 BCE ~

When things come up, deal with them according to the occasion. Be like the stillness of water, like the clarity of a mirror. Whether good or bad, beautiful or ugly approach, you don't make the slightest move to avoid them. Then you will truly know that the mindless world of spontaneity is inconceivable.
~ Dahui Zonggao, 1089-1163 ~

And
For no reason
I start skipping like a child.

And
For no reason
I turn into a leaf
That is carried so high
I kiss the sun's mouth
And dissolve.
...
And
For every reason in existence
I begin to eternally,
To eternally laugh and love!
~ Shamseddin Hafiz, 1320-1390 ~
Ladinsky, tr.

Words really flattering are not those which we prepare but those which escape us unthinkingly.
~ Ninon de L'Enclos, 1623-1706 ~

Pleasure is very seldom found where it is sought; our brightest blazes of gladness are commonly kindled by unexpected sparks.
~ Samuel Johnson, 1709-1784 ~

No one is more liable to make mistakes than the man who acts only on reflection.
~ Marquis de Vauvenargues, 1715-1747 ~

The Tao is unfathomable, the complete, unique absolute, with no back, no front, no before or after. Now hidden, now apparent, it is at once open yet formed. What the eye cannot see cannot be spoken of – try to aim for it and you lose it. The spirit realizes it spontaneously.
~ Liu Yiming, b. c. 1737 ~
Awakening to the Tao, Thomas Cleary, tr., 1988

He who binds to himself a joy
Does the winged life destroy.
But he who kisses the joy as it flies
Lives in eternity's sun rise.
~ William Blake, 1757-1827 ~

Why not seize the pleasure at once? How often is happiness destroyed by preparation, foolish preparation?
~ Jane Austen, 1775-1817 ~

Our spontaneous action is always the best. You cannot, with your best deliberation and heed, come so close to any question as your spontaneous glance shall bring you.
~ Ralph Waldo Emerson, 1803-1882 ~

Analysis kills spontaneity. The grain once ground into flour springs and germinates no more.
~ Henri-Frédéric Amiel, 1821-1881 ~

Life is like music; it must be composed by ear, feeling, and instinct, not by rule.
~ Samuel Butler, 1835-1902 ~

They seemed to come suddenly upon happiness as if they had surprised a butterfly in the winter woods.
~ Edith Wharton, 1862-1937 ~

Seize from every moment its unique novelty and do not prepare your joys.
~ André Gide, 1869-1951 ~
The Fruits of the Earth, Dorothy Bussy, tr., 1949

The most decisive actions of our life – I mean those that are most likely to decide the whole course of our future – are, more often than not, unconsidered.
~ Gide ~
The Counterfeiters, 1925

There is something else to be said about this immediate, spontaneous way of working, and that is this: in such moments, one is playing at the game of creation.
~ Henry Miller, 1891-1980 ~

Once we believe in ourselves, we can risk curiosity, wonder, spontaneous delight, or any experience that reveals the human spirit.
~ e. e. cummings, 1894-1962 ~

By being consistent, we miss many of the best things in life.
~ Lin Yutang, 1895-1976 ~
The Pleasures of a Nonconformist, 1962

Our whole life is an attempt to discover when our spontaneity is whimsical, sentimental irresponsibility and when it is a valid expression of our deepest desires and values.
~ Helen Merrell Lynd, 1896-1982 ~
On Shame and the Search for Identity, 1958

Exploring, manipulating, experiencing, being interested, choosing, delighting, enjoying can all be seen as attributes of pure Being and yet lead to Becoming, though, in a serendipitous way, fortuitously, unplanned, unanticipated.
~ Abraham Maslow, 1908-1970 ~

Creativity arises out of the tension between spontaneity and limitations, the latter (like the river banks) forcing the spontaneity into the various forms which are essential to the work of art or poem.
~ Rollo May, 1909-1994 ~

I do find a certain fascination with the unpredictable. The transitory years we wade through are what they are – what we make of them.
~ Gordon Parks, 1912- ~
Voices in the Mirror, 1990

Life must be played by ear – which is only to say that we must trust, not symbolic rules and linear principles, but our brains and our natures. Yet this must bring one back to the faith that nature makes no mistake. In such a universe a decision which results in one's own death is not a mistake: it is simply a way of dying at the right moment.
~ Alan Watts, 1915-1973 ~
In My Own Way, 1972

A person who has learned to be fully self-aware can safely return to living by impulse.
~ Watts ~
Beyond Theology, 1964

A life that is planned is a closed life … It can be endured, perhaps. It cannot be lived.
~ Isobel Lennart, 1915-1971 ~
Inn of the Sixth Happiness, Screenplay, 1958

When I do things without any explanation, but just with spontaneity... I can be sure that I am right.
~ Federico Fellini, 1920- ~

But why think about that when all the golden land's ahead of you and all kinds of unforeseen events wait lurking to surprise you and make you glad you're alive to see?
~ Jack Kerouac, 1922-1969 ~

You can plan events, but if they go according to plan they are not events.
~ John Peter Berger, 1926- ~

To be organized and efficient, to live wisely, we must daily delay gratification and keep an eye on the future; yet to live joyously we must also possess the capacity, when it is not destructive, to live in the present and act spontaneously.
~ M. Scott Peck, 1936-2005 ~
The Road Less Travelled, 1978

Life is about not knowing, having to change, taking the moment and making the best of it, without knowing what's going to happen next.
~ Gilda Radner, 1946-1989 ~

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STRENGTH

Related States & Conditions: Ability, Being/Essence/Soul, Centering, Passion, Power, Presence, Self, Skill/Talent/Resources

Syntonic: Actualization/Fulfillment, Appreciation, Attention/Awareness, Confidence, Daring/Challenge, Desire, Exploration, Introspection/Self-Knowledge, Openness/Receptivity, Possibility/Potential, Self-Reliance, Release, Renewal

Dystonic: Attachment, Avoidance/Denial/Refusal, Conformity, Criticism/Judgment, Defeat, Delusion, Dependence, Fear, Fault, Guilt, Habit, Hate, Jealousy/Envy, Limitation, Regret, Restraint, Revenge, Worry

Magic is knowledge and strength; without strength, nothing worthwhile can be achieved; without knowledge, strength is uncontrolled.
~ Khemetic Saying ~
Temt Tchaas: Egyptian Proverbs, Muata Ashaya Ashby, ed., 1994

Another heart might bend or break, but a strong heart in the midst of difficulties is an ally to its owner.
~ *Book of Khakheper-Ra-Soneb* ~
in *Kemet and the African Worldview*, Maulana Karenga and Jacob Carruthers, eds., 1986

Strength must be controlled and directed in order to be effective. Discard any stubborn or aggressive behavior. Arrogance and stubborness can only lead to deadlock.
~ *Yi Jing*, c. 1150 BCE ~
"Ta Chuang: Strength" in *The Photographic I Ching*, Dhiresha McCarver, tr., 1997

Those who overcome others are powerful; those who overcome themselves are strong.
~ Laozi, 570-490 BCE ~
Daode Jing

Men say that the senses are strong. But the mind is stronger than the senses; the understanding is stronger than the mind; and strongest is the Self.
~ *Bhagavad Gita*, c. 400 BCE ~
3:42, Stephen Mitchell, tr., 2000

Consider well what your strength is equal to, and what exceeds your ability.
~ Horace, 65-8 BCE ~

Who is the strongest of the strong? One who turns an enemy into a friend.
~ *Commentary on the Mishnah* ~
Avot de Rabbi Nathan, 23

Look well into yourself; there is a source of strength which will always spring up if you will always look there.
~ Marcus Aurelius, 121-180 ~

Our strength often increases in proportion to the obstacles imposed upon it.
~ Paul De Rapin-Thoyras, 1661-1725 ~

Do you know what astonished me most in the world? The inability of force to create anything. In the long run, the sword is always beaten by spirit.
~ Napoléon Bonaparte, 1769-1821 ~

We deceive ourselves when we fancy that only weakness needs support. Strength needs it far more. A straw or a feather sustains itself long in the air.
~ Madame Swetchine, 1782-1857 ~
The Writings of Madame Swetchine, A. de Falloux, ed., 1869

Greatness lies, not in being strong, but in the right using of strength; and strength is not used rightly when it serves only to carry a man above his fellows for his own solitary glory. He is the greatest whose strength carries up the most hearts by the attraction of his own.
~ Henry Ward Beecher, 1813-1887 ~
Life Thoughts, Gathered from the Extemporaneous Discourses of Henry Ward Beecher, Edna Dean Proctor, ed., 1858

There are few of us who have not a strong propensity to diminish our present strength by entertaining fears of future weakness.
~ Charles B. Fairbanks, 1827-1859 ~
My Unknown Chum, 1920

There are two ways of exerting one's strength: one is pushing down, the other is pulling up.
~ Booker T. Washington, 1856-1915 ~

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The man who is swimming against the stream knows the strength of it.
~ Woodrow Wilson, 1856-1924 ~

Strenuousness is the open foe of attainment. The strength that wins is calm and has an exhaustless source in its passive depth.
~ Rabindranath Tagore, 1861-1941 ~
Letters to a Friend, C. F. Andrews, ed., 1929

Dwell not upon thy weariness, thy strength shall be according to the measure of thy desire.
~ Arab Saying ~

The remedy for weakness is not brooding over weakness, but thinking of strength. Teach men the strength that is already within them ... Never say "No," never say, "I cannot," for you are infinite. Even time and space are as nothing compared with your nature.
~ Vivekananda, 1863-1902 ~
The Complete Works of Swami Vivekananda, 1984-1987, 2:300

Freedom is never to be reached by the weak. Throw away all weakness. Tell your body that it is strong, tell your mind that it is strong, and have unbounded faith and hope in yourself.
~ Ibid., 1:146

Strength does not come from physical capacity. It comes from an indomitable will.
~ Mahatma Gandhi, 1869-1948 ~
in Eknath Easwaran, *Gandhi, The Man*, 1997

There is no such force as the force of a man determined to rise. The human soul cannot be permanently chained.
~ W. E. B. Du Bois, 1868-1963 ~

The using up of strength is in a certain sense still an increase of strength; for fundamentally it is only a matter of a wide circle: all the strength we give away comes back over us again, experienced and transformed.
~ Rainer Maria Rilke, 1875-1926 ~
Letters of Rainer Maria Rilke 1892-1910, J. Bannard Greene & M. D. Herter Norton, eds., 1945

Physical strength can never permanently withstand the impact of spiritual force.
~ Franklin D. Roosevelt, 1882-1945 ~
Speech, 1941 May 4

Even the most powerful human being has a limited sphere of strength. Draw him out of that sphere and into your own, and his strength will dissipate.
~ Morihei Ueshiba, 1883-1969 ~
The Art of Peace, John Stevens, tr., 1992

Nothing is so strong as gentleness, and nothing is so gentle as true strength.
~ Ralph W. Sockman, 1889-1970 ~

I worshipped dead men for their strength,
Forgetting I was strong.
~ Vita Sackville-West, 1892-1962 ~

Strength is a matter of the made-up mind.
~ John Henry Newman Beecher, 1904-1980 ~

There is an indomitable quality within the human spirit that cannot be destroyed; a face deep within the human personality that is impregnable to all assaults. They rest so deeply that prejudice, oppression, lynching, riots, time, or weariness can never corrode or destroy them.
~ Chester Himes, 1909-1984 ~
Beyond the Angry Black, 1966

Go within every day and find the inner strength so that the world will not blow your candle out.
~ Katherine Dunham, 1910- ~
American Visions, 1987

It is sometimes the most fragile things that have the power to endure and become sources of strength.
~ May Sarton, 1912-1995 ~
May Sarton: Excerpts from a Life, 1994 (audio)

What weakens people most is fear of wasting their strength.
~ Etty Hillesum, 1914-1943 ~
An Interrupted Life, 1983

Perhaps I am stronger than I think.
~ Thomas Merton, 1915-1968 ~

If you're asking about strength, not power, then I can say the greatest strength is gentleness.
~ Leon Shenandoah, 1915-1996 ~
in Steve Wall & Harvey Arden, *Wisdomkeepers*, 1990

Neither smiles nor frowns, neither good intentions nor harsh words, are a substitute for strength.
~ John F. Kennedy, 1917-1963 ~

They are strong who can laugh at themselves and cry for others.
~ Kobi Yamada ~

STRUGGLE

Related States & Conditions: Adversity, Conflict/Opposition, Defeat, Depression/Despair/Distress, Journey/Path, Loneliness, Submission/Surrender, Suffering, War/Aggression/Violence

Syntonic: Attention/Awareness, Centering, Confidence, Courage, Determination/Persistence/Resolve, Expectation/Hope, Faith, Learning, Liberation/Liberty/Freedom, Listening, Meditation, Presence, Renewal, Self, Silence/Stillness, Strength

Dystonic: Anger, Avoidance/Denial/Refusal, Conformity, Criticism/Judgment, Delusion, Dependence, Distraction/Diversion, Fear, Greed, Hate, Limitation, Regret, Worry

A world of dew,
and within every dewdrop
a world of struggle
~ Issa, 1763-1827 ~

If there is no struggle, there is no progress. Those who profess to favor freedom, and yet deprecate agitation, are men who want crops without plowing up the ground. They want rain without thunder and lightning. They want the ocean without the awful roar of its many waters. The struggle may be a moral one, or it may be a physical one, or it may be both moral and physical, but it must be a struggle. Power concedes nothing without a demand.
~ Frederick Douglass, 1817-1895 ~

Need and struggle are what excite and inspire us; our hour of triumph is what brings the void.
~ William James, 1842-1910 ~

As regards the celebrated "struggle for life," it seems to me for the present to have been rather asserted than proved. It does occur, but as the exception; the general aspect of life is not hunger and distress, but rather wealth, luxury, even absurd prodigality – where there is a struggle it is a struggle for power.
~ Friedrich Nietzsche, 1844-1900 ~

To have striven, to have made the effort, to have been true to certain ideals – this alone is worth the struggle.
~ William Osler, 1849-1919 ~

One day in retrospect the years of struggle will strike you as the most beautiful.
~ Sigmund Freud, 1856-1939 ~
The Letters of Sigmund Freud, Ernst L. Freud, ed., 1960

Those men and women are fortunate who are born at a time when a great struggle for human freedom is in progress.
~ Emmeline Pankhurst, 1858-1928 ~

The struggle for existence … is only an exception in nature; it is exuberance, an even reckless superfluity, which rules.
~ Havelock Ellis, 1859-1939 ~
Selected Essays, 1936

We rarely gain a high or larger view except as it is forced upon us through struggles which we would have avoided if we could.
~ Charles Horton Cooley, 1864-1929 ~
Life and the Student, 1927

Joy lies in the fight, in the attempt, in the suffering involved, not in the victory itself.
~ Mahatma Gandhi, 1869-1948 ~
in Eknath Easwaran, *Gandhi, The Man*, 1997

To win one's joy through struggle is better than to yield to melancholy.
~ André Gide, 1869-1951 ~

Remember you come here having already understood the necessity of struggling with yourself – only with yourself. Therefore thank everyone who gives you the opportunity.
~ George Gurdjieff, 1877-1949 ~
Views From the Real World, 1984

The Art of Peace is not easy. It is a fight to the finish, the slaying of evil desires and all falsehood within. On occasion the Voice of Peace resounds like thunder, jolting human beings out of their stupor.
~ Morihei Ueshiba, 1883-1969 ~
The Art of Peace, John Stevens, tr., 1992

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The reality which smashes every ideologue and his system is human nature, incessantly striving towards a personal achievement in a world which is essentially free and personal.
~ Joyce Cary, 1888-1957 ~
Art and Reality: Ways of the Creative Process, 1958

If there were no contradiction and no struggle, there would be no world, no process, no life, and there would be nothing at all.
~ Mao Zedong, 1893-1976 ~
in *The New York Times*, 1976 September 10

It may be questioned whether the kind of civilization wherein man is so thoroughly tamed and domesticated that there is no more fight left in him would be worth having at all. Life is, or should be, accompanied by struggle, or else the racial fiber degenerates.
~ Lin Yutang, 1895-1976 ~
in *The New York Times Magazine*, 1939

There must always be the continuing struggle to make the increasing knowledge of the world bear some fruit in increasing understanding and in the production of human happiness.
~ Charles R. Drew, 1904-1950 ~

It isn't for the moment you are stuck that you need courage, but for the long uphill climb back to sanity and faith and serenity.
~ Anne Morrow Lindbergh, 1906-2001 ~

The battles that count aren't the ones for gold medals. The struggle within yourself – the invisible, inevitable battles inside all of us – that's where it's at.
~ Jesse Owens, 1913-1980 ~
Blackthink, 1970

If you win non-violently, then you have a double victory; you have not only won your fight, but you remain free.
~ César Chávez, 1927-1993 ~
Roots of Greatness: The 1995 Mexican-American Historical Calendar

Change does not roll in on the wheels of inevitability, but comes through continuous struggle. And so we must straighten our backs and work for our freedom. A man can't ride you unless your back is bent.
~ Martin Luther King, Jr., 1929-1968 ~

Battling racism and battling heterosexism and battling apartheid share the same urgency inside me as battling cancer … Each victory must be applauded, because it is so easy not to battle at all, to just accept and call that acceptance inevitable.
~ Audre Lorde, 1934-1992 ~
A Burst of Light, 1988

The best moments usually occur when a person's body or mind is stretched to its limits in a voluntary effort to accomplish something difficult and worthwhile.
~ Mihaly Csikszentmihalyi, 1934- ~
Flow: The Psychology of Optimal Experience, 1990

The fundamental thing behind *all* motivation and all activity is the constant struggle against annihilation and against death.
~ Woody Allen, 1935- ~
in *Esquire*, 1977

We can stop struggling with what occurs and see its true face without calling it the enemy.
~ Pema Chödrön, 1936- ~
When Things Fall Apart: Heart Advice for Difficult Times, 1997

If you stop struggling, then you stop life.
~ Huey Newton, 1942-1989 ~
in Digby Diehl, *Supertalk*, 1974

The essence of the struggle in my view is the struggle against fear.
~ Vladimir Bukovsky, 1942~

Ultimately, you have to trust your own journey, and struggle through the process. It is the dying and the birthing and the battle and surrender in which we eventually find ourselves.
~ Gary Mueller, 1946- ~

Complete healing depends upon our ability to stop struggling.
~ Deepak Chopra, 1947- ~
Journey Into Healing: Awakening the Wisdom Within You, 1994

… how we fight every day against the creeping negatives of the world, how we struggle daily against the slow lapping of cynicism. Dispiritedness and disappointment, these (are) the real perils of life, not some sudden illness or cataclysmic millennium doomsday.
~ Lance Armstrong, 1971- ~
It's Not About the Bike, 2000

SUBMISSION / SURRENDER

Related States & Conditions: Acceptance, Centering, Defeat, Detachment, Giving/Serving, Humility/Modesty, Openness/Receptivity, Release, Respect, Struggle, Suffering, War/Aggression/Violence

Syntonic: Attention/Awareness, Courage, Equanimity, Expectation/Hope, Faith, Learning, Liberation/Liberty/Freedom, Listening, Meditation, Presence, Responsibility, Strength

Dystonic: Avoidance/Denial/Refusal, Conflict/Opposition, Conformity, Criticism/Judgment, Delusion, Dependence, Fear, Hate, Regret

That the yielding
Conquers the resistant
And the soft
Conquers the hard
Is a fact known by all people,
Yet utilized by none.
~ Laozi, 570-490 BCE ~

As the soft yield of water cleaves obstinate stone,
So to yield with life solves the insolvable:
To yield, I have learned, is to come back again.
~ Laozi ~

He who attempts to resist the wave is swept away,
but he who bends before it abides.
~ *The Bible*, c. 367 CE ~

It suits the generous man to give money,
but truly the generosity of the lover
is to surrender the soul.
~ Jalaluddin Rumi, 1207-1273 ~
"Surrender," Mathnawi I, 2235
The Pocket Rumi Reader, Kabir Helminski, ed., 2001

When opportunity for self-surrender arises, seize it. You will discover the secret in what you had hitherto tried to avoid; indeed you will find even more.
~ Thomas à Kempis, c. 1380-1471 ~

Surrender ... Passivity, not activity; relaxation, not intentness, should now be the rule. Give up the feeling of responsibility, let go your hold, resign the care of your destiny to higher powers, be genuinely indifferent to what becomes of it all, and you will find ... that you gain a perfect inward relief ... a form of regeneration by relaxing, by letting go ... It is but giving your little private convulsive self a rest, and finding that a greater Self is there.
~ William James, 1842-1910 ~
The Varieties of Religious Experience, 1902

To be without some of the things you want is an indispensable part of happiness.
~ George Bernard Shaw, 1856-1950 ~

If one has to submit, it is wasteful not to do so with the best grace possible.
~ Winston Churchill, 1874-1965 ~

You know quite well, deep within you, that there is a single magic, a single power, a single salvation, and a single happiness, and that is called loving. Well then, love your suffering. Do not resist it, do not flee from it. Taste how sweet it is in its essence, give yourself to it, do not meet it with aversion. It is only aversion that hurts, nothing else.
~ Herman Hesse, 1877-1962 ~
Diary, 1918

Surrender is giving oneself up to the original cause of one's being. Do not delude yourself by imagining this source to be some God outside oneself. One's source is within oneself. Give yourself up to it.
~ Ramana Maharshi, 1879-1950 ~

You have striven so hard, and so long, to *compel* life. Can't you now slowly change, and let life slowly drift into you? ... Let the invisible life steal into you and slowly possess you.
~ D. H. Lawrence, 1885-1930 ~

Common sense should teach us that we did not create the universe, nor need we be responsible for the laws of nature. All we can do is to use them. Now we are called on to reform all our thinking – to make a complete and final surrender of all our littleness, fears, doubts, and uncertainties to that great something within us that is calm and certain and sure.
~ Ernest Holmes, 1887-1960 ~
"The Light of God"

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True strength lies in submission which permits one to dedicate his life, through devotion, to something beyond himself.
~ Henry Miller, 1891-1980 ~
The Time of Assassins, 1956

I don't know who – or what – put the question, I don't know when it was put. I don't even remember answering. But at some moment I did answer "Yes" to Someone or something. And from that hour I was certain that existence is meaningful and that, therefore, my life, in self-surrender, had a goal.
~ Dag Hammarskjöld, 1905-1961 ~
Markings, 1964

Happy is he who can give himself up.
~ Naguib Mahfouz, 1911- ~

The way that will relieve your woes on the physical plane will also take you to the highest spiritual realizations. And the way is simple: No resistance. This does not mean that you must be physically passive or meekly put up with bad vibrations or rip-offs. It means you have no resistance in your mind. Be free in your head, act out of love, and do what feels good.
~ Thaddeus Golas, 1924-1997 ~
The Lazy Man's Guide to Enlightenment, 1972, 2002

An inner effort must always be undertaken in a deep state of surrender, in order to create a space within the person to receive the flow of higher energy. While the nature of surrender is essentially open and passive, the process of energy absorption is active.
~ Swami Rudrananda, 1928-1973 ~

Addiction keeps a person in touch with the god … At the very point of vulnerability is where the surrender takes place – that is where the god enters. The god comes through the wound.
~ Marion Boa Woodman, 1928- ~
"Worshipping Illusions," *Parabola*, 12:2, 1987 May

Relinquishing control is the ultimate challenge of the spiritual warrior.
~ Ralph H. Blum, 1932- ~
Book of Runes, 1982

Surrender refreshes and regenerates. Failure to surrender strains and wearies. Behind every genuine surrender lives a faith fulfilled; behind every failure to surrender lies confidence betrayed.
~ Piero Ferrucci, 1946- ~

Somehow, when we no longer feel in control, we become available to deeper aliveness.
~ Richard Moss, 1946- ~

To offer no resistance to life is to be in a state of grace, ease, and lightness. This state is then no longer dependent upon things being in a certain way, good or bad. It seems almost paradoxical, yet when your inner dependency on form is gone, the general conditions of your life, the outer forms, tend to improve greatly.
~ Eckhard Tolle, 1948- ~
The Power of Now: A Guide to Spiritual Enlightenment, 1999

If there is truly nothing you can do to change your here and now, and you can't remove yourself from the situation, then accept your here and now totally by dropping all inner resistance. The false, unhappy self that loves feeling miserable, resentful, or sorry for itself can then no longer survive. This is called surrender. Surrender is not weakness. There is great strength in it. Only a surrendered person has spiritual power. Through surrender, you will be free internally of the situation. You may then find that the situation changes without any effort on your part. In any case, you are free.
~ Ibid.

In order to love purely, we must surrender our old ways of thinking. For most of us, surrendering anything is difficult. We still think of surrender as failure, as something you do when you've lost the war. But spiritual surrender, although passive, is not weak. Actually, it is strong. It is a balance to our aggression.
~ Marianne Williamson, 1952- ~
A Return to Love, 1992

Surrender is not weakness or loss. It is a powerful nonresistance. Through openness and receptivity on the part of human consciousness, spirit is allowed to infuse our lives, to give them meaning and direction.
~ Ibid.

One does not have to stand against the gale.
One yields and becomes part of the wind.
~ Emmanuel ~
in Pat Rodegast & Judith Stanton, *Emmanuel's Book II*, 1989

Spiritual development involves a journey toward the unselfconscious living of life as it unfolds, rather than toward a willful determination to make it happen.
~ John Fortunato ~

SUCCESS

Related States & Conditions: Ability, Accomplishment/Achievement/Excellence, Actualization/Fulfillment, Autonomy/Control, Goal/Ideal/Purpose, Power, Solution

Syntonic: Attention/Awareness, Commitment, Confidence, Courage, Daring/Challenge, Determination/Persistence/Resolve, Discipline, Equanimity, Expectation/Hope, Exploration, Faith, Focus/Intention, Openness/Receptivity, Responsibility, Self-Reliance, Strength, Vision/Visualization

Dystonic: Avoidance/Denial/Refusal, Conflict/Opposition, Conformity, Criticism/Judgment, Defeat, Delusion, Dependence, Fear, Greed, Hate, Haste/Impatience, Limitation, Regret, War/Aggression/Violence, Worry

If the social order judges success by material gain, the most successful will be the most corruptible and selfish.
~ Khemetic Saying ~
Temt Tchaas: Egyptian Proverbs, Muata Ashaya Ashby, ed., 1994

Along with success comes a reputation for wisdom.
~ Euripides, c. 485-406 BCE ~
Hippolytus, 428 BCE

Success produces success, just as money produces money.
~ Sébastien Chamfort, 1741-1794 ~
Maximes et pensées, 1795

To laugh often and much; to win the respect of intelligent people and the affection of children; to earn the appreciation of honest critics and endure the betrayal of false friends; to appreciate beauty; to find the best in others; to leave the world a bit better, whether by a healthy child, a garden patch or a redeemed social condition; to know even one life has breathed easier because you have lived. This is to have succeeded.
~ Ralph Waldo Emerson, 1803-1882 ~

We succeed in enterprises which demand the positive qualities we possess, but we excel in those which can also make use of our defects.
~ Alexis de Tocqueville, 1805-1859 ~

Always bear in mind that your own resolution to succeed is more important than any other thing.
~ Abraham Lincoln, 1809-1865 ~

Life engenders life. Energy creates energy. It is by spending oneself that one becomes rich.
~ Sarah Bernhardt, 1844-1923 ~
in Cornelia Otis Skinner, *Madame Sarah*, 1967

To accomplish great things, we must not only act, but also dream; not only plan, but also believe.
~ Anatole France, 1844-1924 ~

Success is to be measured not so much by the position that one has reached in life as by the obstacles which one has overcome while trying to succeed.
~ Booker T. Washington, 1856-1915 ~
Up From Slavery, 1901

Success is ... a matter of adjusting one's efforts to obstacles and one's abilities to a service needed by others ... most people think of it in terms of getting; success, however, begins in terms of giving.
~ Henry Ford, 1863-1947 ~

Most people search high and low for the key to success. If they only knew, the key to their dreams lies within.
~ George Washington Carver, 1864-1943 ~

Making a success of the job at hand is the best step toward the kind you want.
~ Bernard Baruch, 1870-1965 ~

Success is the ability to go from one failure to another with no loss of enthusiasm.
~ Winston Churchill, 1874-1965 ~

Success is the sum of small efforts – repeated day in and day out.
~ Robert J. Collier, 1876-1918 ~

The truth is that all of us attain the greatest success and happiness possible whenever we use our native capacities to their greatest extent.
~ Smiley Blanton, 1882-1966 ~
Love or Perish, 1955

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Of course there is no formula for success, except perhaps, an unconditional acceptance of life and what it brings.
~ Artur Rubinstein, 1887-1982 ~

In helping others to succeed we ensure our own success.
~ William Feather, 1889-1981 ~

There is only one success: to be able to spend your life in your own way, and not to give others absurd maddening claims upon it.
~ Christopher Morley, 1890-1957 ~
Where the Blue Begins, 1922

The desire for success is killed by the shrewd hunch that the desire for success means very much the same thing as the fear of failure. The greater success a man has made, the more he fears a climb down. The illusive rewards of fame are pitched against the tremendous advantages of obscurity.
~ Lin Yutang, 1895-1976 ~
The Importance of Living, 1937

The lucky or successful person has learned a simple secret. Call up, capture, evoke the feeling of success. When you feel successful and self-confident, you will act successfully. Define your goal or end result. Picture it to yourself clearly and vividly. Then simply capture the feeling you would experience if the desirable goal were already an established fact. Then your internal machinery is geared for success: to guide you in making the correct muscular motions and adjustments; to supply you with creative ideas, and to do whatever else is necessary in order to make the goal an accomplished fact.
~ Maxwell Maltz, 1899-1975 ~
Psychocybernetics, 1960

I must admit that I personally measure success in terms of the contributions an individual makes to her or his fellow human beings.
~ Margaret Mead, 1901-1978 ~

Civilizations commonly die from the excessive development of certain characteristics which had at first contributed to their success. Our form of industrial civilization suffers from having allowed experts to make growth and efficiency, rather than the quality of life, the main criterion for success.
~ René Dubos, 1901-1982 ~

Don't aim at success – the more you aim at it and make it a target, the more you are going to miss it. For success, like happiness, cannot be pursued; it must ensue … as the unintended side-effect of one's personal dedication to a course greater than oneself.
~ Viktor Frankl, 1905-1998 ~
Man's Search for Meaning, 1959

Success depends on one's general culture, on one's set of values, one's clarity of mind and vivacity. The thing to be most feared is the artificially contrived, the contrary to life.
~ Henri Cartier-Bresson, 1908-2004 ~
in *Harper's*, 1961

Let us more and more insist on raising funds of love, of kindness, of understanding, of peace. The rest will be given.
~ Mother Teresa, 1910-1997 ~

Success can be wracking and reproachful, to you and those close to you. It can entangle you with legends that are consuming and all but impossible to live up to.
~ Gordon Parks, 1912- ~
Voices in the Mirror, 1990

The quality of a person's life is in direct proportion to their commitment to excellence, regardless of their chosen field of endeavor.
~ Vince Lombardi, 1913-1970 ~

Always demanding the best of oneself, living with honor, devoting one's talents and gifts to the benefits of others – these are the measures of success that endure when material things have passed away.
~ Gerald R. Ford, 1913- ~

If you can somehow think and dream of success in small steps, every time you make a step, every time you accomplish a small goal, it gives you confidence to go on from there.
~ John Harold Johnson, 1918-2005 ~

Success depends on the degree to which you are at peace with yourself. If you have people around you who love you and you have peace with what you're doing, it doesn't get any better than that. We look everywhere for happiness, forgetting that it's in our own little plot of land. We have our own acres of diamonds but we don't know it. Somebody has to shake us up to make us realize it.
~ Og Mandino, 1923-1996 ~

Never continue in a job you don't enjoy. If you're happy in what you're doing, you'll like yourself, you'll have inner peace. And if you have that, along with physical health, you will have had more success than you could possibly have imagined.
~ Johnny Carson, 1925-2005 ~

The secret of success is to find a need and fill it, to find a hurt and heal it, to find somebody with a problem and offer to help solve it.
~ Robert H. Schuller, 1926- ~

Success is a state of mind. If you want success, start thinking of yourself as a success.
~ Joyce Brothers, 1927- ~

The ultimate of being successful is the luxury of giving yourself the time to do what you want to do.
~ Leontyne Price, 1927- ~

Success does not come to you. You must go to it … You must be open-minded and actively involved in creating your successes. Make your own choices rather than allowing others to choose for you.
~ Famous Amos, 1937- ~
Watermelon Magic, 1996

There are no secrets to success: Don't waste time looking for them. Success is the result of preparation, hard work, learning from failure, loyalty to those for whom you work, and persistence.
~ Colin Powell, 1937- ~

Success is a … trendy word. Don't aim for success if you want it; just do what you love and it will come naturally.
~ David Frost, 1939- ~

The trouble with the rat-race is that even if you win, you're still a rat.
~ Lily Tomlin, 1939- ~

What's money? A man is a success if he gets up in the morning and goes to bed at night and in between does what he wants to do.
~ Bob Dylan, 1941- ~

Knowing when to take your losses is an essential part of eventual success.
~ Tom Peters, 1942- ~
The Pursuit of WOW!, 1994

Success is not the key to happiness. Happiness is the key to success. If you love what you are doing, you will be successful.
~ Herman Cain, 1945- ~

Success is not the result of spontaneous combustion. You must set yourself on fire.
~ Reggie Leach, 1950- ~

A person acting from a motivation of contribution and service rises to such a level of moral authority, that worldly success is a natural result.
~ Marianne Williamson, 1952- ~
A Return to Love, 1992

If you have achieved any level of success, then pour it into someone else. Success is not success without a successor.
~ T. D. Jakes, 1957- ~

Success can also cause misery. The trick is not to be surprised when you discover it doesn't bring you all the happiness and answers you thought it would.
~ Prince, 1958- ~

The success that matters is the success of expressing your own unique value. There are things you are able to see that no one else can see, things you are able to do that no one else can do. True success comes from seeing those things and doing those things, with an attitude of gratitude and generosity. Rather than struggling to fit yourself into someone else's idea of success, define success for yourself, based on who you are. For that is, by far, the very best kind.
~ Ralph Marston, 1961- ~

Success isn't outscoring someone, it's the peace of mind that comes from self-satisfaction in knowing you did your best. Success is a journey, not a destination – half the fun is getting there.
~ Gita Bellin ~
A Sharing of Completion and Celebration, 1983

He has achieved success who has lived well, laughed often, and loved much … who has filled his niche and accomplished his task; who has left the world better than he found it, whether an improved poppy, a perfect poem, or a rescued soul.
~ Bessie Anderson Stanley ~

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SUFFERING

Related States & Conditions: Adversity, Conflict/Opposition, Depression/Despair/Distress, Discipline, Evil, Fear, Grief/Sorrow, Jealousy/Envy, Loneliness, Oppression, Struggle, War/Aggression/Violence, Worry

Syntonic: Attention/Awareness, Breakthrough/Epiphany/Turning Point, Centering, Courage, Detachment, Determination/Persistence/Resolve, Equanimity, Expectation/Hope, Faith, Health/Healing, Humor/Laughter, Learning, Liberation/Liberty/Freedom, Release, Renewal, Responsibility, Self-Reliance, Strength

Dystonic: Anger, Avoidance/Denial/Refusal, Criticism/Judgment, Defeat, Delusion, Dependence, Fault, Hate

Suffering in search of truth gives true meaning to the truth.
~ Khemetic Saying ~
Temt Tchaas: Egyptian Proverbs, Muata Ashaya Ashby, ed., 1994

To suffer, is a necessity entailed upon thy nature, wouldst thou that miracles should protect thee from its lessons? Or shalt thou repine, because it happeneth unto thee, when lo! it happeneth unto all? Suffering is the golden cross upon which the rose of the Soul unfoldeth.
~ Akhenaton, c. 1385-c. 1355 BCE ~

As the sun that beholds the world is untouched by earthly impurities,
So the Spirit that is in all things is untouched by external sufferings.
~ *Upanishads*, c. 1400-c. 800 BCE ~

The man who suffers much knows much.
~ Ewe Saying ~

There is this Noble Truth of suffering: Birth is suffering, aging is suffering, sickness is suffering, death is suffering, sorrow and lamentation, pain, grief, and despair are suffering, association with the loathed is suffering, dissociation from the loved is suffering, not to get what one wants is suffering.
There is this Noble Truth of the origin of suffering: It is craving, which produces renewal of being, is accompanied by relish and lust, relishing this and that; in other words craving for sensual desires, craving for being, craving for nonbeing.
There is this Noble Truth of the cessation of suffering: It is the remainderless fading and ceasing, the giving up, the relinquishing, letting go, and rejecting of that same craving. There is this Noble Truth of the way leading to the cessation of suffering: It is this Noble Eightfold Path, that is to say: right view, right intention, right speech, right action, right livelihood, right effort, right mindfulness, and right concentration.
~ Buddha, c. 563-483 BCE ~
The Dhammapada

You suffer from yourself alone; no one compels you.
~ Buddha ~

Do not close your eyes to suffering. Find ways to be with those who are suffering by all means, including personal contact and visits, images, sound. By such means, awaken yourself and others to the reality of suffering in the world.
~ Buddha ~

If all men were to bring their miseries together in one place, most would be glad to take his own home again rather than take a portion out of the common stock.
~ Solon, c. 638-c. 559 BCE ~

By suffering comes wisdom.
~ Aeschylus, 525-456 BCE ~
Agamemnon

The pain of the mind is worse than the pain of the body.
~ Publilius Syrus, c. 42 BCE ~

Consider how much more you often suffer from your anger and grief than from those very things for which you are angry and aggrieved.
~ Marcus Aurelius, 121-180 ~

Weeping may endure for a night, but joy cometh in the morning.
~ *The Bible*, c. 367 CE ~
Psalm 30:5

He who has come through the fire will not fade in the sun.
~ Hindu Saying ~

To have a body is to suffer.
~ Bodhidharma, 440-533 ~
Outline of Practice

Sometimes I go about with pity for myself and all the while Great Winds are carrying me across the sky.
~ Ojibway Saying ~

Do not try to drive pain away by pretending it is not real;
Pain, if you seek serenity in Oneness, will vanish of its own accord.
~ Jianzhi Sengcan, 526-606 ~
Buddhist Texts

There's nothing that does not grow light
Through habit and familiarity.
Putting up with little cares
I'll train myself to bear with great adversity.
~ Shantideva, 7th C. ~
The Way of the Boddhisattva, Padmakara, tr., 1997

The pain that wins me enlightenment is of brief term; it is like the pain of cutting out a buried arrow to heal its smart. All physicians restore health by painful courses; then to undo much suffering let us bear a little.
~ Shantideva ~
Teachings of the Compassionate Buddha, L. D. Barnett, tr., 1955

If a part of our body is wounded and we must walk through a jostling crowd, we shall be especially careful to guard and cover that wound. In a similar manner, when we are dwelling amongst harmful people or objects that cause our delusions to arise, we should guard the wound of our mind carefully. If we are anxious to protect an ordinary wound that can at most give us but a little temporary pain, then surely we should be highly motivated to guard the wound of our mind. If our mind remains unprotected and uncontrolled, it can lead us into hellish experiences of deep suffering and torment until we feel we are being crushed between two mighty mountains.
~ Shantideva ~
Guide to a Bodhisattva's Way of Life, 8th C.

He who suffers for love does not suffer, for all suffering is forgot.
~ Meister Eckhart, 1260-1327 ~

The swiftest steed to bear you to your goal is suffering ... Nothing is more gall-bitter than suffering, nothing so honey-sweet as to have suffered. The most sure foundation for this perfection is humility, for he whose nature here creeps in deepest depths shall soar in spirit to highest height of deity; for joy brings sorrow and sorrow brings joy.
~ Eckhart ~

But I saw not sin: for I believe it has no manner of substance nor no part of being, nor could it be known but by the pain it is the cause of. And thus pain, it is something, as to my sight, for a time; for it purgeth, and maketh us to know ourselves.
~ Julian of Norwich, 1342-1416 ~
Revelations of Divine Love, G. Warrack, ed., 1901

He who fears he will suffer, already suffers because of his fear.
~ Michel de Montaigne, 1533-1592 ~
"Fear," *Essais*, 1580

Pain may be caused by many things which, if their advantageous aspect had been considered, might have given rise to satisfaction.
~ Baltasar Gracián y Morales, 1601-1685 ~
Oráculo manual y arte de prudencia, 1647

One is never as unhappy as one thinks, or as happy as one hopes to be.
~ François de La Rochefoucauld, 1613-1680 ~
Maximes, 1664

Emotion, which is suffering, ceases to be suffering as soon as we form a clear and precise picture of it.
~ Baruch de Spinoza, 1632-1677 ~

The burden of suffering seems a tombstone hung about our necks, while in reality it is only the weight which is necessary to keep down the diver while he is hunting for pearls.
~ Johann Richter, 1763-1825 ~

We are never ripe till we have been made so by suffering.
~ Henry Ward Beecher, 1813-1887 ~

Better to have pain than paralysis.
~ Florence Nightingale, 1820-1910 ~

You desire to know the art of living, my friend? It is contained in one phrase: make use of suffering.
~ Henri-Frédéric Amiel, 1821-1881 ~

As deeply as a man looks into life, so deeply also doth he look into suffering.
~ Friedrich Nietzsche, 1844-1900 ~
Thus Spake Zarathustra, Thomas Common, tr., 1909

Just as the plough furrows the earth deeply, purifying it of weeds and thistles, so suffering and tribulation free man from the petty affairs of this worldly life until he arrives at a state of complete detachment ... Man is, so to speak, unripe; the heat of the fire of suffering will mature him.
~ 'Abdu'l-Bahá , 1844-1921 ~
Paris Talks: Addresses Given by 'Abdu'l-Bahá in Paris in 1911-1912, 1979

Suffering ... we owe to it all that is good in us, all that gives value to life; we owe to it pity, we owe to it courage, we owe to it all the virtues.
~ Anatole France, 1844-1924 ~

While to propose to be a better man is a piece of unscientific cant, to have become a deeper man is the privilege of those who have suffered.
~ Oscar Wilde, 1856-1900 ~
De Profundis, 1905

If you suffer, thank God! It is a sure sign that you are alive.
~ Elbert Hubbard, 1856-1915 ~

It is because human loves are narrow and confined and mingled with selfishness that they cause suffering. No suffering can result from that Love which is so absolutely pure that it seeks nothing for itself.
~ James Allen, 1864-1912 ~

We begin to live when we have conceived life as tragedy.
~ William Butler Yeats, 1865-1939 ~
Autobiography, 1938

We are healed of our suffering only by experiencing it to the full.
~ Marcel Proust, 1871-1922 ~

Suffering is not necessary for man's development; it is the result of violation of spiritual law, but few people seem able to rouse themselves from their "soul sleep" without it. When people are happy, they usually become selfish, and automatically the law of Karma is set in action. Man often suffers loss through lack of appreciation.
~ Florence Scovel Shinn, 1871-1940 ~
The Game of Life and How to Play It, 1925

Man cannot remake himself without suffering. For he is both the marble and the sculptor.
~ Alexis Carrel, 1873-1944 ~

If you are going through hell, keep going.
~ Winston Churchill, 1874-1965 ~

We shall draw from the heart of suffering itself the means of inspiration and survival.
~ Churchill ~

There is no coming to consciousness without pain.
~ Carl Jung, 1875-1961 ~

However much concerned I was at the problem of misery in the world, I never let myself get lost in brooding over it; I always held firmly to the thought that each one of us can do a little to bring some portion of it to an end. Thus I came gradually to rest content in the knowledge that there is only one thing we can understand about the problem, and that is that each of us has to go his own way, but as one who means to help to bring about deliverance.
~ Albert Schweitzer, 1875-1965 ~
Out of My Life and Thought, C. T. Campion, tr., 1933

A man will renounce any pleasures you like but he will not give up his suffering. Man is made in such a way that he is never so much attached to anything as he is to his suffering. No one who is not free from suffering, who has not sacrificed his suffering, can work (on himself) ... Nothing can be attained without suffering but at the same time one must begin by sacrificing suffering.
~ George Gurdjieff, 1877-1949 ~
in P. D. Ouspensky, *In Search of the Miraculous*, 1949

Love your suffering. Do not resist it, do not flee from it. Give yourself to it. It is only your aversion that hurts, nothing else.
~ Herman Hesse, 1877-1962 ~

As soon as suffering becomes acute enough, one goes forward.
~ Hesse ~
The Journey to the East, Hilda Rosner, tr., 1956

Although the world is full of suffering, it is also full of the overcoming of it ... For every hurt there is recompense of tender sympathy. Out of pain grow the violets of patience and sweetness.
~ Helen Keller, 1880-1968 ~
Optimism, 1903

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Life never stops. The torment of men will be eternal, unless the function of creating and acting and changing, living intensely through each day, be considered an eternal joy.
~ Le Corbusier, 1881-1965 ~
When the Cathedrals Were White, 1947

If there were no pain, one would not enjoy the experience of joy. It is pain which helps one to experience joy. Everything is distinguished by its opposite. The one who feels pain more deeply is more capable of experiencing joy.
~ Hazrat Khan, 1882-1927 ~
The Mysticism of Sound and Music, 1991

Your pain is the breaking of the shell that encloses your understanding ...
And could you keep your heart in wonder at the daily miracles of your life, your pain would not seem less wondrous than your joy;
And you would accept the seasons of your heart, even as you have always accepted the seasons that pass over your fields.
And you would watch with serenity through the winters of your grief.
Much of your pain is self-chosen.
It is the bitter potion by which the physician within you heals your sick self.
~ Khalil Gibran, 1883-1931 ~

All sorrows can be borne if you put them into a story or tell a story about them.
~ Isak Dinesen, 1885-1962 ~

Suffering exists in order to make people think.
~ Ezra Pound, 1885-1972 ~
in Mary de Rachewiltz, *Discretions*, 1971

Trouble and suffering are often extremely useful, because many people will not bother to learn the Truth until driven to do so by sorrow and failure.
~ Emmet Fox, 1886-1951 ~

Suffering infuses mercy in the heart and softens it. Suffering strengthens. Suffering produces dispassion ... Therefore, suffering is a blessing in disguise.
~ Sivananda, 1887-1963 ~

I do not want to die without leaving a record of my belief that suffering can be overcome. For I do believe it. What must one do? ... One must submit. Do not resist. Take it. Be overwhelmed. Accept it fully. Make it a part of life. Everything in life that we really accept undergoes a change. So suffering must become Love.
~ Katherine Mansfield, 1888-1923 ~

Even the most innocent of men's affairs seem doomed to cause suffering. Pushing the lawnmower through tall wet grass, and enjoying the strong aroma of the morning, I found that the blades had cut a frog in half. I have not forgotten his eyes.
~ Christopher Morley, 1890-1957 ~
Inward Ho, 1923

All undelight, all pain and suffering are a sign of imperfection, of incompleteness; they arise from a division of being, an incompleteness of consciousness of being, an incompleteness of the force of being. To become complete in being, in consciousness of being, in force of being, in delight of being and to live in this integrated completeness is the divine living.
~ Sri Aurobindo, 1892-1950 ~
Words of Sri Aurobindo, First Series

Man has falsely identified himself with the pseudo-soul or ego. When he transfers his sense of identity to his true being, the immortal Soul, he discovers that all his pain is unreal. He no longer can even imagine the state of suffering.
~ Paramahansa Yogananda, 1893-1952 ~

Masochism is less well repressed than sadism because less blame attaches to it, and there are many who exploit the role of martyr, little realizing how much they enjoy the suffering they mournfully display to the world.
~ Karl Menninger, 1893-1990 ~
The Human Mind, 1930

Suffering is always the result of standing still or going astray on the way we are meant to follow, of offending against the inner wholeness that seeks to realize its own totality and depends on constant change.
~ Karlfried Durckheim, 1896-1988 ~
The Call for the Master, Vincent Nash, tr., 1989

If I were to choose between pain and nothing, I would choose pain.
~ William Faulkner, 1897-1962 ~
Wild Palms, 1939

You do not suffer, only the person you imagine yourself to be suffers. You cannot suffer.
~ Nisargadatta, 1897-1981 ~

Suffering is due entirely to clinging or resisting; it is a sign of unwillingness to move on, to flow with life.
~ Nisargadatta ~

The only true wisdom lives far from mankind, out in the great loneliness, and it can be reached only through suffering. To live is to suffer; to survive is to find meaning in the suffering.
~ Viktor Frankl, 1905-1998 ~
Man's Search for Meaning, 1959

The human condition is such that pain and effort are not just symptoms which can be removed without changing life itself; they are rather the modes in which life itself, together with the necessity to which it is bound, makes itself felt. For mortals "the easy life of the gods" would be a lifeless life.
~ Hannah Arendt, 1906-1975 ~
in *The Faber Book of Aphorisms*, 1964

Only one who is in pain really senses nothing but himself; pleasure does not enjoy itself, but something beside itself. Pain is the only inner sense found by introspection which can rival in independence from experienced objects the self-evident certainty of logical and arithmetical reasoning.
~ Arendt ~

Suffering is the main condition of the artistic experience.
~ Samuel Beckett, 1906-1989 ~
in A. A. Alvarez, *Beckett*, 1973

I do not believe that sheer suffering teaches. If suffering alone taught, all the world would be wise. To suffering must be added mourning, understanding, patience, love, openness and the willingness to remain vulnerable.
~ Anne Morrow Lindbergh, 1906-2001 ~
Hour of Gold, Hour of Lead, 1973

If you are out of harmony through ignorance, you suffer somewhat; but if you know better and are still out of harmony, then you will suffer a great deal.
~ Peace Pilgrim, 1908-1981 ~
Peace Pilgrim: Her Life and Work in Her Own Words, 1982

In struggling against anguish one never produces serenity; the struggle against anguish only produces new forms of anguish.
~ Simone Weil, 1909-1943 ~

Pain is a wrong perspective. When it is experienced in any form, it is proof of self-deception. It is not a fact at all. There is no form it takes that will not disappear if seen aright.
~ Helen Schucman, 1910-1981 ~
A Course in Miracles, 1975

There is hunger for ordinary bread, and there is hunger for love, for kindness, for thoughtfulness; and this is the great poverty that makes people suffer so much.
~ Mother Teresa, 1910-1997 ~

Don't look forward to the day when you stop suffering. Because when it comes you'll *know* that you're dead.
~ Tennessee Williams, 1911-1983 ~
in *The Observer*, 1958

There is no suffering, no torture anywhere in the world which does not affect our everyday lives ... Today, tragedy is collective.
~ Albert Camus, 1913-1960 ~
"Neither Victims Nor Executioners," *The Worlds of Existentialism*, Maurice Friedman, ed., 1964

The truth that many people never understand, until it is too late, is that the more you try to avoid suffering the more you suffer because smaller and insignificant things begin to torture you in proportion to your fear of being hurt.
~ Thomas Merton, 1915-1968 ~

Man suffers because of his craving to possess and keep forever things which are impermanent.
~ Alan Watts, 1915-1973 ~

It is our suffering that gives us insight into the suffering of others. Not pity but sharing in the suffering ourselves because we, too, have known sorrow and loss. The extraordinary thing is that the insight of the heart is the magic that unleashes talents and potentialities within people that have been blocked as a result of their suffering.
~ Vilayat Khan, 1916-2004 ~
Awakening: A Sufi Experience, 1999

When I hear somebody sigh, "Life is hard," I am always tempted to ask, "Compared to what?"
~ Sydney J. Harris, 1917-1986 ~
Majority of One, 1957

There is no virtue in suffering. In itself, suffering has no value or reward. This is contrary to what some confused people like to believe, for suffering

fills a place inside them which would feel empty if it were not agitated by pain.
~ Vernon Howard, 1918-1992 ~

People can live through hardship, but from hard feelings they perish.
~ Aleksander Solzhenitsyn, 1918- ~
"Asphyxiation," *The Oak and the Calf*, 1980

You will not grow if you sit in a beautiful flower garden, but you will grow if you are sick, if you are in pain, if you experience losses, and if you do not put your head in the sand, but take the pain and learn to accept it, not as a curse or punishment, but as a gift to you with a very, very specific purpose.
~ Elisabeth Kübler-Ross, 1926- ~

When you have suffered you know how to appreciate the elements of paradise that are present. If you dwell only on your suffering, you will miss paradise. Don't ignore your suffering, but don't forget to enjoy the wonders of life.
~ Thich Nhat Hanh, 1926- ~
The Heart of the Buddha's Teaching, 1998

To look deeply into the suffering of those who have caused us to suffer is a miraculous gift. Thanks to our observation, we now know that the person is suffering. He may think that his suffering will be lessened if he can cause us to suffer. Once we are in touch with his suffering, our enmity and bitterness towards him will vanish, and we will long for him to suffer less. The spring water of the compassionate mind begins to flow, and we ourselves are the first to be cleansed by it.
~ Thich Nhat Hanh ~
Transformation and Healing: The Sutra on the Four Establishments of Mindfulness, 1990

If one can actually revert to the truth, then a great deal of one's suffering can be erased – because a great deal of one's suffering is based on sheer lies.
~ R. D. Laing, 1927-1989 ~

To be attached to what you don't want to be attached to is suffering, and to be detached from what you want to be attached to is suffering.
~ Laing ~
in Digby Diehl, *Supertalk*, 1974

All the factors of our lives subsist, then, in a web of mutual causality. Our suffering is caused by the interplay of these factors, particularly by the delusion, aversion and craving that arise from our misapprehension of them ... We create our own bondage by reifying and clinging to what is by nature contingent and transient. Being caused in this way, our suffering is not endemic. It can cease. The causal play can be reversed. This is achieved by seeing the true nature of phenomena, which is their radical interdependence.
~ Joanna Macy, 1929- ~
World as Lover, World as Self, 1990

When you begin to realize that suffering is grace, you cannot believe it. You think you are cheating.
~ Ram Dass, 1931- ~

We compound our suffering by victimizing each other.
~ Athol Fugard, 1932- ~
in *The Observer*, 1971

One cannot get through life without pain. What we can do is choose how to use the pain life presents to us.
~ Bernie Siegel, 1932- ~

Stress exists only if we experience it; it takes the most extreme objective conditions to cause it directly. The same amount of pressure will wilt one person and be a welcome challenge to another.
~ Mihaly Csikszentmihalyi, 1934- ~
Flow: The Psychology of Optimal Experience, 1990

There is much we can do to influence our experience of suffering ... When we do not restrain our tendency to react negatively to suffering, it becomes a source of negative thoughts and emotions ... the degree to which suffering affects us is largely up to us.
~ Dalai Lama, 1935- ~
Ethics for the New Millennium, 1999

Our experience of suffering reminds us of what all others also endure, it serves as a powerful injunction to practice compassion and refrain from causing others pain ... It can serve as the basis of compassion and love.
~ Ibid.

Yet pain is part of being alive, and we need to learn that. Pain does not last forever, nor is it necessarily unbearable, and we need to be taught that ... Most of all we have to learn to trust our own capacities to endure pain. We can endure much more than we think we can; all human experience testifies to that. All we need to do is learn not to be afraid of pain. Grit your teeth and let it hurt. Don't deny it,

don't be overwhelmed by it. It will not last forever. One day, the pain will be gone and you will still be there.
~ Harold S. Kushner, 1935- ~
When All You've Ever Wanted Isn't Enough, 1986

Once suffering is completely accepted, it ceases in a sense to be suffering.
~ M. Scott Peck, 1936-2005 ~
The Road Less Travelled, 1978

Pain and paradox no longer intimidate us as we begin to reap the rewards of their resolution and see them as recurrent symptoms of the need for transformation of disharmonies. Each survival and transcendence gives courage for the next encounter.
~ Marilyn Ferguson, 1938- ~
The Aquarian Conspiracy, 1980

Wounding becomes *sacred* when we are willing to release our old stories and to become the vehicles through which the new story may emerge into time. When we fail to do this, we tend to repeat the same old story over and over again. If you have a neurosis or psychosis, it probably originated in pathos that was not worked out to its source in a Larger Story. If we would only look far enough and deep enough, we would find that our woundings have archetypal power. In uncovering their mythic base, we are challenged to a deeper life.
~ Jean Houston, 1939- ~

Pain is what we're in most of the time. And I think the bigger the pain the more gods we need.
~ John Lennon, 1940-1980 ~

Pain is heightened if we feel that time passes; it is attenuated when we step outside of time, as during mental imagery or meditation.
~ Larry Dossey, 1940- ~
"Healing and Modern Physics: Exploring Consciousness and the Small-Is-Beautiful Assumption," *Alternative Therapies*, 1999 July

There is no life without pain just as there is no art without submitting to chaos.
~ Rita Mae Brown, 1944- ~

Jung spoke of the archetype of the wounded healer. I believe that each wound we suffer and eventually heal from is a soul-making experience with the potential to awaken our willingness to participate in the healing of the world.
~ Joan Borysenko, 1945- ~

Suffering is the business end of the spiritual demand that human beings wake up from the status quo.
~ Toby Johnson, 1945- ~
Gay Perspective: Things Our Homosexuality Tells Us About the Nature of God and the Universe, 2003

Spiritual wisdom tells us that the only answer to suffering is to acknowledge things as they are, to do what you can to change the things you *can* change and to accept the rest, disidentifying yourself from your ego. Suffering is the occasion to seek higher consciousness, and it is a clue from the universe that there is more than this. Suffering is a sign that you are called to something higher and that you *can* escape your own ego and suffering by relaxing your hold on your own opinions and judgments. Suffering – including assaults on your self-esteem – is the call to wake up.
~ Ibid.

There's tremendous sorrow for a human being who doesn't find a way to give. One of the worst of human sufferings is not to find a way to love, or a place to work and give of your heart and your being.
~ Jack Kornfield, 1945- ~
Roots of Buddhist Psychology, 1995 (audio)

According to the ancient tradition of Vedanta there are five sources of suffering.

1. Not knowing who you are
2. Attachment to that which is impermanent and illusory
3. Fear of and repulsion from that which is impermanent and illusory
4. Identification with false self or ego
5. Fear of death.

All of them are contained in the first, not knowing who you are.
~ Deepak Chopra, 1947- ~

We suffer because we feel we are giving more than we receive. We suffer because our love is going unrecognised. We suffer because we are unable to impose our own rules. But ultimately there is no good reason for our suffering, for in every love lies the seed of our growth.
~ Paulo Coelho, c. 1947- ~
By the River Piedra I Sat Down and Wept, Alan R. Clarke, tr., 1996

The greater part of human pain is unnecessary. It is self-created as long as the unobserved mind runs your life. The pain that you create now is always

some form of nonacceptance, some form of unconscious resistance to what *is*. On the level of thought the resistance is some form of judgment. On the emotional level, it is some form of negativity. The intensity of the pain depends on the degree of resistance to the present moment.
~ Eckhard Tolle, 1948- ~
The Power of Now: A Guide to Spiritual Enlightenment, 1999

Pain, if acknowledged, can be a powerful motivator. Whatever pain is present in your life right now may serve as the fuel in your quest for change. If your life is really awful, but you are in denial and totally numb to it, just mindlessly going through the motions, then you haven't got much incentive to change. On the other hand, if you're really hurting, then acknowledging the pain can force you out of the numbing doldrums. Don't deny, or mask, or mislabel the pain. Don't rationalize and decide that you deserve it, or that it is not bad. Admit it to "center-stage" consciousness and it can move you.
~ Phillip McGraw, 1950- ~
Life Strategies: Doing What Works, Doing What Matters, 1999

Pain gets you to take a direction. Use it to propel yourself out of the situation you are in and get you where you want to be. The same pain that burdens you now could be turned to your advantage. It may be the very motivation you need to change your life.
~ Ibid.

To be capable of love one has to be capable of suffering and of acknowledging one's suffering. We all suffer, rich and poor. The fact is that when people have material privilege at the enormous expense of others, they live in a state of terror as well. It's the unease of having to protect your gain.
~ bell hooks, 1952- ~
in *Tricycle: The Buddhist Review*, 1992 Fall

Always, no matter how dark the day, live on, no matter how sad the circumstances, laugh on, and most of all, my friend, no matter how winding the journey, always go on. We will all have pleasure and pain, sunshine and rain; we will all laugh ourselves to tears one day and cry ourselves to sleep the next. These are the processes of the soul. I would rather have either than to be left numb and indifferent. The pleasure or pain of the soul is an indication that whatever is wrong can be repaired.
~ T. D. Jakes, 1957- ~

A person in pain is being spoken to by that part of himself that knows only how to communicate this way.
~ Malidoma Somé, 1956- ~

And one day our suffering
Will turn into the wonders of the earth ...
That is why our music is so sweet.
It makes the air remember.
~ Ben Okri, 1959- ~
An African Elegy, 1992

Separateness of self from other selves, and ultimately the Universal Self, is the *elemental* source of human suffering. As long as the self remains attached to its own (imagined) reality, it is driven by fear, need for self-protection, desire, want, competitive struggle, and so on. Out of this is born the spark of spiritual suffering which seeks its own consummation in the merging of the individual self with the Universal Self.
~ Ali Ansari, 1969- ~
Sufism and Beyond: Sufi Thought in the Light of Late 20th Century Science, 1999

If people do not meet with sadness or suffering they will not seek the true way of life ... recognition of suffering is the first of the Four Noble Truths. Even if driven into a very tight corner, some people still do not turn to religion for help. Those who do so are fortunate. I wish that, guided by torment, they would break the outer shell of their little selves and discover the wider world in which they could live.
~ Shundo Aoyama ~
Zen Seeds: Reflections of a Female Priest, Patricia Daien Bennage, tr., 1991

Pain is inevitable. Suffering is optional.
~ M. Kathleen Casey ~

The more you are aware of suffering, the more you are aware of the true condition of birth, sickness and death, the more willing you are to take risks.
~ Robert Hall ~

Privation and suffering alone can open the mind of a man to all that is hidden to others.
~ Igjugarjuk ~
in *The Soul of the World: A Modern Book of Hours*, Phil Cousineau, ed., 1993

SURVIVAL

Related States & Conditions: Growth/Expansion, Power, Solution, Struggle, Suffering, War/Aggression/Violence

Syntonic: Attention/Awareness, Centering, Confidence, Courage, Daring/Challenge, Determination/Persistence/Resolve, Discipline, Expectation/Hope, Exploration, Faith, Flexibility/Flow/Flux, Focus/Intention, Ingenuity, Insight/Instinct/Intuition, Learning, Openness/Receptivity, Preparation/Readiness, Responsibility, Self-Reliance, Skill/Talent/Resources, Strength, Vision/Visualization

Dystonic: Avoidance/Denial/Refusal, Conflict/Opposition, Criticism/Judgment, Defeat, Delusion, Dependence, Fear, Hate, Limitation, Regret, Revenge, War/Aggression/Violence, Worry

When crows find a dying snake,
They behave as if they were eagles.
When I see myself as a victim
I am hurt by trifling failures.
~ Shantideva, 7th C. ~
in *Open Your Mind, Open Your Life: A Book of Eastern Wisdom*, Taro Gold, ed., 2002

After people are born and get mixed up in temporal conditioning, their strength is all used outwardly in the struggle to prevail and the desire for power. They accept the false and abandon the real, which is injurious to the inner three treasures of vitality, energy, and spirit. Thus, beneficial energy is dispersed outwardly, while harmful energy is taken in. Over a long period of time the positive is exhausted and the negative becomes total – thus death is inevitable.
~ Liu Yiming, b. c. 1737 ~
Awakening to the Tao, Thomas Cleary, tr., 1988

It is not the strongest of the species that survives,nor the most intelligent that survives. It is the one that is the most adaptable to change.
~ Charles Darwin, 1809-1882 ~

Training the will in trivial and grave matters increases its strength and flexibility, and enables man to constantly strive and persevere.
~ Ameen Rihani, 1876-1940 ~

The human race's prospects of survival were considerably better when we were defenceless against tigers than they are today when we have become defenceless against ourselves.
~ Arnold Toynbee, 1889-1975 ~

The turning point in the process of growing up is when you discover the core of strength within you survives all hurt.
~ Max Lerner, 1902-1992 ~

If one is continually surviving the worst that life can bring, one eventually ceases to be controlled by a fear of what life can bring; whatever it brings must be borne … If we had not loved each other none of us would have survived.
~ James Baldwin, 1924-1987 ~
The Fire Next Time, 1962

Surviving meant being born over and over.
~ Erica Jong, 1942- ~
in Julia Cameron, *Transitions: Prayers and Declarations for a Changing Life*, 1999

You just realize that survival is day to day and you start to grasp your own spirit, you start to grasp the depth of the human spirit, and you start to understand your own ability to cope no matter what.
~ Melba Beals, 1943- ~
in Henry Hampton, *Voices of Freedom*, 1990

When we are not physically starving, we have the luxury to realize psychic and emotional starvation. It is from this starvation that other starvations can be recognized – if one is willing to take the risk of making the connection – if one is willing to be responsible to the result of the connect.
~ Cherríe Moraga, 1952- ~
"La Güera," *This Bridge Called My Back: Writings by Radical Women of Color*, 1984

The survival instinct within us is a powerful tool. It enables us to endure unbearable things as long as we escape long enough to express that where we are is not where we are going.
~ T. D. Jakes, 1957- ~

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SYNTHESIS

Related States & Conditions: Collaboration/Synergy, Congruence/Resonance, Connection/Interbeing/Interdependence, Creativity/Discovery/Innovation, Dance/Movement, Growth/Expansion, Oneness/Unity/Wholeness, Partnership/Marriage, Reciprocity/Reflection, Renewal, Solution

Syntonic: Attention/Awareness, Exploration, Flexibility/Flow/Flux, Ingenuity, Initiative, Insight/Instinct/Intuition, Learning, Openness/Receptivity, Preparation/Readiness, Skill/Talent/Resources, Vision/Visualization

Dystonic: Avoidance/Denial/Refusal, Conflict/Opposition, Conformity, Criticism/Judgment, Defeat, Delusion, Dependence, Fear, Hate, Limitation, Regret, War/Aggression/Violence, Worry

There is a point of correspondency between two views which is called the pivot of the Tao. As soon as one finds this pivot, she stands in the center of the ring of thought where she can respond without end to the changing views; without end to those affirming, and without end to those denying.
~ Zhuangzi, c. 369-c. 286 BCE ~

You think that because you understand ONE you understand TWO, because one and one makes two. But you must understand AND.
~ Sufi Saying ~

The man is most original who can adapt from the greatest number of sources.
~ Thomas Carlyle, 1795-1881 ~

The nest of the human soul has not only many a straw in it, but twigs, bits of leaves, scarlet threads and downy shreds of wool, and much besides. It has taken all the ages of light, of evolution, of nature, and of the great human heart itself to build the nest.
~ Frances Willard, 1839-1898 ~
Address to Woman's National Council, 1891 February 22

Through every cleft the sensible world inundates us with its riches – food for the body, nourishment for the eyes, harmony of sounds and fullness of the heart, unknown phenomena and new truths, all these treaures, all these urges, all these calls, coming from the four quarters of the world, pass through our consciousness at every moment. What is their role within us? What will their effect be, even if we receive them passively or indistinctly, like bad workmen? They will merge into the most intimate life of our soul, and either develop it or poison it. We only have to look at ourselves for one moment to realize this, and feel delight or anxiety. If even the most humble and most material of our nourishment is capable of deeply influencing our most spiritual faculties, what can be said of the infinitely more penetrating energies conveyed to us by the music of tones, of notes, of words, of ideas?
~ Pierre Teilhard de Chardin, 1881-1955 ~
The Divine Milieu, 1960, 1988

The Art of Peace that I practice has room for each of the world's eight million gods, and I cooperate with them all. The God of Peace is very great and enjoins all that is divine and enlightened in every land.
~ Morihei Ueshiba, 1883-1969 ~
The Art of Peace, John Stevens, tr., 1992

Economy is the basis of society. When the economy is stable, society develops. The ideal economy combines the spiritual and the material, and the best commodities to trade in are sincerity and love.
~ Ibid.

I believe world civilization can be built only upon the common basis of international living, a combination of all that is best and finest in each civilization. The ideal life would be, I think, to live in an English cottage, with American heating, and have a Japanese wife, a French mistress and a Chinese cook.
~ Lin Yutang, 1895-1976 ~
Looking Beyond, 1955

It may be a mistake to mix different wines, but old and new wisdom mix admirably.
~ Bertolt Brecht, 1898-1956 ~
The Caucasian Chalk Circle, 1944

It is the function of creative men to perceive the relations between thoughts, or things, or forms of expression that may seem utterly different, and to be able to combine them into some new forms – the power to connect the seemingly unconnected.
~ William Plomer, 1903-1973 ~

In one thought focus and resume
The thousand contradictions,
And still with a sigh these warring factions.
~ Lawrence Durrell, 1912-1990 ~
"The Reckoning," *Collected Poems 1931-1974*, James A. Brigham, ed., 1971

Novelty comes chiefly from ingenious genre-crossing or elevation of familiar materials.
~ John C. Gardner, 1933-1982 ~
The Art of Fiction, 1984

The imagination is integrative. That's how you make the new – by putting something else with what you've got.
~ Ralph Ellison, 1914-1994 ~

Somewhere in each of us we're a mixture of light and of darkness, of love and of hate, of trust and of fear.
~ Jean Vanier, 1928- ~

I think that words have a magic, that human situations create a magic, that you can capture that extra dimension by placing ideas side by side.
~ Chinua Achebe, 1930- ~
Interview by Bradford Morrow, 1991

If we're only intuitive, we're likely to be dreamers. If we're only rational, we may find life to be disillusioning and dispiriting. But if we can combine both faculties within ourselves, we can live as effective visionaries in the world.
~ Frances Vaughan, 1935- ~
Awakening Intuition, 1978

The Feminine is Wisdom, and it is also the Soul. Since each and every person is born with an internal as well as an eternal Feminine, just as everyone is born with an internal and eternal Masculine, this is not a problem except for those who insist on forcing humans into gender roles. Which makes it easier for them to be controlled.
~ Alice Walker, 1944- ~
"This Was Not an Area of Large Plantations," in *Dharma, Color, and Culture*, Hilda Gutiérrez Baldoquín, ed., 2004

Just as life emerges where chaos and order – the fluid and the fixed – come together, so our creative, spiritual life may emerge where the individual and the collective, the concrete and the mystical, come together. This is not for me a place where privacy or individualism is lost, rather it's a place where they participate in and serve a more complex and synergic relationship with openness and interconnectedness.
~ David Spangler, 1945- ~
"Between Order and Chaos: The Dynamic Realm between Individualism and Mystical Unity," Interview by Robert Gilman in *In Context*, No. 34, Winter 1993

It's doesn't have to be either/or. It could be both/and.
~ Larry Chang, 1949- ~

In our highly mobile society today, we are all hyphenates – hybrids of one sort or another.
~ Lama Surya Das, 1950- ~
Awakening to the Sacred: Creating a Spiritual Life from Scratch, 1999

A deeper knowledge of universal laws is contingent on a deeper knowledge of the self, and the schism between the two worlds of science and religion is beginning to heal and to merge into a single majestic river of vision.
~ Lawrence Blair ~
Rhythms of Vision: The Changing Patterns of Belief, 1976

There is only one way in which a person acquires a new idea: by the combination or association of two or more ideas he already has into a new juxtaposition in such a manner as to discover a relationship among them of which he was not previously aware.
~ Francis A. Cartier ~

Our senses by themselves are dumb. They take in experience, but they need the richness of sifting for a while through our consciousness and through our whole bodies. I call this "composting." Our bodies are garbage heaps: we collect experience, and from the decomposition of the thrown-out eggshells, spinach leaves, coffee grinds, and old steak bones of our minds come nitrogen, heat, and very fertile soil … But this does not come all at once. It takes time. Continue to turn over and over the organic details of your life until some of them fall through the garbage of discursive thoughts to the solid ground of black soil.
~ Natalie Goldberg ~
Writing Down the Bones, 1986

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TACT / DISCRETION

Related States & Conditions: Compassion/Empathy/Kindness, Congruence/Resonance, Disclosure/Veracity, Moderation, Restraint

Syntonic: Attention/Awareness, Equanimity, Flexibility/Flow/Flux, Insight/Instinct/Intuition, Learning, Listening, Openness/Receptivity, Skill/Talent/Resources, Tolerance, Understanding

Dystonic: Avoidance/Denial/Refusal, Comparison/Competition, Conflict/Opposition, Conformity, Criticism/Judgment, Defeat, Delusion, Hate, Limitation, Regret, Revenge, War/Aggression/Violence

Speak not too much, for men are deaf to the man of many words; be silent rather, then thou shalt please, therefore speak not. Before all things guard thy speech, for a man's ruin lies in his tongue. The body is a storehouse, full of all manner of answers. Choose therefore the right one and speak well, and let the wrong answer remain imprisoned in the body.
~ Khemetic Saying ~
Temt Tchaas: Egyptian Proverbs, Muata Ashaya Ashby, ed., 1994

Keep your tongue from answering your superior,
And take care not to insult him.
Let him not cast his speech to catch you,
Nor give free rein to your answer.
Converse with a man of your own measure,
And take care not to offend him.
~ Amenemope, c. 11th C. BCE~
The Instruction of Amenemope, Ch. 1, Miriam Lichtheim, tr.

More than anything, watch your mouth.
A word is a bird – once released, it's gone.
First number the secrets of your mouth,
Then unpack your words in solitary bundles.
~ Assyrian Saying, 5th-7th C. BCE ~
"Sayings of Ahiqar," in *Desert Wisdom: Sacred Middle Eastern Writings from the Goddess Through the Sufis*, Neil Douglas-Klotz, tr., 1995

Curb your tongue and senses
And you are beyond trouble.
Let them loose
And you are beyond help.
~ Laozi, 570-490 BCE ~

Be quick to hear, and be deliberate in answering. If you have understanding, answer your neighbor; but if not, put your hand on your mouth.
~ Joshua ben Sira, 2nd C. BCE ~
in *Apocrypha*, Sirach (Ecclesiasticus) 5:11-12, RSV 1957

The tongue of a discreet man is in his heart and the heart of a fool is in his tongue.
~ Mubashshir ibn Fatik, 11th C. ~
in Bernard Lewis, *A Middle East Mosaic*, 2000

Tact comes as much from goodness of heart as from fineness of taste.
~ Endymion ~

Speak only at the proper place and time,
After having given due consideration.
If you utter elegant sayings too often,
Even they lose their value.
~ Saskya Pandita, 1182-1251 ~

When you see others' errors and you want to guide them because you think they are wrong and you feel compassion for them, you should employ tact to avoid angering them, and contrive to appear as if you were talking about something else.
~ Eihei Dogen, 1200-1253 ~
in *The Pocket Zen Reader*, Thomas Cleary, ed., 1999

It is better to be bold than too circumspect, because fortune is of a sex which likes not a tardy wooer and repulses all who are not ardent.
~ Niccolò dei Machiavelli, 1469-1527 ~

Discretion of speech is more than eloquence; and to speak agreeably to him with whom we deal is more than to speak in good words or in good order.
~ Francis Bacon, 1561-1626 ~

Give thy thoughts no tongue, nor any unproportioned thought his act. Be thou familiar but by no means vulgar.
~ William Shakespeare, 1564-1616 ~

Be not too tame neither, but let your own discretion be your tutor. Suit the action to the

word, the word to the action, with this special observance, that you o'erstep not the modesty of nature.
~ Shakespeare ~
Hamlet, III.2

When you deal with a grave person of few words, don't convey your thoughts right away. When you encounter a quarrelsome and boastful person, it is time to keep your mouth shut.
~ Hong Zicheng, fl. 1596 ~
Caigentan: Vegetable Roots Discourse, I.122, Robert Aitken & Daniel W. Y. Kwok, trs., 2006

Let your wit rather serve you for a buckler to defend yourself, by a handsome reply, than the sword to wound others, though with never so facetious approach, remembering that a word cuts deeper than a sharper weapon, and the wound it makes is longer in curing.
~ Francis Osborn, 1593-1659 ~
Advice to a Son; or Directions for Your Better Conduct Through the Various and Most Important Encounters of This Life, 1656

Tact is the knack of making a point without making an enemy.
~ Isaac Newton, 1642-1727 ~

Forbear to mention what thou canst not praise.
~ Matthew Prior, 1664-1721 ~

Remember not only to say the right thing in the right place, but far more difficult still, to leave unsaid the wrong things at the tempting moment.
~ Benjamin Franklin, 1706-1790 ~

A spoonful of honey will catch more flies than a gallon of vinegar.
~ Franklin ~

Without tact you can learn nothing. Tact teaches you when to be silent. Inquirers who are always questioning never learn anything.
~ Benjamin Disraeli, 1804-1881 ~

Don't flatter yourself that friendship authorizes you to say disagreeable things to your intimates. The nearer you come into relation with a person, the more necessary do tact and courtesy become.
~ Oliver Wendell Holmes, 1809-1894 ~

You never know till you try to reach them how accessible men are; but you must approach each man by the right door.
~ Henry Ward Beecher, 1813-1887 ~

Silence is not always tact and it is tact that is golden, not silence.
~ Samuel Butler, 1835-1902 ~

Tact is after all a kind of mind-reading.
~ Sarah Orne Jewett, 1849-1909 ~

Tact is the unsaid part of what you think; it's opposite, the unthought part of which you say.
~ Henry Van Dyke, 1852-1933 ~

One must speak at the right time, otherwise silence is better than speech: a word of sympathy with the grief of another, and a smile at least when another laughs.
~ Hazrat Khan, 1882-1927 ~
The Mysticism of Sound and Music, 1991

If indeed you must be candid, be candid beautifully.
~ Khalil Gibran, 1883-1931 ~

Tact consists in knowing how far we may go too far.
~ Jean Cocteau, 1889-1963 ~
Le coq et l'harlequin

Praise out of season, or tactlessly bestowed, can freeze the heart as much as blame.
~ Pearl S. Buck, 1892-1973 ~

The most difficult thing in the world to do is to know how to do a thing and to watch someone else doing it wrong, without commenting.
~ T. H. White, 1906-1954 ~

In my experience tact is usually worse than the brutalities of truth.
~ Robertson Davies, 1913-1995 ~

Euphemisms are not, as many young people think, useless verbiage for that which can and should be said bluntly; they are like secret agents on a delicate mission, they must airily pass by a stinking mess with barely so much as a nod of the head, make their point of constructive criticism and continue on in calm forbearance. Euphemisms are unpleasant truths wearing diplomatic cologne.
~ Quentin Crisp, 1908-1999 ~

Every mouth has two lips. The high lip gives to praise, the low lip gives to gossip. When we do not guard what we say or to whom we say it, we can never be sure which lip will repeat the words.
~ Iyanla Vanzant, 1953- ~

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TEACHING

Related States & Conditions: Communication, Creativity/Discovery/Innovation, Disclosure/Veracity, Idea/Opinion, Influence/Effect, Meaning, Mind, Thinking/Thought, Transformation

Syntonic: Attention/Awareness, Conviction/Principle, Exploration, Flexibility/Flow/Flux, Focus/Intention, Insight/Instinct/Intuition, Learning, Listening, Openness/Receptivity, Patience, Preparation/Readiness, Questioning/Doubt, Skill/Talent/Resources, Truth, Understanding

Dystonic: Avoidance/Denial/Refusal, Comparison/Competition, Conformity, Criticism/Judgment, Defeat, Delusion, Habit, Hate, Limitation, Regret, Revenge, War/Aggression/Violence

If you plan for a year, plant a seed. If for ten years, plant a tree. If for a hundred years, teach the people. When you sow a seed once, you will reap a single harvest. When you teach the people, you will reap a hundred harvests.
~ Kuan Chung, d. 645 BCE ~
Kuan tzu chi p'ing (Book of Master Kuan), Vol. 1, Ling Juheng, ed., 1970

Give a man a fish and you feed him for a day. Teach a man to fish and you feed him for a lifetime.
~ Chinese Saying ~

The highest truth cannot be put into words. Therefore the greatest teacher has nothing to say. He simply gives himself in service, and never worries.
~ Laozi, 570-490 BCE ~
Hua Hu Ching

I cannot teach anybody anything, I can only make them think.
~ Socrates, 469-399 BCE ~

Let early education be a sort of amusement; you will then be better able to find out the natural bent.
~ Plato, c. 427-347 BCE ~

When you wish to instruct, be brief; that men's minds take in quickly what you say, learn its lesson, and retain it faithfully. Every word that is unnecessary only pours over the side of a brimming mind.
~ Cicero, 106-43 BCE ~

The teaching is very near you, it is in your mouth and in your heart, so that you can do it.
~ *The Bible*, c. 367 CE ~
Deuteronomy 30:14

You cannot teach a man anything; you can only help him to find it within himself.
~ Galileo Galilei, 1564-1642 ~

The whole point of education is to teach by example.
~ Jacques Turgot, 1721-1781 ~

By learning you will teach; by teaching you will learn.
~ Roman Saying ~

To teach is to learn twice.
~ Joseph Joubert, 1754-1824 ~

The true teacher defends his pupils against his own personal influence.
~ Bronson Alcott, 1799-1888 ~

If we succeed in giving the love of learning, the learning itself is sure to follow.
~ John William Lubbock, 1803-1865 ~
The Pleasures of Life, 1887

The best teacher is the one who suggests rather than dogmatizes, and inspires his listener with the wish to teach himself.
~ Edward Bulwer-Lytton, 1803-1873 ~

A teacher is like a candle which lights others in consuming itself.
~ Giovanni Ruffini, 1807-1881 ~

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To be a teacher in the right sense is to be a learner.
~ Søren Kierkegaard, 1813-1855 ~

To know how to suggest is the great art of teaching.
~ Henri-Frédéric Amiel, 1821-1881 ~

To be good is noble, but to teach others to be good is nobler and less trouble.
~ Mark Twain, 1835-1910 ~

A teacher affects eternity; he can never tell when his influence stops.
~ Henry Brooks Adams, 1838-1918 ~

The whole art of teaching is only the art of awakening the natural curiosity of young minds for the purpose of satisfying it afterwards.
~ Anatole France, 1844-1924 ~

Education is an admirable thing, but it is well to remember from time to time that nothing that is worth knowing can be taught.
~ Oscar Wilde, 1856-1900 ~
"The Critic as Artist," *Intentions*, 1891

Who dares to teach must never cease to learn.
~ John Cotton Dana, 1856-1929 ~

We can only teach that which we are.
~ Jean Jaurès, 1859-1914 ~

The only true teacher is he who can immediately come down to the level of the student, and transfer his soul to the student's soul and see through the student's eyes and hear through his ears and understand through his mind.
~ Vivekananda, 1863-1902 ~
The Complete Works of Swami Vivekananda, 1984-1987, 4:183, 1926

The true teacher is the one whose endeavor is to bring the one he teaches to a true knowledge of himself and hence of his own interior powers, that he may become his own interpreter.
~ Ralph Waldo Trine, 1866-1958 ~
In Tune With the Infinite, 1897

The essence of education is not to transfer knowledge; it is to guide the learning process, to put responsibility for study into the students' own hands. It is not the piecemeal merchandising of information; it is the bestowal of keys that allow people to unlock the vault of knowledge on their own. It does not consist of pilfering the property amassed by others through no effort of one's own; it would rather place people on their own path of discovery and invention.
~ Tsunesaburo Makiguchi, 1871-1944 ~
in *Open Your Mind, Open Your Life: A Book of Eastern Wisdom*, Taro Gold, ed., 2002

It is the supreme art of the teacher to awaken joy in creative expression and knowledge.
~ Albert Einstein, 1879-1955 ~

No man can reveal to you aught but that which already lies half asleep in the dawning of your knowledge ... If he is indeed wise he does not bid you enter the house of his wisdom, but rather leads you to the threshold of your own mind.
~ Khalil Gibran, 1883-1931 ~
The Prophet, 1923

But life is a great school. It thrashes and bangs and teaches you.
~ Nikita Khrushchev, 1894-1971 ~
in *The New York Times*, 1971 August 12

The art of teaching is the art of assisting discovery.
~ Mark Van Doren, 1894-1972 ~

The more a teacher unsettles a man's smug, complacent notions and self-satisfactions, the greater usually is his influence.
~ Lin Yutang, 1895-1976 ~
From Pagan to Christian, 1959

There are many teachers who could ruin you. Before you know it you could be a pale copy of this teacher or that teacher. You have to evolve on your own.
~ Berenice Abbott, 1898-1991 ~

When you learn something, you should be able to teach it to people. You should put the same effort into teaching as into learning. And if you want to teach, you should be humble enough to learn something. Then you can teach. If you try to teach just because you know something, you cannot teach anything. When you are ready to be taught by someone, then, if necessary, you can teach people in the true sense of the word. So. To learn is to teach and to teach is to learn.
~ Shunryu Suzuki, 1905-1971 ~
Branching Streams Flow in the Darkness: Zen Talks on the Sandokai, Mel Weitsman & Michael Wenger, eds., 1999

Teaching is the royal road to learning.
~ Jessamyn West, 1907- ~

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A good teacher feels his way, looking for response.
~ Paul Goodman, 1911-1972 ~
Growing Up Absurd, 1960

The purpose of education is to replace an empty mind with an open one.
~ Malcolm S. Forbes, 1919-1990 ~

The mediocre teacher tells. The good teacher explains. The superior teacher demonstrates. The great teacher inspires.
~ William Arthur Ward, 1921- ~

A teacher is one who makes himself progressively unnecessary.
~ Thomas Carruthers, Jr., 1928- ~

Every teacher knows how difficult it is to pass knowledge, as distinct from information, to students; hence, we give objective tests to determine how much information, rather than knowledge they have acquired. As for imparting wisdom, it ... has to do with personal chemistry and slow osmosis.
~ Tuan Yi-Fu, 1930- ~
Who Am I? An Autobiography of Emotion, Mind, and Spirit, 1999

There are times to teach and times not to teach. When relationships are strained and the air charged with emotion, an attempt to teach is often perceived as a form of judgment and rejection.
~ Stephen Covey, 1932- ~
The 7 Habits of Highly Effective People, 1989

Much of the art of being a good teacher or healer consists in staying just one step ahead of your patients or pupils. If you are not ahead, it is unlikely that you will be able to lead them anywhere. But if you are two steps ahead, it is likely that you will lose them.
~ M. Scott Peck, 1936-2005 ~
The Different Drum: Community Making and Peace, 1987

If there is no teacher around to give you direct personal guidance on how to stop causing harm, never fear! Life itself will provide the opportunities for learning how to hold your seat ... There is a saying that the teacher is always with us. The teacher is always showing us precisely where we are at and encouraging us to relax and open our hearts and minds, encouraging us to not speak and act in the same old stuck ways, encouraging us also not to repress or dissociate.
~ Pema Chödrön, 1936- ~
Start Where You Are, 1994

Good teaching is one-fourth preparation and three-fourths theater.
~ Gail Godwin, 1937- ~

Teaching is an instinctual art, mindful of potential, craving of realizations, a pausing seamless process.
~ Bartlett Giamatti, 1938-1989 ~

The transforming teacher senses readiness to change, helps the "follower" or student respond to more complex needs, transcending the old levels again and yet again. The true teacher is also learning and is transformed by the relationship ... The open teacher, like a good therapist, establishes rapport and resonance, sensing unspoken needs, conflicts, hopes, and fears. Respecting the learner's autonomy, the teacher spends more time helping to articulate urgent *questions* than demanding right answers.
~ Marilyn Ferguson, 1938- ~
The Aquarian Conspiracy, 1980

Now as we shift from a world of conflicting nation-states into a biospheric and globally noetic polity, we need to have a new articulation of philosophy that goes beyond the old marching divisions of fearful thinking that splits consciousness into objective and subjective, technological and mystical, academic and unprofessional. A reimagination of education is called for, one that is not captured by a narrow academic discipline but is expressive of our new planetary culture in which our consciousness matters simply because consciousness is the material condition of the universe in which humanity is seeking adult membership.
~ William Irwin Thompson, 1938- ~
"Cultural History and the Ethos of the Ross School"

What is the duty of the teacher if not to inspire?
~ Bharati Mukherjee, 1940- ~

The ultimate teaching power is teaching all the time. Everywhere in society, in the mundane activities of keeping our homes, we can participate in the great teaching, and not set up a situation where we think it would be ideal if we could be in a monastery or some sort of retreat, where we could focus entirely. That would be dualistic. What we call the relative and the ultimate are never separated, so that in the midst of the struggle of our relativity we have full access to the ultimate joy.
~ Lex Hixon, 1942-1995 ~
Interview, 1995 August 8

THINKING / THOUGHT

Related States & Conditions: Attention/Awareness, Cause, Expression, Idea/Opinion, Insight/Instinct/Intuition, Introspection/Self-Knowledge, Logos, Meaning, Mind, Power, Presence, Questioning/Doubt, Reality, Self, Truth, Wisdom

Syntonic: Autonomy/Control, Exploration, Flexibility/Flow/Flux, Focus/Intention, Learning, Listening, Openness/Receptivity, Responsibility, Silence/Stillness, Solitude, Understanding

Dystonic: Anger, Avoidance/Denial/Refusal, Conformity, Criticism/Judgment, Delusion, Dependence, Distraction/Diversion, Fear, Greed, Habit, Hate, Laziness, Limitation, Regret, Worry

The Universe is mental – held in the Mind of The All.
~ Hermes Trismegistus ~
in *The Kybalion: A Study of the Hermetic Philosophy of Ancient Egypt and Greece*, 1908

Let a man strive to purify his thoughts. What a man thinketh, that is he; this is the eternal mystery. Dwelling within himself with thoughts serene, he will obtain imperishable happiness. Man becomes that of which he thinks.
~ *Upanishads*, c. 1400-c. 800 BCE ~

A man is as miserable as he thinks he is.
~ Seneca, c. 4 BCE-65 CE ~

Let a prince be guarded with soldiers, attended by counselors, and protected by a fort, yet if his thoughts disturb him, he is miserable.
~ Plutarch, c. 46-c. 120 ~

Such as are your habitual thoughts, such also will be the character of your mind; for the soul becomes dyed with the color of its thoughts.
~ Marcus Aurelius, 121-180 ~
Meditations, 170-180

When thoughts arise, then do all things arise. When thoughts vanish, then do all things vanish.
~ Huangbo Xiyun, 800-850 ~

The arousal of thoughts is a sickness; not continuing them is medicine.
~ Zen Saying ~

Every day and every moment a thought comes like an honored guest into your heart.
My soul, regard each thought as a person, for every person's true value is in the quality of thought they hold.
~ Jalaluddin Rumi, 1207-1273 ~
"The Guest House," Mathnawi V, 3676-77
The Pocket Rumi Reader, Kabir Helminski, ed., 2001

Cogito, ergo sum.
I think, therefore I am.
~ René Descartes, 1596-1650 ~
Discours de la Méthode, 1637

Thought makes the whole dignity of man; therefore endeavor to think well, that is the only morality.
~ Blaise Pascal, 1623-1662 ~
Pensées, 1669-1670

All truly wise thoughts have been thought already thousands of times; but to make them truly ours, we must think them over again honestly, till they take root in our personal experience.
~ Johann von Goethe, 1749-1832 ~

You may derive thoughts from others; your way of thinking, the mould in which your thoughts are cast, must be your own.
~ Charles Lamb, 1775-1834 ~

All that a man does outwardly is but the expression of and completion of his inward thought. To work effectively, he must think clearly; to act nobly, he must think nobly.
~ William Ellery Channing, 1789-1842 ~

He gave man speech, and speech created thought,
Which is the measure of the universe.
~ Percy Bysshe Shelley, 1792-1822 ~
Prometheus Unbound, 1820

A man is what he thinks about all day long … Great men are they who see that the spiritual is stronger than any other material force, that thoughts rule the world … Nothing is so solid as a thought.
~ Ralph Waldo Emerson, 1803-1882 ~

A Human Thought is an actual EXISTENCE, and a Force, and Power, capable of acting upon and controlling matter as well as mind.
~ Albert Pike, 1809-1891 ~

Time is of no account with great thoughts. They are as fresh today as when they first passed through their authors' minds, ages ago.
~ Samuel Smiles, 1812-1904 ~

I know of no more encouraging fact than the unquestionable ability of man to elevate his life by conscious endeavour.
~ Henry David Thoreau, 1817-1862 ~
"Where I Lived and What I Lived For," *Walden*, 1854

Make yourselves nests of pleasant thoughts. None of us yet know, for none of us have been taught in early youth, what fairy palaces we may build of beautiful thought – proof against all adversity.
~ John Ruskin, 1819-1900 ~

Thought is existence. More than that, so far as we are concerned, existence is thought, all our conceptions of existence being some kind or other of thought.
~ Thomas Huxley, 1825-1895 ~
Collected Essays, Vol. 1, 1896

What, oh what, oh what is thought? It is the only thing – and yet nothing.
~ John Addington Symonds, 1840-1893 ~
Letters and Papers of John Addington Symonds, 1923

All things are thought; all life is thought activity. The multitudes of beings are but phases of the one great thought made manifest.
~ Levi H. Dowling, 1844-1911 ~
The Aquarian Gospel of Jesus, The Christ, 1920

One thing above all gives charm to men's thoughts, and this is unrest. A mind that is not uneasy irritates and bores me.
~ Anatole France, 1844-1924 ~
in *The Journals of André Gide, Vol. I*, Justin O'Brien, tr., 1947

Not out of right practice comes right thinking, but out of right thinking comes right practice. It matters enormously what you think. If you think falsely, you will act mistakenly; if you think basely, your conduct will suit your thinking.
~ Annie Besant, 1847-1933 ~

It is well for people who think to change their minds occasionally in order to keep them clean. For those who do not think, it is best at least to rearrange their prejudices once in a while.
~ Luther Burbank, 1849-1926 ~

Our destiny changes with our thoughts; we shall become what we wish to become, do what we wish to do, when our habitual thoughts correspond with our desires.
~ Orison S. Marden, 1850-1924 ~

No amount of energy will take the place of thought. A strenuous life with its eyes shut is a kind of wild insanity.
~ Henry Van Dyke, 1852-1933 ~
in *The Author's Kalendar*, 1914, Anna C. Woodford, ed.

Our inward thoughts, do they ever show outwardly? There may be a great fire in our soul, and no one ever comes to warm himself at it; the passersby see only a little bit of smoke coming through the chimney, and pass on their way.
~ Vincent van Gogh, 1853-1890 ~
Dear Theo: An Autobiography of Vincent van Gogh, 1937

Think like a man of action; act like a man of thought.
~ Henri Bergson, 1859-1941 ~

You just think lovely, wonderful thoughts and they lift you up in the air.
~ J. M. Barrie, 1860-1937 ~
Peter Pan

Our best friends and worst enemies are our thoughts. A thought can do us more good than a doctor or a banker or a faithful friend. It can also do us more harm than a brick.
~ Frank Crane, 1861-1928 ~

The thoughts you think will irradiate you as though you are a transparent vase.
~ Maurice Maeterlinck, 1862-1949 ~

Nothing befalls us that is not of the nature of ourselves. There comes no adventure but wears to our soul the shape of our everyday thoughts.
~ Maeterlinck ~

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Few understand the power of thought. If a man goes into a cave, shuts himself in, and thinks one really great thought and dies, that thought will penetrate the walls of that cave, vibrate through space and at last permeate the whole human race.
~ Vivekananda, 1863-1902 ~
The Complete Works of Swami Vivekananda, 1984-1987, 4:177, 1926

In this universe where nothing is lost, where we live in the midst of death *in life*, every thought that is thought, in public or in private, in crowded thoroughfares or in the deep recesses of primeval forests, lives. They are continuously trying to become self-embodied, and until they have embodied themselves, they will struggle for expression, and any amount of repression cannot kill them.
~ Ibid., 6:354

Whatever you dream and think of, you create. If it is hell, you die and see hell. If it is evil and Satan, you get Satan. If ghosts, you get ghosts. Whatever you think, that you become. If you have to think, think good thoughts, great thoughts. This taking for granted that you are weak little worms! By declaring we are weak, we become weak, we do not become better.
~ Ibid., 8:130

Whether you think you can or think you can't – you are right … Thinking is the hardest work there is, which is probably the reason so few engage in it.
~ Henry Ford, 1863-1947 ~

Thoughts are things … *thoughts are forces, the most vital and powerful in the universe* … they have form and substance and power, the quality of the power determined as it is by the quality of the life in whose organism the thoughts are engendered; and so, when a thought is given birth to, it does not end there, but takes form, and as a force it goes out and has its effect upon other minds and lives, the effect being determined by its intensity and the quality of the prevailing emotions, and also by the emotions dominating the person at the time the thoughts are engendered and given form.
~ Ralph Waldo Trine, 1866-1958 ~
What All the World's A-Seeking, 1896

Every good thought you think is contributing its share to the ultimate result of your life.
~ Grenville Kleiser, 1868-1953 ~

Always aim at complete harmony of thought and word and deed. Always aim at purifying your thoughts and everything will be well. There is nothing more potent than thought. Deed follows word and word follows thought. The word is the result of a mighty thought, and where the thought is mighty and pure the result is always mighty and pure.
~ Mahatma Gandhi, 1869-1948 ~

Men fear thought as they fear nothing else on earth – more than ruin, more even than death. Thought is subversive and revolutionary, destructive and terrible. Thought is merciless to privilege, established institutions, and comfortable habit. Thought is great and swift and free.
~ Bertrand Russell, 1872-1970 ~
"Education," *Selected Papers of Bertrand Russell*, 1927

Most people would rather die than think: many do.
~ Russell ~

For mind is the builder and that which we think upon may become crimes or miracles. For thoughts are things and as their currents run through (our) experience these become barriers or stepping-stones, dependent on the manner in which these are laid.
~ Edgar Cayce, 1877-1945 ~
Reading No. 906-3

What you think means more than anything else in your life.
~ George Matthew Adams, 1878-1962 ~

Thought are our enemy. When we are free of thoughts, we are naturally blissful. The gap between thoughts is our true state, it is the real Self. Get rid of thoughts, be empty of them, be in a perpetual state of thoughtlessness.
~ Ramana Maharshi, 1879-1950 ~

He that will not reason is a bigot. He that cannot reason is a fool. He that dares not reason is a slave.
~ Branch Rickey, 1881-1965 ~

Thinking is the desire to gain reality by means of ideas.
~ José Ortega y Gasset, 1883-1955 ~
The Dehumanization of Art, 1925

Man is a thought-adventurer. But by thought we mean, of course, discovery. We don't mean this telling himself stale facts and drawing false

conclusions, which usually passes as thought. Thought is an adventure, not a trick.
~ D. H. Lawrence, 1885-1930 ~
Selected Essays, 1950

Life is a mirror and will reflect back to the thinker what he thinks into it.
~ Ernest Holmes, 1887-1960 ~

Thought is neither good or bad, but like any other force, the use of it determines its character.
~ Holmes ~

Remember happiness doesn't depend upon who you are or what you have; it depends solely upon what you think.
~ Dale Carnegie, 1888-1955 ~

His road of thought is what makes every man what he is.
~ Zora Neale Hurston, 1891-1960 ~

When we ask the ultimate questions, whether about the direction of our own lives, or about the meaning of existence, the outcome of thinking is not an answer but a transformed way of thinking, not propositions to assent to but heightened power of apprehension.
~ Helen Merrell Lynd, 1896-1982 ~
On Shame and the Search for Identity, 1958

Being and thought are one.
~ Jean Dubuffet, 1901-1985 ~
in *The New York Times*

Do not try to stop your thinking ... when you try to stop your thinking, it means you are bothered by it. Do not be bothered by anything.
~ Shunryu Suzuki, 1905-1971 ~
Zen Mind, Beginner's Mind, 1970

My thought is me: that is why I cannot stop. I exist by what I think ... and I can't prevent myself from thinking.
~ Jean-Paul Sartre, 1905-1980 ~
Nausea, 1938

Nothing erases unpleasant thoughts more effectively than concentration on pleasant ones.
~ Hans Selye, 1907-1982 ~

Human thought, like God, makes the world in its own image.
~ Adam Clayton Powell, Jr., 1908-1972 ~
Keep the Faith, Baby!, 1967

There is a certain criterion by which you can judge whether the thoughts you are thinking and the things you are doing are right for you. The criterion is: Have they brought you inner peace? If they have not, there is something wrong with them.
~ Peace Pilgrim, 1908-1981 ~
Peace Pilgrim: Her Life and Work in Her Own Words, 1982

If you realized how powerful your thoughts are, you would never think a negative thought. They can have a powerful influence for good when they're on the positive side, and they can and do make you physically ill when they're on the negative side.
~ Ibid.

Thoughts, like fleas, jump from man to man. But they don't bite everybody.
~ Stanislaw Lec, 1909-1996 ~

There are no idle thoughts. All thinking produces form at some level.
~ Helen Schucman, 1910-1981 ~
A Course in Miracles, 1975

Every thought you have contributes to truth or illusion; either it extends the truth or multiplies illusions.
~ Ibid.

It isn't what people think that is important, but the reason they think what they think.
~ Eugène Ionesco, 1912-1994 ~

Real, constructive mental power lies in the creative thought that shapes your destiny, and your hour-by-hour mental conduct produces power for change in your life. Develop a train of thought on which to ride. The nobility of your life as well as your happiness depends upon the direction in which that train of thought is going.
~ Laurence J. Peter, 1919-1990 ~

Philosophy! Empty thinking by ignorant conceited men who think they can digest without eating!
~ Iris Murdoch, 1919-1999 ~

Clear thinking requires courage rather than intelligence.
~ Thomas Szasz, 1920- ~

All modern thought is penetrated by the law of thinking of the unthought of.
~ Michel Foucault, 1926-1984 ~
Les mots et les choses, 1966

Rarely do we find men who willingly engage in hard, solid thinking. There is an almost universal quest for easy answers and half-baked solutions. Nothing pains some people more than having to think.
~ Martin Luther King, Jr., 1929-1968 ~

Brain, mind, and body are a continuum. Our thoughts – intention, fear, images, suggestion, expectation – alter the brain's chemistry. And it works both way; thoughts can be altered by changing the brain's chemistry with drugs, nutrients, oxygen.
~ Marilyn Ferguson, 1938- ~
The Aquarian Conspiracy, 1980

The yogi in whom the turnings of thought have ceased recognizes that thought, thus purified, is really colorless. But like a flawless crystal, it reflects, without distortion, the color of any object presented to it.
~ Barbara Stoller Miller, 1940-1993 ~

Thoughts have power; thoughts are energy. And you can make your world or break it by your own thinking.
~ Susan L. Taylor, 1946- ~
in Maya Angelou, *And Still I Rise*, 1978

To think is to form patterns inside ourselves that are just as complex, fleeting, and rich in their diversity as is reality itself. Thinking is no less than our mirror of the world ... Science declares that we are physical machines that have somehow learned to think. Now it dawns that we are thoughts that have learned to create a physical machine.
~ Deepak Chopra, 1947- ~
Journey Into Healing: Awakening the Wisdom Within You, 1994

Impulses of energy and information that we experience as thoughts ... are the raw material of the universe. The only difference between thoughts inside my head and those outside my head is that I experience thoughts inside my head in linguistically structured terms. But before a thought becomes verbal and is experienced as language, it is just an intention. It is, once again, an impulse of energy and information. In other words, at a preverbal level, all of nature speaks the same language. We are all thinking bodies in a thinking universe. And just as thought projects itself as the molecules of our body, so too the same impulses of energy and information project themselves as space-time events in our environment.
~ Chopra ~
Creating Affluence, 1993

Thinking and consciousness are not synonymous. Thinking is only a small aspect of consciousness. Thought cannot exist without consciousness, but consciousness does not need thought. Enlightenment means rising above thought ... In the enlightened state, you still use your thinking mind when needed, but in a more focused and effective way than before. You use it mostly for practical purposes, but you are free of the involuntary internal dialogue, and there is inner stillness.
~ Eckhard Tolle, 1948- ~
The Power of Now: A Guide to Spiritual Enlightenment, 1999

Thoughts are like data programmed into a computer, registered on the screen of your life. If you don't like what you see on the screen, there's no point going up to the screen and trying to erase it. Thought is Cause; experience is Effect. If you don't like the effects in your life, you have to change the nature of your thinking.
~ Marianne Williamson, 1952- ~
A Return to Love, 1992

Thoughts are things; they have tremendous power. Thoughts of doubt and fear are pathways to failure. When you conquer negative attitudes of doubt and fear you conquer failure. Thoughts crystallize into habit and habit solidifies into circumstances.
~ Brian Adams ~
How to Succeed, 1985

Thoughts are the seeds of our intentions, so they are the original source of every action we perform. Even if an action doesn't follow the thought right away, the thought will hang around until it can reveal itself in some way. Thoughts find themselves with a voice and become speech. In turn, speech eventually gives fuel to action.
~ Angel Kyodo Williams ~
Being Black: Zen and the Art of Living with Fearlessness and Grace, 2000

TIME

Related States & Conditions: Age/Ageing, Attention/Awareness, Change, Death/Dying, Dispatch, Impermanence, Life/Living, Meaning, Memory, Mind, Power, Presence, Reality, Self, Today

Syntonic: Autonomy/Control, Exploration, Flexibility/Flow/Flux, Focus/Intention, Meditation, Openness/Receptivity, Silence/Stillness, Solitude, Spontaneity

Dystonic: Anger, Avoidance/Denial/Refusal, Delusion, Distraction/Diversion, Fear, Habit, Haste/Impatience, Limitation, Regret, Worry

There is a bridge between time and eternity; and this bridge is Atman, the Spirit of man.
~ *Chandogya Upanishad*, c. 1400-c. 800 BCE ~

Let a man fix his mind on the reality and, having done this, he will transcend time.
~ *Mahabharata*~

Nothing is ours except time.
~ Seneca, c. 4 BCE-65 CE ~
Epistles

The one who forces time is forced back by time, but the one who yields to time finds time standing at one's side.
~ *Babylonian Talmud*, 2nd-5th C. CE ~
Eruvin 13b

Time stays long enough for anyone who will use it.
~ Leonardo da Vinci, 1452-1519 ~

Time is what we want most, but what alas! we use worst.
~ William Penn, 1644-1718 ~

Those who make the worst use of their time are the first to complain of its shortness.
~ Jean de La Bruyère, 1645-1696 ~

Know the true value of time; snatch, seize, and enjoy every moment of it. No idleness, no laziness, no procrastination: never put off for tomorrow what you can do today.
~ Lord Chesterfield, 1694-1773 ~

There is time enough for everything in the course of the day if you do but one thing at once; but there is not time enough in the year if you will do two things at a time.
~ Chesterfield ~

Dost thou love life? Then do not squander time, for that's the stuff life is made of.
~ Benjamin Franklin, 1706-1790 ~
The Way to Wealth, 1758

We have time enough if we will use it aright.
~ Johann von Goethe, 1749-1832 ~

It is better to do the most trifling thing in the world than to regard half an hour as a trifle.
~ Goethe ~

Much may be done in those little shreds and patches of time which every day produces, and which most men throw away.
~ Charles Caleb Colton, 1780-1832 ~

Ordinary people merely think how they shall *spend* their time; a man of talent tries to *use* it.
~ Arthur Schopenhauer, 1788-1860 ~

An earnest purpose finds time, or makes it. It seizes upon spare moments, and turns fragments to golden account.
~ William Ellery Channing, 1789-1842 ~

He who every morning plans the transactions of the day and follows out that plan carries a thread that will guide him through the labyrinth of the most busy life … If the disposal of time is surrendered merely to the chance of incident, chaos will soon reign.
~ Victor Hugo, 1802-1885 ~

Guard well your spare moments. They are like uncut diamonds. Discard them and their value will never be known. Improve them and they will become the brightest gems in a useful life.
~ Ralph Waldo Emerson, 1803-1882 ~

Have a time and place for everything, and do everything in its time and place, and you will not only accomplish more, but have far more leisure than those who are always hurrying.
~ Tryon Edwards, 1809-1894 ~

Read not the times, read the Eternities.
~ Henry David Thoreau, 1817-1862 ~

Time, whose tooth gnaws away at everything else, is powerless against the truth.
~ Thomas Huxley, 1825-1895 ~
Collected Essays, Vol. 1, 1896

Time is an invisible web on which everything may be embroidered.
~ Joaquim Machado de Assis, 1839-1908 ~
Esau and Jacob, Dain Borges, ed., Elizabeth Lowe, tr., 1965

We kill time; time buries us.
~ Machado de Assis ~
Epitaph for a Small Winner, 1952

What we love to do we find time to do.
~ John Lancaster Spalding, 1840-1916 ~

Time is too slow for those who wait,
Too swift for those who fear,
Too long for those who grieve,
Too short for those who rejoice,
But for those who love, time is eternity.
~ Henry Van Dyke, 1852-1933 ~

Do not be afraid of the past. If people tell you that it is irrevocable, do not believe them. The past, the present and the future are but one moment … Time and space, succession and extension, are merely accidental conditions of thought.
~ Oscar Wilde, 1856-1900 ~
De Profundis, 1905

The butterfly counts not months but moments, and has time enough.
~ Rabindranath Tagore, 1861-1941 ~
Stray Birds, 1924

The present is only a line of demarcation between the past and the future; so we cannot rationally say that we care only for the present, as it has no existence apart from the past and the future. It is all one complete whole, the idea of time being merely a condition imposed upon us by the form of our understanding.
~ Vivekananda, 1863-1902 ~
The Complete Works of Swami Vivekananda, 1984-1987, 8:9, 1926

If one cannot arrange that an income of twenty-four hours a day shall exactly cover all proper items of expenditure, one does muddle one's whole life indefinitely. We shall never have more time. We have, and we have always had, all the time there is.
~ Arnold Bennett, 1867-1931 ~

A sense of the value of time … is an essential preliminary to efficient work; it is the only method of avoiding hurry.
~ Bennett ~

One can always trust to time. Insert a wedge of time, and nearly everything straightens itself out.
~ Norman Douglas, 1868-1952 ~
An Almanac, 1945

The time we have at our disposal every day is elastic; the passions that we feel expand it, those that we inspire contract it; and habit fills up the rest.
~ Marcel Proust, 1871-1922 ~

To realize the unimportance of time is the gate of wisdom.
~ Bertrand Russell, 1872-1970 ~
Mysticism and Logic and Other Essays, 1918

Time, because it is so fleeting, time, because it is beyond recall, is the most precious of human goods and to squander it is the most delicate form of dissipation in which man can indulge.
~ W. Somerset Maugham, 1874-1965 ~
"The Bum," *Cosmopolitans: Very Short Stories*, 1936

Time has no divisions to mark its passage, there is never a thunderstorm or blaze of trumpets to announce the beginning of a new month or year. Even when a new century begins it is only we mortals who ring bells and fire off pistols.
~ Thomas Mann, 1875-1955 ~
The Magic Mountain, 1927

Time cools. Time clarifies. No mood can be maintained quite unaltered through the course of hours.
~ Mann ~

Time is the coin of your life. It is the only coin you have, and only you can determine how it will be spent. Be careful lest you let other people spend it for you.
~ Carl Sandburg, 1878-1967 ~

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You would measure time the measureless and the immeasurable.
You would adjust your conduct and even direct the course of your spirit according to hours and seasons.
Of time you would make a stream upon whose bank you would sit and watch its flowing.
Yet the timeless in you is aware of life's timelessness,
And knows that yesterday is but today's memory and tomorrow is today's dream.
~ Khalil Gibran, 1883-1931 ~
The Prophet, 1923

Natives dislike speed, as we dislike noise, it is to them, at the best, hard to bear. They are also on friendly terms with time, and the plan of beguiling or killing it does not come into their heads. In fact the more time you can give them, the happier they are, and if you commission a Kikuyu to hold your horse while you make a visit, you can see by his face that he hopes you will be a long, long time about it. He does not try to pass the time then, but sits down and lives.
~ Isak Dinesen, 1885-1962 ~
Out of Africa, 1937

Time past and time future
What might have been and what has been
Point to one end, which is always pesent.
~ T. S. Eliot, 1885-1965 ~
"Burnt Norton," *Four Quarters*, 1943

Mere longevity is a good thing for those who watch life from the sidelines. For those who play the game, an hour may be a year, a single day's work, an achievement for eternity.
~ Gabriel Heatter, 1890-1972 ~

It is the mind, it is thought that creates time. Thought is time, and whatever thought projects must be of time; therefore, thought cannot possibly go beyond itself. To discover what is beyond time, thought must come to an end … Thought ends only when we understand the whole process of thinking, and to understand thinking there must be self-knowledge.
~ Jiddu Krishnamurti, 1895-1986 ~
On God, 1992

One who is afraid of time becomes a prey of time. But time itself becomes a prey of that one who is not afraid of it.
~ Nisargadatta, 1897-1981 ~

I must govern the clock, not be governed by it.
~ Golda Meir, 1898-1978 ~
in Oriana Fallaci, *L'Europeo*

We spend, I am very certain, the half of our time among people that we do not particularly like and on things that do not particularly amuse us, and consequently have no time for the people and things that do really matter to us.
~ Alec Waugh, 1898-1981 ~
On Doing What One Likes, 1926

Time is the substance from which I am made. Time is a river which carries me along, but I am the river; it is a tiger that devours me, but I am the tiger; it is a fire that consumes me, but I am the fire.
~ Jorge Luis Borges, 1899-1986 ~
"A New Refutation of Time," *Labyrinths*, 1962

Modern man thinks he loses something, time, when he does not do things quickly. Yet he does not know what to do with the time he gains; except kill it.
~ Erich Fromm, 1900-1980 ~

We all run on two clocks. One is the outside clock, which ticks away our decades and brings us ceaselessly to the dry season. The other is the inside clock, where you are your own timekeeper and determine your own chronology, your own internal weather and your own rate of living.
~ Max Lerner, 1902-1992 ~

Time is lost when we have not lived a full human life, time unenriched by experience, creative endeavour, enjoyment, and suffering.
~ Dietrich Bonhoeffer, 1906-1945 ~

The more a person is able to direct his life consciously, the more he can use time for constructive benefits.
~ Rollo May, 1909-1994 ~
Man's Search for Himself, 1953

Time is not a line, but a series of now points.
~ Taisen Deshimaru, 1914-1982 ~

It is nonsense to say there is not enough time to be fully informed … Time given to thought is the greatest time-saver of all.
~ Norman Cousins, 1915-1990 ~

Time is change; we measure its passing by how much things alter.
~ Nadine Gordimer, 1923- ~

There is no past, present or future. Using tenses to divide time is like making chalk marks on water.
~ Janet Frame, 1924- ~
Faces in the Water, 1961

When you touch one moment with deep awareness, you touch all moments. If you live one moment deeply, that moment contains all the past and all the future in it. "The one contains the all." Touching the present moment does not mean getting rid of the past or the future. As you touch the present moment, you realize that the present is made of the past and is creating the future. Touching the present, you touch the past and the future at the same time. You touch globally the infinity of time, the ultimate dimension of reality. When you drink a cup of tea very deeply, you touch the present moment and you touch the whole of time.
~ Thich Nhat Hanh, 1926- ~
Touching Peace: Practicing the Art of Mindful Living, 1992

The pleasure of sport was so often the chance to indulge in the cessation of time itself – the pitcher dawdling on the mound, the skier poised at the top of a mountain trail, the basketball player with the rough skin of the ball against his palm preparing for a foul shot, the tennis player at set point over his opponent – all of them savouring a moment before committing themselves to action.
~ George Plimpton, 1927- ~
Paper Lion, 1966

We must use time creatively, and forever realize that the time is always ripe to do right.
~ Martin Luther King, Jr., 1929-1968 ~
Letter from a Birmingham Jail, 1963 January 16

This year I want to stick a net into time and say "now," as men plant flags on the ice and snow and say "here."
~ Annie Dillard, 1945- ~
Pilgrim at Tinker Creek, 1974

The passage of time, though absolute and inescapable, is more a function of psychology and perspective than a physical reality.
~ Toby Johnson, 1945- ~
Gay Spirituality: The Role of Gay Identity in the Transformation of Human Consciousness, 2000

Notions such as "the past," "the present" and "the future" seem to be more linguistic than physical … there is no universal now, but only a personal one – a "here and now." This strongly suggests that we look to the mind, rather than the physical world, as the origin of the division of time into past, present, and future … No physical experiment has ever been performed to detect the passage of time. As soon as the objective world of reality is considered, the passage of time disappears like a ghost into the night.
~ Paul Davies, 1946- ~
Space and Time in the Modern Universe, 1977

When you say you don't have the time, you are talking about priorities. For all of us, death is around the corner, we are all on death row and the only uncertainty is the method of execution and the length of reprieve. Don't ever say you don't have time for important things like love and nurturing and affection and tenderness and relationship and God because before you know it, this present life will be over.
~ Deepak Chopra, 1947- ~

Time isn't precious at all, because it is an illusion. What you perceive as precious is not time but the one point that is out of time: the Now. That is precious indeed. The more you are focused on time – past and future – the more you miss the Now, the most precious thing there is.
~ Eckhard Tolle, 1948- ~
The Power of Now: A Guide to Spiritual Enlightenment, 1999

Time is relentless. It is the one resource that you cannot regenerate. The life you have now, the one you are living, is the only one that you have been awarded, at least in this world. And every moment in which you fail to take purposeful action is another moment wasted.
~ Phillip McGraw, 1950- ~
Life Strategies: Doing What Works, Doing What Matters, 1999

They call Time an old man. But Time don't age, ain't old. Every day is new. Don't nothin' age but us and what we make … Time takes care of everything … and it will take care of you.
~ J. California Cooper, 1966- ~

Time is amazingly fair and forgiving. No matter how much time you've wasted in the past, you still have an entire tomorrow. Success depends upon using it wisely – by planning and setting priorities.
~ Denis Waitley ~

TODAY

Related States & Conditions: Attention/Awareness, Centering, Dance/Movement, Experience, Lila/Leisure, Life/Living, Meaning, Mind, Music, Power, Practice, Presence, Reality, Self, Time

Syntonic: Autonomy/Control, Celebration, Exploration, Expression, Flexibility/Flow/Flux, Focus/Intention, Meditation, Openness/Receptivity, Responsibility, Sensibility/Sensuality, Silence/Stillness, Solitude, Spontaneity

Dystonic: Anger, Avoidance/Denial/Refusal, Deferment/Delay, Delusion, Distraction/Diversion, Fear, Habit, Haste/Impatience, Limitation, Regret, Worry

Live today, forget the cares of the past.
~ Epicurus, 341-270 BCE ~

Drop the question what tomorrow may bring, and count as profit every day that fate allows you.
~ Horace, 65-8 BCE ~

Seize the day, and put the least possible trust in tomorrow.
~ Horace ~
Odes

Let others praise ancient times. I am glad that I was born in these.
~ Ovid, c. 43 BCE–17 CE ~
Ars amatoria

Today means boundless and inexhaustible eternity. Months and years and all periods of time are concepts of men, who gauge everything by number, but the true name of eternity is Today.
~ Philo of Alexandria, c. 20 BCE-50 CE ~

Some there are that torment themselves afresh with the memory of what is past; others, again, afflict themselves with the apprehension of evils to come; and very ridiculously both – for the one does not now concern us, and the other not yet. Begin at once to live, and count each separate day as a separate life.
~ Seneca, c. 4 BCE-65 CE ~

Each day provides its own gifts.
~ Martial, c. 40-c. 104 ~
Epigrams

Tomorrow's life is too late. Live today.
~ Martial

Every day that wastes away leaves one less day to live.
~ Marcus Aurelius, 121-180 ~
The Spiritual Teachings of Marcus Aurelius, Mark Forstater, tr., 2000

Look to this day!
For it is life, the very life of life.
For yesterday is but a dream
And tomorrow is only a vision
But today well lived makes every yesterday a dream of happiness
And tomorrow a vision of hope.
Look well, therefore, to this day.
~ Kalidasa, fl. 400-455 ~

Yesterday is ashes; tomorrow wood.
Only today does the fire burn brightly.
~ Eskimo Saying ~

If useless thoughts do not
Cloud your mind,
Each day is the best of your life.
~ Wumen Huikai, 1183-1260 ~

Men must pursue things which are just in the present, and leave the future to the divine Providence.
~ Francis Bacon, 1561-1626 ~

Tomorrow, do thy worst, for I have lived today.
~ John Dryden, 1631-1700 ~
Sylvae, 1685

Be wise today; 'tis madness to defer.
~ Edward Young, 1683-1765 ~

Day's short as ever, time's long as it's been.
~ Geechee (African-American) Saying ~

Take care of the minutes, for the hours will take care of themselves.
~ Lord Chesterfield, 1694-1773 ~
Letter to his son, 1747

Nothing is worth more than this day.
~ Johann von Goethe, 1749-1832 ~

Yesterday and tomorrow are humanity's downfall. Today you may be aroused toward God. But yesterday and tomorrow pull you back.
~ Nachman of Breslov, 1772-1810 ~

This time, like all times, is a very good one, if we know what to do with it.
~ Ralph Waldo Emerson, 1803-1882 ~

One of the illusions of life is that the present hour is not the critical, decisive hour. Write it on your heart that every day is the best day of the year.
~ Emerson ~
Society and Solitude, 1870

Who loses a day loses life.
~ Emerson ~

Light tomorrow with today!
~ Elizabeth Barrett Browning, 1806-1861 ~

Look not mournfully into the Past. It comes not back again. Wisely improve the Present. It is thine. Go forth to meet the shadowy Future, without fear, and with a manly heart.
~ Henry Wadsworth Longfellow, 1807-1882 ~

Don't look back on happiness, or dream of it in the future. You are only sure of today; do not let yourself be cheated out of it.
~ Henry Ward Beecher, 1813-1887 ~

Each day the world is born anew
For him who takes it rightly.
~ James Russell Lowell, 1819-1891 ~
"Gold Egg: A Dream-Fantasy"

Let each day take thoughts for what concerns it, dispose of its own affairs and respect the day which is to follow, and we shall always be ready.
~ Henri-Frédéric Amiel, 1821-1881 ~

Make each day useful and cheerful and prove that you know the worth of time by employing it well. Then youth will be happy, old age without regret and life a beautiful success.
~ Louisa May Alcott, 1832-1888 ~

Be not heedful of the morrow, but rather gaze upon today, for sufficient for today is the miracle thereof.
~ Annie Besant, 1847-1933 ~
Some Difficulties of the Inner Life, 1913

Do not say, "It is morning," and dismiss it with a name of yesterday. See it for the first time as a newborn child that has no name.
~ Rabindranath Tagore, 1861-1941 ~
Stray Birds, 1924

We want to live in the present and the only history that is worth a tinker's damn is the history we make today.
~ Henry Ford, 1863-1947 ~
in *The Chicago Tribune*, 1916

Make the most of today. Translate your good intentions into actual deeds ... Today is the day in which to express your noblest qualities of mind and heart, to do at least one worthy thing which you have long postponed.
~ Grenville Kleiser, 1868-1953 ~

It is a mistake to try to look too far ahead. The chain of destiny can only be grasped one link at a time.
~ Winston Churchill, 1874-1965 ~

You can't have a better tomorrow if you are thinking about yesterday all the time.
~ Charles Kettering, 1876-1958 ~

Never let yesterday use up too much of today.
~ Will Rogers, 1879-1935 ~

Yesterday is but today's memory, tomorrow is today's dream.
~ Khalil Gibran, 1883-1931 ~
The Prophet, 1923

Flowers are without hope.
Because hope is tomorrow and flowers have no tomorrow.
~ Antonio Porchia, 1886-1968 ~
Voices, W. S. Merwin, tr., 1988

Remember, today is the tomorrow you worried about yesterday.
~ Dale Carnegie, 1888-1955 ~

Some people are making such thorough preparations for rainy days that they aren't enjoying today's sunshine.
~ William Feather, 1889-1981 ~

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I have always been delighted at the prospect of a new day, a fresh try, one more start, with perhaps a bit of magic waiting somewhere behind the morning.
~ J. B. Priestley, 1894-1984 ~
Delight, 1949

Who controls the past controls the future: who controls the present controls the past.
~ George Orwell, 1903-1950 ~
1984

Do not look back. And do not dream about the future, either. It will neither give you back the past, nor satisfy your other daydreams. Your duty, your reward – your destiny – are here and now.
~ Dag Hammarskjöld, 1905-1961 ~
Markings, 1964

We are involved in a life that passes understanding: our highest business is our daily life.
~ John Cage, 1912-1992 ~

Today we all speak, if not the same tongue, the same universal language. There is no one center, and time has lost its former coherence: East and West, yesterday and tomorrow exist as a confused jumble in each one of us. Different times and different spaces are combined in a here and now that is everywhere at once.
~ Octavio Paz, 1914-1998 ~

It's true that tomorrow may be better – or worse. But today may not be so bad. You must appreciate the miracle that you're alive right now and forget about how, or if, you're going to live tomorrow.
~ Rod Steiger, 1925-2002 ~
in *Playboy*, 1969

It's only when we truly know and understand that we have a limited time on earth – and that we have no way of knowing when our time is up, we will then begin to live each day to the fullest, as if it was the only one we had.
~ Elisabeth Kübler-Ross, 1926- ~

Yesterday is history. Tomorrow is a mystery. And today? Today is a gift. That's why we call it The Present.
~ Babatunde Olatunji, 1927-2003 ~

Somebody should tell us, right at the start of our lives, that we are dying. Then we might live life to the limit, every minute of every day. Do it! I say. Whatever you want to do, do it *now*! There are only so many tomorrows.
~ Michael Landon, 1937-1991 ~

It's always today. If you're not living to the fullest today, you never will. If you're not having fun now because you're waiting for a better time or you think you need more something or someone, you're never going to have fun.
~ Famous Amos, 1937- ~
Watermelon Magic, 1996

Memories, important yesterdays, were once todays. Treasure and notice today.
~ Gloria Gaither, 1942- ~

You don't own the future; you don't own the past. Today is all you have.
~ Les Brown, 1945- ~

How we spend our days is, of course, how we spend our lives.
~ Annie Dillard, 1945- ~

We must realize that the attitude with which we greet the day says a great deal about what the day will be like. We make our days pleasant or miserable … the day will give us exactly what we give it.
~ Iyanla Vanzant, 1953- ~
Acts of Faith: Daily Meditations for People of Color, 1993

On this day when the calendar changes, and you're reminded of the passage of time, remember this. Whatever the month, whatever the year, now is the time for you to live, this is the moment for you to act.
~ Ralph Marston, 1961- ~

No yesterdays are ever wasted for those who give themselves to today.
~ Brendan Francis ~

Just for today I will be happy … Just for today I will try to live through this day only, not to tackle my whole life problem at once. I can do things for twelve hours that would appall me if I had to keep them up for a lifetime. Just for today …
~ Sybyl F. Partridge ~
"Just For Today," 1916
in Dale Carnegie, *How To Stop Worrying, and Start Living*, 1951

Each day comes just once in a lifetime.
~ Unknown ~

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TOLERANCE

Related States & Conditions: Acceptance, Appreciation, Centering, Compassion/Empathy/Kindness, Equanimity, Love-Agape, Patience, Reciprocity/Reflection, Understanding

Syntonic: Affirmation/Approval, Attention/Awareness, Connection/Interbeing/Interdependence, Flexibility/Flow/Flux, Humility/Modesty, Oneness/Unity/Wholeness, Openness/Receptivity, Practice, Responsibility, Trust

Dystonic: Anger, Avoidance/Denial/Refusal, Conflict/Opposition, Criticism/Judgment, Deferment/Delay, Delusion, Fear, Guilt, Jealousy/Envy, Limitation, Oppression, Regret, War/Aggression/Violence

One endears oneself to others by showing respect for their customs and traditions. Even among strangers one will find friends ... One must guard against any signs of arrogance or imprudent conduct. Violence will not be tolerated.
~ *Yi Jing*, c. 1150 BCE ~
"Lu: Wanderer" in *The Photographic I Ching*, Dhiresha McCarver, tr., 1997

People were created for the sake of one another. Either teach them or bear with them.
~ Marcus Aurelius, 121-180 ~
The Spiritual Teachings of Marcus Aurelius, Mark Forstater, tr., 2000

If you see a lapse in your brother, find seventy excuses for him. And if you do not find any, then blame yourself.
~ Abu Hayyan Al-Tawhidi, d. 1023 ~
in Bernard Lewis, *A Middle East Mosaic*, 2000

If you cannot mold yourself entirely as you would wish, how can you expect other people to be entirely to your liking?
~ Thomas à Kempis, c. 1380-1471 ~

I could never divide myself from any man upon the difference of an opinion, or be angry with his judgment for not agreeing with me in that, from which perhaps within a few days I should dissent myself.
~ Thomas Browne, 1605-1682 ~

I do not agree with a word that you say, but I will defend to the death your right to say it.
~ François-Marie Voltaire, 1694-1778 ~

What is tolerance? – it is the consequence of humanity. We are all formed of frailty and error; let us pardon reciprocally each other's folly – that is the first law of nature.
~ Voltaire ~
"Tolerance," *Dictionnaire philosophique portative*, 1764

Love truth, but pardon error.
~ Voltaire ~
"Deuxième discours: de la liberté," *Sept discours en vers sur l'homme*, 1738

The longer I live, the larger allowances I make for human infirmities.
~ John Wesley, 1703-1791 ~

It does me no injury for my neighbor to say there are twenty Gods or no God.
~ Thomas Jefferson, 1743-1826 ~
Notes on the State of Virginia, 1781

Live and let live.
~ Friedrich von Schiller, 1759-1805 ~

To understand everything makes one very tolerant.
~ Madame de Staël, 1766-1817 ~
Corinne, or, Italy, 1807

Do not think of knocking out another person's brains because he differs in opinion from you. It would be as rational to knock yourself on the head because you differ from yourself ten years ago.
~ Horace Mann, 1796-1859 ~

The responsibility of tolerance lies with those who have the wider vision.
~ George Eliot, 1819-1880 ~

Give to every other human being every right that you claim for yourself.
~ Robert Ingersoll, 1833-1899 ~

The first thing to learn in intercourse with others is non-interference with their own peculiar ways of

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being happy, provided those ways do not assume to interfere by violence with ours.
~ William James, 1842-1910 ~

Though all society is founded on intolerance, all improvement is founded on tolerance.
~ George Bernard Shaw, 1856-1950 ~
Preface, *St. Joan*, 1923

The golden rule of conduct ... is mutual toleration, seeing that we will never all think alike and that we shall always see *Truth* in fragment and from different angles of vision. Conscience is not the same thing for all. Whilst, therefore, it is a good guide for individual conduct, imposition of that conduct upon all will be an insufferable interfereence with everybody else's freedom of conscience.
~ Mahatma Gandhi, 1869-1948 ~
"Religion of Volunteers," *Young India* , 1926

Treat the other man's faith gently; it is all he has to believe with. His mind was created for his own thoughts, not yours or mine.
~ Henry S. Haskins, b. 1875 ~

Laws alone cannot secure freedom of expression; in order that every man present his views without penalty there must be a spirit of tolerance in the entire population.
~ Albert Einstein, 1879-1955 ~

Toleration ... is the greatest gift of the mind; it requires the same effort of the brain that it takes to balance oneself on a bicycle.
~ Helen Keller, 1880-1968 ~

The highest result of education is tolerance ... Tolerance is the first principal of community; it is the spirit which conserves the best that all men think.
~ Keller ~
Optimism, 1903

It is a good thing to demand liberty for ourselves and for those who agree with us, but it is a better thing and a rarer thing to give liberty to others who do not agree with us.
~ Franklin D. Roosevelt, 1882-1945 ~

My motto for the home, in education as in life, is this: *For heaven's sake, let people live their own lives.* It is an attitude that fits any situation.
~ A. S. Neill, 1883-1973 ~
Summerhill: Radical Approach to Child Rearing, 1960

Toleration of people who differ in convictions and habits requires a residual awareness of the complexity of truth and the possibility of opposing view having some light on one or the other facet of a many-sided truth.
~ Reinhold Niebuhr, 1892-1971 ~

Intolerance can grow only in the soil of ignorance; from its branches grow all manner of obstacles to human progress.
~ Walter Francis White, 1893-1955 ~
The Rope and the Faggot, 1929

To recognize that failure at times is the common lot of all men, to see in ourselves and in others the traces of the primitive as well as the promise of the civilized, to admit that our friends' patterns of life, although different from ours, are equally valuable, and because of the very differences indispensable for a rich and varied universe, to recognize that another may be right while we are wrong, is to attain the second great need of individual adjustment – genuine inner tolerance ... Tolerance is the positive and cordial effort to understand another's beliefs, practices and habits without necessarily sharing or accepting them.
~ Joshua Liebman, 1907-1948 ~

If we cannot end our differences, at least we can help make the world safe for diversity ... Tolerance implies no lack of commitment to one's own beliefs. Rather it condemns the oppression or persecution of others.
~ John F. Kennedy, 1917-1963 ~

Men are punished not always for what they do, but often for what people think they will do, or for what they are. Remember that and you will find it easier to forgive them.
~ Abioseh Nicol, 1924-1994 ~

In the practice of tolerance, one's enemy is the best teacher.
~ Dalai Lama, 1935- ~

The inability to accept or even tolerate those who are different from us ... encourages suspicion, fear, and resentment. Thus it is an illness of the collective psyche when different cultures don't understand one another. The history of mankind is plagued by this psychic disease that has caused much pain and disappointment in the world.
~ Malidoma Somé, 1956- ~
The Healing Wisdom of Africa, 1999

TRANSFORMATION

Related States & Conditions: Change, Death/Dying, Breakthrough/Epiphany/Turning Point, Enlightenment/Realization/Transcendence, Growth/Expansion, Renewal

Syntonic: Acceptance, Appreciation, Affirmation/Approval, Attention/Awareness, Confidence, Courage, Faith, Flexibility/Flow/Flux, Introspection/Self-Knowledge, Openness/Receptivity, Opportunity, Practice, Preparation/Readiness, Responsibility, Trust, Vision/Visualization

Dystonic: Anger, Avoidance/Denial/Refusal, Complacency, Conformity, Criticism/Judgment, Deferment/Delay, Delusion, Fear, Guilt, Jealousy/Envy, Limitation, Oppression, Regret, War/Aggression/Violence

Mind (as well as metals and elements) may be transmuted from state to state; degree to degree; condition to condition; pole to pole; vibration to vibration.
~ Hermes Trismegistus ~
in *The Kybalion: A Study of the Hermetic Philosophy of Ancient Egypt and Greece*, 1908

Death and life are looked on
As but transformations;
The myriad creation is all of a kind,
There is a kinship through all.
~ Huainan Zi, 1st C. BCE ~

Nothing in the entire universe ever perishes, believe me, but things vary, and adopt a new form. The phrase "being born" is used for beginning to be something different from what one was before, while "dying" means ceasing to be the same. Though this thing may pass into that, and that into this, yet the sums of things remains unchanged.
~ Ovid, c. 43 BCE-17 CE ~
Metamorphoses

Since no harm comes to the elements when they continually change from one to the other, why should I be afraid about the change and dissolution of my own elements? For this is the way of Nature, and nothing is evil that comes from Nature.
~ Marcus Aurelius, 121-180 ~
The Spiritual Teachings of Marcus Aurelius, Mark Forstater, tr., 2000

And be not conformed to this world: but be ye transformed by the renewing of your mind.
~ Paul of Tarsus, 10-67 CE ~
in *The Bible*, Romans 12:2

No mirror ever became iron again;
no bread ever became wheat;
no ripened grape ever became sour fruit.
Mature yourself and be secure
from a change for the worse.
Become Light.
~ Jalaluddin Rumi, 1207-1273 ~
"Mature Yourself," Mathnawi II, 1317-18
The Pocket Rumi Reader, Kabir Helminski, ed., 2001

Our bodily food is changed into us, but our spiritual food changes us into itself.
~ Meister Eckhart, 1260-1327 ~

At the risk of sounding like a fool, I believe that a true revolutionary is guided by feelings of love.
~ Che Guevara, 1828-1967 ~

Even a thought, even a possibility, can shatter and transform us.
~ Friedrich Nietzsche, 1844-1900 ~

To exist is to change, to change is to mature, to mature is to go on creating oneself endlessly.
~ Henri Bergson, 1859-1941 ~

Correcting oneself is correcting the whole world. The sun is simply bright. It does not correct anyone. Because it shines, the whole world is full of light. Transforming yourself is a means of giving light to the whole world.
~ Ramana Maharshi, 1879-1950 ~

We have not, in us, a body to be nourished independently of our soul. Everything that the body has admitted and has begun to transform must be sublimated by the soul in its turn. The soul does this, no doubt, in its own way and with its own dignity. But it cannot escape from this universal contact nor from that unremitting labor … The labor of seaweed as it concentrates in its

tissues the substances dispersed, in infinitesimal quantities, throughout the vast layers of the ocean; the industry of bees as they make honey from the juices scattered in so many flowers – these are but pale images of the continuous process of elaboration which all the forces of the universe undergo in us in order to become spirit.
~ Pierre Teilhard de Chardin, 1881-1955 ~
The Divine Milieu, 1960, 1988

Iron is full of impurities that weaken it; through forging, it becomes steel and is transformed into razor-sharp sword. Human beings develop in the same fashion.
~ Morihei Ueshiba, 1883-1969 ~
The Art of Peace, John Stevens, tr., 1992

What you are, the world is. And without your transformation, there can be no transformation of the world ... Unless in the very essence of our being there is a revolution, a mutation, I do not see how a good society can come about.
~ Jiddu Krishnamurti, 1895-1986 ~

There is nothing in a caterpillar that tells you it's going to be a butterfly.
~ Buckminster Fuller, 1895-1983 ~

We are transformed by what we accept. We transform what we have accepted by understanding it. We are transformed by the act of giving, and we contribute to the transformation of others by what we are giving. He who opposes the process of transformation will die the death of rigidity; he will be expelled and rejected from all that lives, like dead matter from a living organism. Death is a deficiency of the faculty of transformation.
~ Lama Govinda, 1898-1985 ~
Creative Meditation and Multi-dimensional Consciousness, 1977

I merely took the energy it takes to pout and wrote some blues.
~ Duke Ellington, 1899-1974 ~

One discovers that destiny can be directed, that one does not have to remain in bondage to the first wax imprint made on childhood sensibilities. Once the deforming mirror has been smashed, there is a possibility of wholeness.
~ Anaïs Nin, 1903-1977 ~

Death signifies the surpassing of the profane, non-sanctified condition, the condition of the "natural man," ignorant of religion and blind to the spiritual. The mystery of initiation discloses to the neophyte, little by little, the true dimensions of existence; by introducing him to the sacred, the mystery obliges him to assume the responsibilities of a man.
~ Mircea Eliade, 1907-1986 ~
Myths, Dreams, and Mysteries, Philip Mairer, tr., 1960

No action is more fascinating than the action of self-transformation. Nothing on earth can compare with its drama or value.
~ Vernon Howard, 1918-1992 ~

True adults are those who have learned to continually develop and exercise their capacity for transformation ... The more we grow, the greater becomes our capacity to empty ourselves of the old so that the new may enter and we may thereby be transformed.
~ M. Scott Peck, 1936-2005 ~
The Different Drum: Community Making and Peace, 1987

There is nothing wrong with negativity per se; the problem is that we never see it, we never honor it, we never look into its heart. We don't taste our negativity, smell it, get to know it. Instead, we are always trying to get rid of it by punching someone in the face, by slandering someone, by punishing ourselves, or by repressing our feelings. In between repression and acting out, however, there is something wise and profound and timeless.
If we just try to get rid of negative feelings, we don't realize that those feelings are our wisdom. The transmutation comes from the willingness to hold our seat with the feeling, to let the words go, to let the justification go. We don't have to have resolution. We can live with a dissonant note; we don't have to play the next key to end the tune. Curiously enough, this journey of transmutation is one of tremendous joy.
~ Pema Chödrön, 1936- ~
Start Where You Are, 1994

The transformed self has new tools, gifts, sensibilities. Like an artist, it spies pattern; it finds meaning and its own, inescapable originality ... Like a scientist, the transformed self experiments, speculates, invents, and relishes the unexpected ... Having done work in the psychotechnologies, the self is a folk psychologist. Awake now to the imprint of culture on itself, it attempts to understand diversity with the curiosity and interest of an anthropologist. The practices of other cultures suggest endless human possibilities. The

transformed self is a sociologist, too – a student of the bonds of community and conspiracy. Like the physicist, it accepts ultimate uncertainty as a fact of life, it senses a realm beyond linear time and blocked-out space. Like a molecular biologist, it is awed by nature's capacity for renewal, change, and ever-higher order. The transformed self is an architect, designing its own environment. It is a visionary, imagining future alternatives. Like a poet, it reaches for original metaphorical truths deep in language. It is a sculptor, liberating its own form from the rock of custom. With heightened attention and flexibility, it becomes a playwright and is its own repertory company: clown, monk, athlete, heroine, sage, child. It is a diarist, an autobiographer. Sifting through the shards of its past, it is an archaeologist. It is composer, instrument … and music.
~ Marilyn Ferguson, 1938- ~
The Aquarian Conspiracy, 1980

I am an act of kneading, of uniting and joining that not only has produced both a creature of darkness and a creature of light, but also a creature that questions the definitions of light and dark and gives them new meanings.
~ Gloria Anzaldúa, 1942-2004 ~
Making Face, Making Soul: Creative and Critical Perspectives by Women of Color, 1990

It may sometimes seem as if our baptisms are all of fire, but in the fire we forge new strengths … Time and again we emerge from this chrysalis changed, remade, born again. This is the pattern for all life, the end of each journey marking the beginning of new and different ones.
~ Susan L. Taylor, 1946- ~
Lessons in Living, 1995

If we believe in the rebirth of our civilization, a "New Age", then clearly this renaissance must begin in the chambers of our own hearts. It begins with a courageous commitment to self-understanding and an irrepressible desire to allow oneself to be transformed by a life lived consciously, rather than to be frozen into unreal postures by one's own fears and delusions. We cannot wait for "society" to change, or for our institutions and organizations to be renewed. We, as individuals, must assume responsibility for our own personal transformation.
~ Georg Feuerstein, 1947- ~
"Toward a New Consciousness"

To be free of time is to be free of the psychological need of (the) past for your identity and future for your fulfillment. It represents the most profound transformation of consciousness that you can imagine. In some rare cases, this shift in consciousness happens dramatically and radically once and for all. When it does, it usually comes about through total surrender in the midst of intense suffering. Most people, however, have to work at it.
~ Eckhard Tolle, 1948- ~
The Power of Now: A Guide to Spiritual Enlightenment, 1999

At this point in history, the most radical, pervasive, and earth-shaking transformation would occur simply if everybody evolved to a mature, rational, and responsible ego.
~ Ken Wilber, 1949- ~
Up From Eden: A Transpersonal View of Human Evolution, 1981

To grasp that which is beyond the system, you need to transcend the system. You have to get out of "lineness" into "squareness," out of linearity into planes, then shift or expand into three-dimensional space-time, then four-dimensional space … Change at this level is a change in the very nature of change.
~ Ron Browning ~
Psychotherapeutic Change East and West: Buddhist Psychological Paradigm of Change with Reference to Psychoanalysis, 1978

Don't expect to remain the same. Moreover, don't expect the changes and transformations you experience to be superficial. They are going to be fundamental. And don't expect the process to go according to any plan or to be particularly pleasant … everything is at stake and everything must be offered. When it is the forces of primordial sanity that you are engaging, the process is going to be much more demanding and fundamentally challenging.
~ Reggie Ray ~

A mind that can remain steady and stay in touch with the whole picture – no matter how chaotic it gets, or how badly it hurts while dying to some part of it – will be able to cope with transformation and reach great evolutionary heights. Hitting bottom is a sacred function that enables us to return to the creative void, our source, anytime we need to die to something. And from these depths we are made anew.
~ Jacquelyn Small ~
Awakening in Time: The Journey from Codependence to Co-creation, 1991

TRUST

Related States & Conditions: Acceptance, Affirmation/Approval, Confidence, Conviction/Principle, Faith, Love-Agape, Openness/Receptivity, Reciprocity/Reflection

Syntonic: Attention/Awareness, Compassion/Empathy/Kindness, Connection/Interbeing/Interdependence, Disclosure/Veracity, Integrity, Introspection/Self-Knowledge, Responsibility, Sincerity/Authenticity, Understanding

Dystonic: Anger, Avoidance/Denial/Refusal, Conflict/Opposition, Criticism/Judgment, Deferment/Delay, Delusion, Fault, Fear, Guilt, Jealousy/Envy, Limitation, Regret, Revenge, War/Aggression/Violence

Who does not trust enough will not be trusted.
~ Laozi, 570-490 BCE ~

If you trust someone who has not yet fully shown complete sincerity, then you are the one who is sincere. If you distrust someone who is not yet clearly a complete fraud, then you are the fraud.
~ Hong Zicheng, fl. 1596 ~
Caigentan: Vegetable Roots Discourse, I.162, Robert Aitken & Daniel W. Y. Kwok, trs., 2006

To be suspicious is to invite treachery.
~ François-Marie Voltaire, 1694-1778 ~

It is better to suffer wrong than to do it, and happier to be sometimes cheated than not to trust.
~ Samuel Johnson, 1709-1784 ~

As soon as you trust yourself, you will know how to live.
~ Johann von Goethe, 1749-1832 ~

One of the principal ingredients in the happiness of childhood is freedom from suspicion – why may it not be combined with a more extensive intercourse with mankind? A disposition to dwell on the bright side of character is like gold to its possessor; but to imagine more evil than meets the eye, betrays affinity for it.
~ Lydia Sigourney, 1791-1865 ~

Trust men and they will be true to you; treat them greatly and they will show themselves great.
~ Ralph Waldo Emerson, 1803-1882 ~
Essays, First Series: Prudence, 1841

Trust thyself; every heart vibrates to that inner string … Self-trust is the first secret of success.
~ Emerson ~

There is no rule more invariable than that we are paid for our suspicions by finding what we suspect.
~ Henry David Thoreau, 1817-1862 ~

Self-distrust is the cause of most of our failures … they are the weakest, however strong, who have no faith in themselves or their powers.
~ Christian Bovee, 1820-1904 ~

To be trusted is a greater compliment than to be loved.
~ George MacDonald, 1824-1905 ~

I prefer to have too much confidence, and thereby be deceived, than to be always mistrustful. For, in the first case, I suffer for a moment at being deceived and, in the second, I suffer constantly.
~ Paul Gauguin, 1848-1903 ~

Woe to the man whose heart has not learned while young to hope, to love – and to put its trust in life.
~ Joseph Conrad, 1857-1924 ~

You may be deceived if you trust too much, but you will live in torment if you do not trust enough.
~ Frank Crane, 1861-1928 ~

Better to be occasionally cheated than perpetually suspicious.
~ B. C. Forbes, 1880-1954 ~

For it is mutual trust, even more than mutual interest that holds human associations together. Our friends seldom profit us but they make us feel safe.
~ H. L. Mencken, 1880-1956 ~

We grow in time to trust the future for our answers.
~ Ruth Benedict, 1887-1948 ~
An Anthropologist at Work: Writings of Ruth Benedict, Margaret Mead, ed., 1959

As contagion of sickness makes sickness, contagion of trust can make trust.
~ Marianne Moore, 1887-1972 ~

The suspicious mind believes more than it doubts. It believes in a formidable and ineradicable evil lurking in every person.
~ Eric Hoffer, 1902-1983 ~
The Passionate State of Mind, 1955

Simply look with perceptive eyes at the world about you, and trust to your own reactions and convictions.
~ Ansel Adams, 1902-1984 ~

It is impossible to go through life without trust: That is to be imprisoned in the worst cell of all, oneself.
~ Graham Greene, 1904-1991 ~
The Ministry of Fear, 1943

Man in his blindness ... Not realizing that "he surrounds himself with the true image of himself" and that "what he is, that only can he see," ... is shocked when he discovers that it has always been his own deceitfulness that made him suspicious of others. Self-observation would reveal this deceitful one in all of us; and this one must be accepted before there can be any transformation of ourselves.
~ Neville, 1905-1972~
"Fundamentals," *New Thought*, Summer 1953

If we make a gift of ourselves out of love, we become vulnerable. Yet, somehow, just like the child who continues to trust no matter how many times he is rejected or rebuffed, the goal is to go on trusting in life itself. The miracle is that then a foundation of trust begins to build up; as people value the trust we give to them, they begin to feel safe with us.
~ Vilayat Khan, 1916-2004 ~
Awakening: A Sufi Experience, 1999

Learn to trust your own judgment, learn inner independence, learn to trust that time will sort good from bad – including your own bad.
~ Doris Lessing, 1919- ~

If you cultivate the habit of always keeping the promises you make, you build bridges of trust that span the gaps of understanding between you and others.
~ Stephen Covey, 1932- ~
The 7 Habits of Highly Effective People, 1989

Trust is the single most important contributor to the maintenance of human relationships.
~ Tom Peters, 1942- ~
The Pursuit of WOW!, 1994

A human being is only interesting if he's in contact with himself. I learned you have to trust yourself, be what you are, and do what you ought to do the way you should do it. You have got to discover you, what you do, and trust it.
~ Barbra Streisand, 1942- ~

When I'm trusting and being myself ... everything in my life reflects this by falling into place easily, often miraculously.
~ Shakti Gawain, 1948- ~

When we walk to the edge of all the light we have and take the step into the darkness of the unknown, we must believe that one of two things will happen. There will be something solid for us to stand on or we will be taught to fly.
~ Patrick Overton, 1948- ~

If you don't trust yourself to be involved in transforming that which needs to be changed, then you end up waiting for someone else to come along and do the work for you. This leads to a constant state of dependence on some external authority, when the means to achieving what you want sits within yourself.
~ Malidoma Somé, 1956- ~
The Healing Wisdom of Africa, 1999

Trust in what you love, continue to do it, and it will take you where you need to go.
~ Natalie Goldberg ~

When you are aware of what you are doing, placing your trust in someone or something takes a lot of courage. It's an act of bravery. It acknowledges that you are not alone in the world and that there is a connection between you and all things.
~ Angel Kyodo Williams ~
Being Black: Zen and the Art of Living with Fearlessness and Grace, 2000

TRUTH

Related States & Conditions: Disclosure/Veracity, Enlightenment/Realization/Transcendence, Meaning, Paradox, Sincerity/Authenticity, Wisdom, Wonder/Mystery

Syntonic: Attention/Awareness, Exploration, Faith, Introspection/Self-Knowledge, Openness/Receptivity, Questioning/Doubt, Responsibility, Seeking, Understanding

Dystonic: Avoidance/Denial/Refusal, Complacency, Conformity, Criticism/Judgment, Delusion, Fear, Limitation, War/Aggression/Violence

Truth is but one; thy doubts are of thine own raising. It that made virtues what they are, planted also in thee a knowledge of their pre-eminence. Act as Soul dictates to thee, and the end shall be always right.
~ Khemetic Saying ~
Temt Tchaas: Egyptian Proverbs, Muata Ashaya Ashby, ed., 1994

Truth is one but sages call it by various names.
~ *Rig Veda*, c. 3700 BCE ~

The truth waits for eyes unclouded by longing.
~ Laozi, 570-490 BCE ~
Daode Jing

Truth is not only the fulfillment of our own being; it is that by which things outside of us have an existence.
~ Kongfuzi, c. 551-c. 479 BCE ~

Without error there could be no Truth.
~ Chinese Saying ~

The ocean has only one taste, the taste of salt. Truth has only one taste, the taste of liberation.
~ Buddha, c. 563-483 BCE ~
The Dhammapada, P. Lal, tr., 1967

There are only two mistakes one can make along the road to truth; not going all the way, and not starting.
~ Buddha ~

Truth is the beginning of every good thing, both in heaven and on earth; and he who would be blessed and happy should be from the first a partaker of truth, for then he can be trusted.
~ Plato, c. 427-347 BCE ~
Laws

The way of truth is like a great road. It is not difficult to know it. The evil is only that men will not seek it.
~ Mengzi, 372-289 BCE ~

And ye shall know the truth, and the truth shall make you free.
~ Jesus of Nazareth, c. 5-38 CE ~
in *The Bible*, John 8:32

If you seek truth, you will not seek to gain a victory by every possible means; and when you have found the truth, you need not fear being defeated.
~ Epictetus, 50-120 ~

The truth is ungraspable and inexpressible. It neither is nor is not.
~ *Vajrachedika "The Diamond Sutra"* ~
in *The Enlightened Mind: An Anthology of Sacred Prose*, Stephen Mitchell, ed., 1991

Though the sages speak in diverse ways, they express one and the same truth.
~ *Srimad Bhagavata* ~

Don't keep searching for the truth;
Just let go of your opinions.
~ Jianzhi Sengcan, 526-606 ~

As long as you are bound by all sorts of things, existent and nonexistent, you cannot be free. This is because you first possess virtue and knowledge before being firmly established in inner truth, so you are ridden by virtue and knowledge. It is like menials employing a noble. It is better to settle the inner truth first, and then afterwards gain virtue and knowledge.
~ Baizhang Huaihai, 749-814 ~
in *The Pocket Zen Reader*, Thomas Cleary, ed., 1999

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Truth's naked radiance
Cut off from the senses
And the world,
Shines by itself
No words for it.
~ Baizhang ~

When we first seek the truth, we think we are far from it. When we discover that the truth is already in us, we are all at once our original self.
~ Eihei Dogen, 1200-1253 ~
"Genjokoan" (The Manifestation of Truth)
in *The Enlightened Mind: An Anthology of Sacred Prose*, Stephen Mitchell, ed., 1991

To glimpse that truth within yourself,
For even just a moment is worth
More than all heavens, all worlds.
~ Jalaluddin Rumi, 1207-1273 ~

The ways of proclaiming
The Mind vary,
But the same heavenly truth
Can be seen
In each and every one.
~ Ikkyu Sojun, 1394-1481 ~

If you want the truth, I'll tell you the truth: Listen to the secret sound, the real sound, which is inside you.
~ Kabir, 1440-1518 ~
in Julia Cameron, *Transitions: Prayers and Declarations for a Changing Life*, 1999

It is proof of a base and low mind for one to wish to think with the masses or majority, merely because the majority is the majority. Truth does not change because it is, or is not, believed by a majority of the people.
~ Giordano Bruno, 1548-1600 ~

The farther you enter into truth, the deeper it is.
~ Bankei, 1622-1693 ~
The Unborn: The Life and Teachings of Zen Master Bankei, 1622-1693, Norman Waddell, tr., 1984

We arrive at truth, not by reason only, but also by the heart.
~ Blaise Pascal, 1623-1662 ~
Pensées, 1669-1670

The exact opposite of what is generally believed is often the truth.
~ Jean de La Bruyère, 1645-1696 ~
Les caractères, 1688

Truth, like gold, is not less so for being newly brought out of the mine.
~ John Locke, 1632-1704 ~
An Essay Concerning Human Understanding, 1690

To love truth is the principal part of human perfection in this world, and the seed-plot of all other virtues.
~ Locke ~
Letter to Anthony Collins, 1703 October 29

A truth that's told with bad intent
Beats all the lies you can invent.
~ William Blake, 1757-1827 ~

In all ten directions of the universe there is only one truth.
When we see clearly, the great teachings are the same.
What can ever be lost? What can be attained?
If we attain something, it was there from the beginning of time.
If we lose something, it is hiding somewhere near us.
~ Ryokan, 1758-1831 ~

Truth is like sugarcane: even if you chew it for a long time, it is still sweet.
~ Malagasy Saying ~
in *Black Woman's Gumbo Ya-Ya*, Terri L. Jewell, ed., 1993

Every truth passes through three stages before it is recognized. In the first it is ridiculed, in the second it is opposed, in the third it is regarded as self-evident.
~ Arthur Schopenhauer, 1788-1860 ~

Truth that has been merely learned is like an artificial limb, a false tooth, a waxen nose; it adheres to us only because it is put on. But truth acquired by thought of our own is like a natural limb; it alone belongs to us.
~ Schopenhauer ~

Truth burns up error.
~ Sojourner Truth, 1797-1883 ~

To live in the presence of great truths and eternal laws – that is what keeps a man patient when the world ignores him and calm and unspoiled when the world praises him.
~ Honoré de Balzac, 1799-1850 ~

He in whom the love of repose predominates will accept the first creed, the first philosophy, the first

political party he meets – most likely his father's. He gets rest, commodity, and reputation; but shuts the door of truth. He in whom the love of truth predominates will keep himself aloof from all the moorings, and afloat. He will abstain from dogmatism, and recognize all the opposite negations between which, as walls, his being is swung. He submits to the inconvenience of suspense and imperfect opinion, but he is a candidate for truth, as the other is not, and respects the highest law of his being.
~ Ralph Waldo Emerson, 1803-1882 ~

The soul is the perceiver and revealer of truth. We know truth when we see it.
~ Emerson ~
"The Over-Soul"

Truth is too simple for us; we do not like those who unmask our illusions.
~ Emerson ~

There are many truths of which the full meaning cannot be realized until personal experience has brought it home.
~ John Stuart Mill, 1806-1873 ~

Truth is tough. It will not break, like a bubble, at a touch; nay, you may kick it about all day like a football, and it will be round and full at evening.
~ Oliver Wendell Holmes, 1809-1894 ~
The Professor at the Breakfast Table, 1860

There is an inmost center in us all where truth abides in fullness.
~ Robert Browning, 1812-1889 ~
"Paracelsus"

Truth is not introduced into the individual from without, but was within all the time.
~ Søren Kierkegaard, 1813-1855 ~

Truth is the only safe ground to stand on.
~ Elizabeth Cady Stanton, 1815-1902 ~
The Woman's Bible, 1895

Rather than love, than money, than fame, give me truth.
~ Henry David Thoreau, 1817-1862 ~
Walden, 1854

Fight for your opinions, but do not believe that they contain the whole truth, or the only truth.
~ Charles A. Dana, 1819-1897 ~

It is the customary fate of new truths to begin as heresies and to end as superstitions.
~ Thomas Huxley, 1825-1895 ~
The Coming of Age of "The Origin of Species," Collected Essays, Vol. 2, 1896

When truth is buried, it grows, it chokes, it gathers such explosive force that on the day it breaks out it blows everything up with it.
~ Émile Zola, 1840-1902 ~
"J'accuse," *L'Aurore*, 1898

It does not require many words to speak the truth.
~ Chief Joseph, 1840-1904 ~

The truth of an idea is not a stagnant property inherent in it. Truth *happens* to an idea. It becomes true, is *made* true by events.
~ William James, 1842-1910 ~
On Pragmatism, 1907

The love of truth has its reward in heaven and even on earth.
~ Friedrich Nietzsche, 1844-1900 ~
Beyond Good and Evil, 1886

The truth is rarely pure and never simple. Modern life would be very tedious if it were either, and modern literature a complete impossibility.
~ Oscar Wilde, 1856-1900 ~
The Importance of Being Earnest, 1895

Whatever view of reality deepens our sense of the tremendous issues of life in the world wherein we move is *for us* nearer the truth than any view which diminishes that sense.
~ William R. Inge, 1860-1954 ~
Christian Mysticism, 1933

Truth stands on its own evidences; it does not require any other testimony to attest to it; it is self-effulgent. It penetrates into the inmost recesses of our nature, and the whole universe stands up and says, "This is Truth."
~ Vivekananda, 1863-1902 ~
The Complete Works of Swami Vivekananda, 1984-1987, 4:24, 1926

I will compare truth to a corrosive substance of infinite power. It burns its way in wherever it falls – in soft substance at once, hard granite slowly, but it must.
~ Ibid., 5:71

Self is the denial of Truth. Truth is the denial of self. As you let self die, you will be reborn in Truth. As you cling to self, Truth will be hidden from you.
~ James Allen, 1864-1912 ~

The measure of a man's truth is the measure of his love, and Truth is far removed from him whose life is not governed by Love.
~ Allen ~

We taste and see and feel the truth. We do not reason ourselves into it.
~ William Butler Yeats, 1865-1939 ~
W. B. Yeats Memoirs, Denis Donaghue, ed., 1972

Truth resides in every human heart, and one has to search for it there and to be guided by truth as one sees it. But no one has a right to coerce others to act according to his own view of truth.
~ Mahatma Gandhi, 1869-1948 ~
in Eknath Easwaran, *Gandhi, The Man*, 1997

Believe those who are seeking the truth; doubt those who find it ... Do not think that *your* truth can be found by anyone else; be ashamed of nothing more than that.
~ André Gide, 1869-1951 ~

The truth is more important than the facts.
~ Frank Lloyd Wright, 1869-1959 ~

Truth confronts us, and we can no longer understand anything.
~ Paul Valéry, 1871-1945 ~
Eupalinos, William McCausland Stewart, tr., 1932

Men occasionally stumble on the truth, but most of them pick themselves up and hurry off as if nothing had happened.
~ Winston Churchill, 1874-1965 ~

The truth is incontrovertible. Panic may resent it; ignorance may deride it; malice may distort it, but there it is.
~ Churchill ~
A Churchill Reader, Colin R. Coote, ed.

A great truth is a truth whose opposite is also a truth.
~ Thomas Mann, 1875-1955 ~
"Essay on Freud"

Truth has no special time of its own. Its hour is now – always.
~ Albert Schweitzer, 1875-1965 ~
Nobel Prize Speech, 1952

In the end, through the long ages of our quest for light, it will be found that truth is still mightier than the sword.
~ Douglas MacArthur, 1880-1964 ~

A truth once seen, even by a single mind, always ends by imposing itself on the totality of human consciousness.
~ Pierre Teilhard de Chardin, 1881-1955 ~
The Phenomenon of Man, 1959

Truth is that which can never be spoken and, what the wise of all ages have spoken, is what they have tried their best to express, little as they were able to do so.
~ Hazrat Khan, 1882-1927 ~
The Mysticism of Sound and Music, 1991

Say not, "I have found the truth," but rather, "I have found a truth."
Say not, "I have found the path of the soul."
Say rather, "I have met the soul walking upon my path."
For the soul walks upon all paths.
~ Khalil Gibran, 1883-1931 ~
The Prophet, 1923

One truth does not displace another. Even apparently contradictory truths do not displace one another. Logic is far too coarse to make the subtle distinctions life demands.
~ D. H. Lawrence, 1885-1930 ~
Selected Essays, 1950

All truth – and real living is the only truth – has in it elements of battle and repudiation. *Nothing is wholesale.* The problem of truth is: How can we most deeply live? And the answer is different in every case.
~ Lawrence ~
Selected Letters of D. H. Lawrence, Diana Trilling, ed., 1958

There are two kinds of truths: small truth and great truth. You can recognize a small truth because its opposite is a falsehood. The opposite of a great truth is another great truth.
~ Niels Bohr, 1885-1962 ~

I have come to the conclusion that a person should never accept any statement or even fact as being the absolute truth ... No statement should be believed merely because it has been made by an authority.
~ Hans Reichenbach, 1891-1953 ~

What does it matter how one comes by the truth so long as one pounces upon it and lives by it?
~ Henry Miller, 1891-1980 ~

Discover truth through practice, and again through practice verify and develop truth. Start from perceptual knowledge and actively develop it into rational knowledge; then start from rational knowledge and actively guide revolutionary practice to change both the subjective and the objective world.
~ Mao Zedong, 1893-1976 ~
On Practice, 1951

One of the most untruthful things possible ... is a collection of facts, because they can be made to appear so many different ways.
~ Karl Menninger, 1893-1990 ~
A Psychiatrist's World, 1959

Constant forgettings of truths once perceived are the very charm of the human mind; the history of human thought is nothing more than the story of these forgettings and rememberings and forgettings again.
~ Lin Yutang, 1895-1976 ~
On the Wisdom of America, 1950

Truth can never be proved; it can only be hinted at.
~ Lin ~
My Country My People, 1935

You seek truth as if it were the opposite to yourself.
~ Jiddu Krishnamurti, 1895-1986 ~
in Henry Miller, *The Books in My Life*, 1952

Truth is a pathless land. Man cannot come to it through any organization, through any creed, through any dogma, priest or ritual, nor through any philosophic technique. He has to find it through the mirror of relationship, through the understanding of the contents of his own mind, through observation and not through intellectual analysis or introspective dissection.
~ Krishnamurti ~
Speech on leaving the Theosophical Society

Truth is a river that is always splitting up into arms that reunite. Islanded between the arms, the inhabitants argue for a lifetime as to which is the main river.
~ Cyril Connolly, 1903-1974 ~
The Unquiet Grave, 1944

There are very few human beings who receive the truth complete and staggering by instant illumination. Most of us acquire it fragment by fragment, on a small scale, by successive developments, cellularly, like a laborious mosaic.
~ Anaïs Nin, 1903-1977 ~

Any truth creates a scandal.
~ Marguerite Yourcenar, 1903-1987 ~
The Memoirs of Hadrian, Grace Frick, tr., 1954

When you understand truth only with your mind, you may feel that is the truth. But compared to your actual activity or feeling or life, the truth that you understand with your mind is not the actual truth. Because our actual life is not as easy as our thinking, it is easy to be convinced that some idea we have is the perfect truth. Yet for us it is not true because that kind of thinking does not accord with our actual life.
~ Shunryu Suzuki, 1905-1971 ~
Branching Streams Flow in the Darkness: Zen Talks on the Sandokai, Mel Weitsman & Michael Wenger, eds., 1999

Fiction reveals truths that reality obscures.
~ Jessamyn West, 1907- ~
in *Reader's Digest*, 1973

I tore myself away from the safe comfort of certainties through my love for truth; and truth rewarded me.
~ Simone de Beauvoir, 1908-1986 ~

A society committed to the search for truth must give protection to, and set a high value upon, the independent and original mind, however angular, however rasping, however socially unpleasant it may be; for it is upon such minds, in large measure, that the effective search for truth demands.
~ Caryl P. Haskins, 1908-2001 ~

Truth, in things, is their reality. In our minds, it is the conformity of our knowledge with the things known. In our words, it is the conformity of our words to what we think. In our conduct, it is the conformity of our acts with what we are supposed to be.
~ Thomas Merton, 1915-1968 ~
No Man Is an Island, 1955

Once we imagine that we have grasped the truth of life, the truth has vanished, for truth cannot become anyone's property, the reason being that truth is life, and for one person to think that he

possesses all truth is a manifest absurdity.
~ Alan Watts, 1915-1973 ~

In the province of the mind, what one believes to be true either is true or becomes true.
~ John C. Lilly, 1915-2001 ~

The truth does not have to utter a word; it is just there. It speaks of itself; it is the open book of the scripture of life. It is like the light of the sun.
~ Vilayat Khan, 1916-2004 ~

The great enemy of truth is very often not the lie – deliberate, contrived, and dishonest – but the myth – persistent, persuasive, and unrealistic.
~ John F. Kennedy, 1917-1963 ~
Speech, Yale University, 1962

Truth, like surgery, may hurt, but it cures.
~ Han Suyin, 1917- ~

If truth is beauty, then it is also simplicity. It is an absence of pretense.
~ George C. Scott, 1926-1999 ~
in *Esquire*, 1965

Truth is revealed. It cannot ever be told. It has to appear inside the telling or through the telling.
~ James Hillman, 1926- ~

Our own life is the instrument with which we experiment with Truth.
~ Thich Nhat Hanh, 1926- ~

There is a world of difference between truth and facts. Facts can obscure the truth.
~ Maya Angelou, 1928- ~

There are a thousand and one gates leading into the orchard of mystical truth. Every human being has his own gate. We must never make the mistake of wanting to enter the orchard by any gate but our own.
~ Elie Wiesel, 1928- ~
Night, 1961

One should speak as if one were quoting the truth.
~ Jean-Luc Godard, 1930- ~

Truth must be realized individually.
It must be realized by you, otherwise it is not your Truth.
Only your Truth, not the truth, is expressed in your life, not anyone else's.
How do you find your truth?
By seeking and finding the teacher within.
You see, the Teacher and the Truth within are one.
~ John Randolph Price, 1932- ~
With Wings as Eagles, 1996

We have rarely been encouraged and equipped to appreciate the fact that the truth works, that it releases the Spirit and that it is a joyous thing.
~ Toni Cade Bambara, 1939-1995 ~

I think the truth keeps you alive and young in your heart and your mind, where it counts.
~ Richard Pryor, 1940-2005 ~

If you raise up truth, it's magnetic. It has a way of drawing people.
~ Jesse Jackson, 1941- ~

If now isn't a good time for the truth, I don't see when we'll get to it.
~ Nikki Giovanni, 1943- ~

Truth and Reality are self-evident. What's to explain regarding *thus* – regarding the world as it actually is? What can we say about *thus* that doesn't remove it from us? The moment we try to capture and encapsulate Truth, we have paradox, confusion, contention, doubt, and strife.
~ Steve Hagen, 1945- ~
Buddhism Plain & Simple, 1997

We spend a lot of time looking for something called the truth. And there is no such thing, except in each second, each activity of our life. But our vain hope for a resting place somewhere makes us ignorant and unappreciative of what is here right now.
~ Charlotte Joko Beck ~
Everyday Zen, 1989

Accept the truth, whatever the source … take the pearls from the sea, the gold from the dust, and the roses from amidst the thorns.
~ Emmanuel ~

Truth does not change although your perception of it may vary or alter drastically.
~ John & Lyn St. Clair Thomas ~
Eyes of the Beholder, 1982

Truth is that which does not contaminate you, but empowers you.
~ Gary Zukav ~
The Seat of the Soul, 1990

UNCONSCIOUS / SUBCONSCIOUS

Related States & Conditions: Being/Essence/Soul, Desire, Dreams/Dreaming, Imagination, Journey/Path, Manifestation, Meaning, Paradox, Self, Shadow, Thinking/Thought, Wonder/Mystery

Syntonic: Attention/Awareness, Centering, Exploration, Health/Healing, Introspection/Self-Knowledge, Openness/Receptivity, Questioning/Doubt, Release, Responsibility, Seeking, Understanding

Dystonic: Avoidance/Denial/Refusal, Complacency, Conformity, Criticism/Judgment, Delusion, Fault, Fear, Insanity, Limitation, Worry

Of all the hard facts of science ... I know of none more solid and fundamental than the fact that if you inhibit thought (and persevere), you come at length to a region of consciousness below or behind thought ... a realization of an altogether vaster self than that to which we are accustomed.
~ Edward Carpenter, 1844-1929 ~

He who knows himself is wise; yet have we no sooner acquired real consciousness of our being than we learn that true wisdom is a thing that lies far deeper than consciousness. The chief gain of increased consciousness is that it unveils an ever-loftier unconsciousness, on whose heights do the sources lie of the purest wisdom.
~ Maurice Maeterlinck, 1862-1949 ~

Your conscious probably hasn't much use for my unconscious. But I have implicit faith in my unconscious; it will be able to cope with your conscious.
~ Karl Kraus, 1868-1962 ~
in Harry Zohn, *Karl Kraus*, 1971

The unconscious is nothing other than that which we have been unable to formulate into clear concepts. These concepts are not hiding away in some unconscious or subconscious recesses of our minds, but are those parts of our consciousness, the significance of which we have not fully understood.
~ Alfred F. Adler, 1870-1937 ~
"The Structure of Neurosis," *Internalional Journal for Individual Psychology*, Vol 1, No.1, 1935

The subconscious is simply power, without direction. It is like steam or electricity, and it does what it is directed to do; it has no power of induction. Whatever man feels deeply or images clearly, is impressed upon the subconscious mind, and carried out in minutest detail.
~ Florence Scovel Shinn, 1871-1940 ~
The Game of Life and How to Play It, 1925

What a man believes upon grossly insufficient evidence is an index into his desires -- desires of which he himself is often unconscious. If a man is offered a fact which goes against his instincts, he will scrutinize it closely, and unless the evidence is overwhelming, he will refuse to believe it. If, on the other hand, he is offered something which affords a reason for acting in accordance to his instincts, he will accept it even on the slightest evidence. The origin of myths is explained in this way.
~ Bertrand Russell, 1872-1970 ~

The unconscious is not a demonic monster but a thing of nature that is perfectly neutral as far as moral sense, aesthetic taste, and intellectual judgment go. It is dangerous only when our conscious attitude towards it becomes hopelessly false. And this danger grows in the measure that we practise repressions.
~ Carl Jung, 1875-1961 ~
Psychological Reflections, Jolande Jacobi & R. F. Hull, eds., 1953

The more one sees of human fate and the more one examines its secret springs of action, the more one is impressed by the strength of unconscious motives and by the limitations of free will.
~ Jung ~
in Francis G. Wickes, *The Inner World of Choice*, 1963

Yet it is in our idleness, in our dreams, that the submerged truth sometimes comes to the top.
~ Virginia Woolf, 1882-1941 ~

The subconscious idea-habit of disease or health exerts a strong influence. Stubborn mental or physical diseases always have a deep root in the subconsciousness. Illness may be cured by pulling out its hidden roots. That is why all affirmations of the conscious mind should be *impressive enough* to permeate the subconsciousness, which in turn automatically influences the conscious mind.
~ Paramahansa Yogananda, 1893-1952 ~
Scientific Healing Affirmations, 1958

Our life is composed greatly from dreams, from the unconscious, and they must be brought into connection with action. They must be woven together.
~ Anaïs Nin, 1903-1977 ~

The center that I cannot find is known to my unconscious mind.
~ W. H. Auden, 1907-1973 ~

The doctrine of the unconscious, properly understood, is a doctrine of the falseness of all worlds, taken literally, at their face value, at the level of consciousness. The true psychic reality, which is the unconscious, cannot be put into words, cannot ever be translated by the silence into words. The unconscious is and will remain forever ineffable.
~ Norman O. Brown, 1913-2002 ~
Love's Body, 1966

All forms of self-defeating behavior are unseen and unconscious, which is why their existence is denied.
~ Vernon Howard, 1918-1992 ~

Whatever we plant in our subconscious mind and nourish with repetition and emotion will one day become a reality.
~ Earl Nightingale, 1921-1989 ~

If you work long and hard enough to understand yourself, you will come to discover that your unconscious, a vast part of your mind of which you now have little awareness, contains riches beyond imagination … The unconscious may communicate to us when we are awake with as much elegance as when we are asleep. These "idle thoughts" usually provide us with dramatic insight into ourselves.
~ M. Scott Peck, 1936-2005 ~
The Road Less Travelled, 1978

A World is … a structure of unconscious relations and symbiotic processes. In these living modes of communication in an ecology, even such irrational aspects as noise, pollution, crime, warfare, and evil can serve as constituent elements of integration in which negation is a form of emphasis and hatred is a form of attraction through which we become what we hate.
~ William Irwin Thompson, 1938- ~
"Nine Theses For A Gaia Politique," 1986

What distinguishes people with high levels of personal mastery is they have developed a higher level of rapport between their normal awareness and their subconscious.
~ Peter Senge, 1947- ~

For most people, presence is experienced either never at all or only accidentally and briefly on rare occasions without being recognized for what it is. Most humans alternate not between consciousness and unconsciousness but between different levels of unconsciousness.
~ Eckhard Tolle, 1948- ~
The Power of Now: A Guide to Spiritual Enlightenment, 1999

Conflict between surface thoughts and unconscious mental processes is certainly common. You may not yet be able to bring your unconscious mind activity into awareness *as thoughts*, but it will always be reflected in the body *as an emotion*, and of this you *can* become aware. … If you practice this, all that is unconscious in you will be brought into the light of consciousness.
~ Ibid.

We must ultimately express in form those thoughts, emotions and impulses we store in the subconscious mind. That part of us does not think. It does not reason, balance, judge or reject. It is the fertile ground that accepts any and everything we plant in our minds.
~ Iyanla Vanzant, 1953- ~
Acts of Faith: Daily Meditations for People of Color, 1993

If you fail to direct your subconscious mind, it produces under a law of averages, and you are a nice, ineffective sweet person.
~ Raymond Charles Barker ~
Treat Yourself to Life, 1954

From the conscious mind comes intellect; from the unconscious, wisdom.
~ Unknown ~

UNDERSTANDING

Related States & Conditions: Breakthrough/Epiphany/Turning Point, Congruence/Resonance, Enlightenment/Realization/Transcendence, Meaning, Reality, Thinking/Thought, Truth, Wisdom, Wonder/Mystery

Syntonic: Attention/Awareness, Centering, Exploration, Introspection/Self-Knowledge, Listening, Openness/Receptivity, Questioning/Doubt, Release, Responsibility, Seeking

Dystonic: Avoidance/Denial/Refusal, Complacency, Conformity, Criticism/Judgment, Delusion, Fault, Fear, Insanity, Limitation, Worry

The study of nature is the first rung on the ladder to understanding.
~ Khemetic Saying ~
Temt Tchaas: Egyptian Proverbs, Muata Ashaya Ashby, ed., 1994

To many it is not given to hear of the Self. Many, though they hear of it, do not understand it. Wonderful is he who speaks of it. Intelligent is he who learns of it. Blessed is he who, taught by a good teacher, is able to understand it.
~ *Upanishads*, c. 1400-c. 800 BCE ~

When issues, definitions, sights and other sense-impressions are rubbed together and tested amicably by men employing questions and answers with no malicious rivalry, suddenly there shines forth understanding.
~ Plato, c. 427-347 BCE ~

For knowledge about all the things that we understand, we do not apply to somebody speaking audible words outside us, but to the truth which governs the mind itself inside us.
~ Augustine of Hippo, 354-430 ~
The Teacher Within

Stop talking, stop thinking, and there is nothing you will not understand.
~ Jianzhi Sengcan, 526-606 ~

If you attain real, true perception and understanding, birth and death don't affect you – you are free to go or stay. You needn't seek wonders, for wonders come of themselves.
~ Linji Yixuan, d. 867 ~
in *Zen Essence: The Science of Freedom*, Thomas Cleary, tr. & ed., 1989

A wise man hears one word and understands two.
~ Yiddish Saying ~

(It) is easy to understand, with a minimum of effort, so why don't you understand? Simply because of your countless clever rationalizations. This is what makes it hard for you to understand.
~ Fuyan Qingyuan, 1067-1120 ~
in *Zen Essence: The Science of Freedom*, Thomas Cleary, tr. & ed., 1989

Wind, flag, mind moves.
The same understanding.
When the mouth opens
All are wrong.
~ Zen Saying ~
Zen Flesh, Zen Bones, Paul Reps, ed., 1971

Don't cling to your own understanding. Even if you do understand something, you should ask yourself if there might be something you have not fully resolved, or if there may be some higher meaning yet.
~ Eihei Dogen, 1200-1253 ~
in *The Pocket Zen Reader*, Thomas Cleary, ed., 1999

If you misunderstand your mind, you are an ordinary mortal; if you understand you mind, you are a sage. In this it makes no difference whether you are a male or female, old or young, smart or simple.
~ Jakushitsu Zenji, 1290-1368 ~
in *The Pocket Zen Reader*, Thomas Cleary, ed., 1999

The loftiness of understanding embraces all. It requires as much spirit to suffer the failings of others as it does to appreciate their good qualities.
~ Madame de Sable, 1599-1678 ~
The Maxims of Madame de Sable, Arthur Chandler, tr.

Sometimes it proves the highest understanding not to understand.
~ Baltasar Gracián y Morales, 1601-1685 ~

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I have striven not to laugh at human actions, not to weep at them, not to hate them, but to understand them.
~ Baruch de Spinoza, 1632-1677 ~
"A Political Treatise"

If a person does not become what he understands, he does not really understand it.
~ Søren Kierkegaard, 1813-1855 ~
The Diary of Søren Kierkegaard, Peter Rohde, ed., & Gerda M. Andersen, tr., 1960

In youth we learn; in age we understand.
~ Marie von Ebner-Eschenbach, 1830-1916 ~

Those who understand only what can be explained understand very little.
~ von Ebner-Eschenbach ~
Aphorisms

If one is master of one thing and understands one thing well, one has at the same time insight into and understanding of many things.
~ Vincent van Gogh, 1853-1890 ~
Dear Theo: An Autobiography of Vincent van Gogh, 1937

Anger and intolerance are the enemies of correct understanding.
~ Mahatma Gandhi, 1869-1948 ~

Can we understand at all, ever, where we do not love?
~ Sherwood Anderson, 1876-1941 ~
Letter of Sherwood Anderson, Howard M. Jones, ed., 1953

When you want to recognize and understand what takes place in the minds of others, you have first to look into yourself.
~ Theodor Reik, 1888-1969 ~
Listening with the Third Ear, 1949

Sometimes almost more important than sexual love or money to live on is, I think, somebody who can accompany you in your mind's experiences.
~ Katharine Hathaway, 1890-1942 ~
The Journals and Letters of the Little Locksmith, 1946

When we talk about understanding, surely it takes place only when the mind listens completely – the mind being your heart, your nerves, your ears – when you give your whole attention to it.
~ Jiddu Krishnamurti, 1895-1986 ~
You Are the World, 1972

Between our birth and death we may touch understanding,
As a moth brushes a window with its wing.
~ Christopher Fry, 1907-2005 ~

To understand music, you must listen to it. But so long as you are thinking, "*I* am listening to this music," you are not listening. To understand joy or fear, you must be wholly and undividedly aware of it. So long as you are calling it names and saying, "*I* am happy," or "*I* am afraid," you are not being aware of it. Fear, pain, sorrow, and boredom must remain problems if we do not understand them, but understanding requires a single and undivided mind.
~ Alan Watts, 1915-1973 ~
The Wisdom of Insecurity, 1951

Guarding knowledge is not a good way to understand. Understanding means to throw away your knowledge. You have to be able to transcend your knowledge the way people climb a ladder … The technique is to release … letting go of our views and knowledge in order to transcend … I use the image of water to talk about understanding. Knowledge is solid; it blocks the way of understanding. Water can flow, can penetrate.
~ Thich Nhat Hanh, 1926- ~
Being Peace, 1987

If you really seek to understand, without hypocrisy and without guile, there will be times when you will be literally stunned with the pure knowledge and understanding that will flow to you from another human being. It isn't even always necessary to talk in order to empathize. In fact, sometimes words may just get in the way … The more deeply you understand other people, the more you will appreciate them, the more reverent you will feel about them. To touch the soul of another human being is to walk on holy ground.
~ Stephen Covey, 1932- ~
The 7 Habits of Highly Effective People, 1989

As we grow in discipline, love and life experience, our understanding of the world and our place in it naturally grows apace. This understanding is our religion.
~ M. Scott Peck, 1936-2005 ~
The Road Less Travelled, 1978

We come to understandings in our own time and in our own ways. We remember that we ourselves initially rejected ideas that later became central to our lives – once we *experienced* them to be true.
~ Marilyn Ferguson, 1938- ~
The Aquarian Conspiracy, 1980

VALUE / WORTH

Related States & Conditions: Cost, Desire, Goodness/Virtue, Having/Possessing, Legacy, Meaning, Reality, Truth, Wealth/Prosperity, Wisdom, Wonder/Mystery

Syntonic: Appreciation, Attention/Awareness, Giving/Serving, Ingenuity, Integrity, Openness/Receptivity, Questioning/Doubt, Release, Seeking, Sincerity/Authenticity

Dystonic: Avoidance/Denial/Refusal, Complacency, Conformity, Criticism/Judgment, Delusion, Fault, Fear, Insanity, Jealousy/Envy, Limitation, Worry

Be concerned less with position than being worthy of position. Be concerned less with people knowing you than developing qualities worth knowing.
~ Kongfuzi, c. 551-c. 479 BCE ~
in *Open Your Mind, Open Your Life: A Book of Eastern Wisdom*, Taro Gold, ed., 2002

The wise will always reflect on the quality, not the quantity of life.
~ Seneca, c. 4 BCE-65 CE ~

One who does not realize his own value is condemned to utter failure.
~ Hazrat Ali, 599-661 ~
in *Peak of Eloquence - Nahjul Balagha: Sermons and Letters of Imam Ali Ibn Abi Talib*, Sayed Ali Reza, tr., 1984

No matter what plans you make,
no matter what you acquire,
the thief will enter from the unguarded side.
Be occupied, then, with what you really value
and let the thief take something less.
~ Jalaluddin Rumi, 1207-1273 ~
"The Thief Will Enter," Mathnawi II, 1505-07
The Pocket Rumi Reader, Kabir Helminski, ed., 2001

If you know the value of every article of
merchandise,
but you don't know the value of your own soul,
it will all have been pointless.
You've come to know the fortunate
and the inauspicious stars,
but you don't know whether you yourself
are fortunate or unlucky.
~ Ibid., "The Essence of All Sciences," Mathnawi III, 2652-53

We never know the worth of water 'til the well is dry.
~ English Saying ~

Through sickness, we recognize the value of health; through evil, the value of good; through hunger, the value of food; through exertion, the value of rest.
~ Greek Saying ~

Seek ye first the good things of the mind, and the rest will either be supplied or its loss will not be felt.
~ Francis Bacon, 1561-1626 ~

What we have we prize not to the worth,
Whiles we enjoy it; but being lack'd and lost,
Why then we rack the value; then we find
The virtue, that possession would not show us
While it was ours.
~ William Shakespeare, 1564-1616 ~

It is a piece of great good luck to deal with someone who values you at your true worth.
~ Baltasar Gracián y Morales, 1601-1685 ~
Oráculo manual y arte de prudencia, 1647

Good is not good where better is expected.
~ Thomas Fuller, 1608-1661 ~

There is a kind of elevation which does not depend on fortune. It is a certain air which distinguishes us, and seems to destine us for great things; it is a price which we set upon ourselves.
~ François de La Rochefoucauld, 1613-1680 ~

Things are only worth what you make them worth.
~ Jean-Baptiste Moliére, 1622-1673 ~
Les précieuses ridicules

Whatever is worth doing at all, is worth doing well.
~ Lord Chesterfield, 1694-1773 ~

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If you would not be forgotten as soon as you are gone, either write things worth reading or do things worth writing.
~ Benjamin Franklin, 1706-1790 ~

Love of truth shows itself in this, that a man knows how to find and value the good in everything.
~ Johann von Goethe, 1749-1832 ~

The average estimate themselves by what they do, the above average by what they are.
~ Friedrich von Schiller, 1759-1805 ~

The one thing in the world of value, is the active soul – the soul, free, sovereign, active. This every man is entitled to; this every man contains within him, although in almost all men, obstructed, and as yet unborn. The soul active sees absolute truth; and utters truth, or creates.
~ Ralph Waldo Emerson, 1803-1882 ~
American Scholar, 1837

Let him go where he will, he can only find so much beauty or worth as he carries.
~ Emerson ~

What is a weed? A plant whose virtues have not yet been discovered.
~ Emerson ~
"Future of the Republic"

A man who dares waste one hour of time has not discovered the value of life.
~ Charles Darwin, 1809-1882 ~

There is no value in life except what you choose to place upon it and no happiness in any place except what you bring to it yourself.
~ Henry David Thoreau, 1817-1862 ~

There is nothing of permanent value (putting aside a few human affections), nothing that satisfies quiet reflection – except the sense of having worked according to one's capacity and light, to make things clear and get rid of cant and shams of all sorts.
~ Thomas Huxley, 1825-1895 ~
in Leonard Huxley, *Life and Letters of Thomas Henry Huxley, Vol. 3*, 1900

There is no such thing as absolute value in this world. You can only estimate what a thing is worth to *you*.
~ Charles Warner, 1829-1900 ~
"Sixteenth Week," My *Summer in a Garden*, 1871

This life is worth living, we can say, since it is what we make it … The greatest use of life is to spend it for something that will outlast it.
~ William James, 1842-1910 ~

What is a cynic? A man who knows the price of everything and the value of nothing.
~ Oscar Wilde, 1856-1900 ~
Lady Windermere's Fan, 1892

Have you grown to the point where you can unflinchingly stand up for the right, for that which is honorable, honest, truthful, whether it makes you popular or unpopular? Have you grown to the point where absolutely and unreservedly you make truth and honor your standard of thinking and speaking?
~ Booker T. Washington, 1856-1915 ~

Do not think that life consists of dress and show. Remember that everyone's life is measured by the power that that individual has to make the world better – this is all life is.
~ Washington ~

Man's judgments of value follow directly his wishes for happiness – they are an attempt to support his illusions with arguments.
~ Sigmund Freud, 1856-1939 ~

Humans cannot create matter. We can, however, create value. Creating value is, in fact, the essence of our humanity. When we praise people for their strength of character, we are actually acknowledging their ability to create value.
~ Tsunesaburo Makiguchi, 1871-1944 ~
in *Open Your Mind, Open Your Life: A Book of Eastern Wisdom*, Taro Gold, ed., 2002

The least of things with a meaning is worth more in life than the greatest of things without it.
~ Carl Jung, 1875-1961 ~
Modern Man in Search of a Soul, 1933

Technical progress, extension of knowledge, do indeed represent progress, but not in fundamentals. The essential thing is that we become more finely and deeply human.
~ Albert Schweitzer, 1875-1965 ~

Try not to become a man of success, but rather try to become a man of value … The true value of a human being can be found in the degree to which he has attained liberation from the self.
~ Albert Einstein, 1879-1955 ~

Not everything that can be counted counts, and not everything that counts can be counted.
~ Einstein ~

Human dignity is more precious than prestige.
~ Claude McKay, 1889-1948 ~

If a man's thought is always directed towards the objects of his experience and never diverted towards the consciousness which makes that experience possible, then it is inevitable that those objects shall assume a significance and reality in and for themselves alone. That is to say, he will become a materialist ... He misses what is most important if he misses going into the invisible temple of his own heart ... there alone the satisfying discovery of what he really is may be made.
~ Paul Brunton, 1898-1981 ~
The Spiritual Crisis of Man, 1970

What you really value is what you miss, not what you have.
~ Jorge Luis Borges, 1899-1986 ~
in Richard Burgin, *Conversations with Jorge Luis Borges*, 1969

It is the time you have wasted for your rose that makes your rose so important.
~ Antoine de Saint-Exupéry, 1900-1944 ~

Surely there comes a time when counting the cost and paying the price aren't things to think about any more. All that matters is value – the ultimate value of what one does.
~ James Hilton, 1900-1954 ~

Values must come first and must preside over design because they provide the architectonic principles which give esthetic quality and spiritual coherence to the physical structure embodying the social purpose of institutions.
~ René Dubos, 1901-1982 ~

The things we admire in men, kindness and generosity, openness, honesty, understanding and feeling are the concomitants of failure in our system. And those traits we detest, sharpness, greed, acquisitiveness, meanness, egotism and self-interest are the traits of success. And while men admire the quality of the first they love the produce of the second.
~ John Steinbeck, 1902-1968 ~
Cannery Row, 1945

Wisdom is an affair of values, and of value judgments. It is intelligent conduct of human affairs.
~ Sydney Hook, 1902-1989 ~

Does not the uncertainty of our time teach us the most important lesson of all – that the ultimate criteria are the honesty, integrity, courage, and love of a given moment of relatedness?
~ Rollo May, 1909-1994 ~

Where all intuitions of value, of a Cosmic Order, of transcendent Meaning are dismissed as fancies, we flounder into the folly and vileness of an unrelieved nightmare.
~ Frederick Franck, 1909- ~
A Little Compendium on That Which Matters, 1993

You can't fake quality any more than you can fake a good meal.
~ William S. Burroughs, 1914-1997 ~

If culture means anything, it means knowing what value to set upon human life.
~ Saul Bellow, 1915-2005 ~
in *The Glasgow Herald*, 1985

It takes so much just to survive in our society that there is little time left over to give expression to that which is of most value – creativity, for instance, service to humanity, or spiritual illumination. Yet here it is important to ask yourself how you will feel if you continue living in the same way until the age of ninety or more – for by ignoring the needs of your soul, you run the grave risk of dying in despair.
~ Vilayat Khan, 1916-2004 ~
Awakening: A Sufi Experience, 1999

The only way we can be sure that we are doing everything we can to promote our values in real-life situations is to ask ourselves, "What am I prepared to do to pursue that value?" If we are not prepared to do whatever is necessary, it's not a real value – it's an abstract ideal.
~ Ibid.

No one can figure out your worth but you.
~ Pearl Bailey, 1918-1990 ~
The Raw Pearl, 1968

Too many people overvalue what they are not and undervalue what they are.
~ Malcolm S. Forbes, 1919-1990 ~

Quality doesn't have to be defined, you understand it without definition.
~ Robert Pirsig, 1928- ~

The means by which we live have outdistanced the ends for which we live. Our scientific power has outrun our spiritual power. We have guided missiles and misguided men.
~ Martin Luther King, Jr., 1929-1968 ~
Strength to Love, 1963

How different our lives are when we really know what is deeply important to us, and keeping that picture in mind, we manage ourselves each day to be and to do what really matters most ... The single most powerful investment we can ever make in life is investment in ourselves, in the only instrument we have with which to deal with life and to contribute. We are the instruments of our own performance, and to be effective, we need to recognize the importance of taking time regularly to sharpen the saw.
~ Stephen Covey, 1932- ~
The 7 Habits of Highly Effective People, 1989

False values begin with the worship of things.
~ Susan Sontag, 1933-2004 ~

Your best shot at happiness, self-worth, and personal satisfaction – the things that constitute real success – is not in earning as much as you can but in performing as well as you can something that you consider worthwhile. Whether that is healing the sick, giving hope to the hopeless, adding to the beauty of the world, or saving the world from nuclear holocaust, I cannot tell you.
~ William Raspberry, 1935- ~

The feeling of being valuable is a cornerstone of self-discipline because when you consider yourself valuable you will take care of yourself – including things like using your time well. In this way, self-discipline is self-caring.
~ M. Scott Peck, 1936-2005 ~
The Road Less Travelled, 1978

There are many things worth living for, a few things worth dying for, and nothing worth killing for.
~ Tom Robbins, 1936- ~

When people become autonomous, their values become *internal*. Their purchases and their choice of work begin to reflect their own authentic needs and desires rather than the values imposed by advertisers, family, peers, media.
~ Marilyn Ferguson, 1938- ~
The Aquarian Conspiracy, 1980

Normal is getting dressed in clothes that you buy for work, driving through traffic in a car that you are still paying for, in order to get to the job that you need so you can pay for the clothes, car, and the house that you leave empty all day in order to afford to live in it.
~ Ellen Goodman, 1941- ~

You alone are the judge of your worth, and your goal is to discover infinite worth in yourself, no matter what anyone else thinks.
~ Deepak Chopra, 1947- ~

The minute you settle for less than you deserve, you get even less than you settled for.
~ Maureen Dowd, 1952- ~

We are living in a world today where lemonade is made from artificial flavors and furniture polish is made from real lemons.
~ Alfred E. Neuman, 1955- ~

We can settle for less, that is, restrain our desires, if we really are convinced that time for play, creativity, reading, thinking, travelling, is time well spent. We will not use all our time obsessing over money and status if we have a private philosophy that allows us genuine freedom from the anxieties forced on us by the market place.
~ Jeanette Winterson, 1959- ~

If life seems empty and disappointing, it is because those things you assume to be important are really not. You think you want them, you think you need them, you think you must have them, but something in you knows better.
~ Ralph Marston, 1961- ~

If your self-worth is invested in what you own, as can be the case in our market-driven society, then these things may not hold their value for very long.
~ Sean Saunders ~

To find in ourselves what makes life worth living is risky business, for it means that once we know we must seek it. It also means that without it life will be valueless.
~ Marsha Sinetar ~
Ordinary People as Monks and Mystics, 1986

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VICE

Related States & Conditions: Desire, Ethics/Morality, Evil, Failure/Error, Fault, Greed, Guilt, Indulgence/Temptation, Shadow, War/Aggression/Violence

Syntonic: Compassion/Empathy/Kindness, Conscience, Criticism/Judgment, Detachment, Diligence, Discipline, Forgiveness, Innocence, Prudence, Reciprocity/Reflection, Release, Responsibility, Restraint

Dystonic: Anger, Attachment, Avoidance/Denial/Refusal, Dependence, Fear, Habit, Hate, Revenge

There is no evil that does not offer inducements. Avarice promises money; luxury, a varied assortment of pleasure; ambition, a purple robe and applause. Vices tempt you by the rewards which they offer.
~ Seneca, c. 4 BCE-65 CE ~

Five enemies of peace inhabit with us – avarice, ambition, envy, anger, and pride; if these were to be banished, we should infallibly enjoy perpetual peace.
~ Petrarch, 1304-1374 ~

Nothing can tell us so much about the general lawlessness of humanity as a perfect acquaintance with our own immoderate behavior. If we would think over our own impulses, we would recognize in our own souls the guiding principle of all vices which we reproach in other people; and if it is not in our very actions, it will be present at least in our impulses. There is no malice that self-love will not offer to our spirits so that we may exploit any occasion, and there are few people virtuous enough not to be tempted.
~ Madame de Sable, 1599-1678 ~
The Maxims of Madame de Sable, Arthur Chandler, tr.

The vices help make virtues just as poisons help make medicines. Diluted and blended correctly, they are quite useful against the evils of life.
~ François de La Rochefoucauld, 1613-1680 ~

I prefer an accommodating vice to an obstinate virtue.
~ Jean-Baptiste Moliére, 1622-1673 ~

People divide off vice and virtue as though they were two things, neither of which had with it anything of the other. This is not so. There is no useful virtue which has not some alloy of vice, and hardly any vice, if any, which carries not with it a little dash of virtue; virtue and vice are like life and death, or mind and matter – things which cannot exist without being qualified by their opposite.
~ Samuel Butler, 1835-1902 ~
The Way of All Flesh, 1903

One can only think of spoiling others after one has spoiled oneself.
~ Ramana Maharshi, 1879-1950 ~

Fighting any adverse condition only increases its power over us.
~ Ernest Holmes, 1887-1960 ~

In our ideals we unwittingly reveal our vices.
~ Jean Rostand, 1894-1977 ~

Sin ... has been made not only ugly but passé. People are no longer sinful, they are only immature or underprivileged or frightened or, more particularly, sick.
~ Phyllis McGinley, 1905-1978 ~

All sins are attempts to fill voids.
~ Simone Weil, 1909-1943 ~
in W. H. Auden, *A Certain World*, 1970

No drug, not even alcohol, causes the fundamental ills of society. If we're looking for the source of our troubles, we shouldn't test people for drugs, we should test them for stupidity, ignorance, greed and love of power.
~ P. J. O'Rourke, 1947- ~

Negativity has within it the seeds of its own destruction.
~ Emmanuel

VISION / VISUALIZATION

Related States & Conditions: Appearance/Form, Art, Breakthrough/Epiphany/Turning Point, Cause, Creativity/Discovery/Innovation, Dreams/Dreaming, Enlightenment/Realization/Transcendence, Expectation/Hope, Goal/Ideal/Purpose, Imagination, Mind, Power, Truth, Wisdom

Syntonic: Actualization/Fulfillment, Appreciation, Attention/Awareness, Exploration, Expression, Faith, Focus/Intention, Inspiration, Openness/Receptivity, Reciprocity/Reflection, Release, Responsibility

Dystonic: Avoidance/Denial/Refusal, Criticism/Judgment, Defeat, Deferment/Delay, Delusion, Distraction/Diversion, Fear, Habit, Hate, Limitation, Revenge

The light of the Spirit is invisible, concealed in all beings. It is seen by the seers of the subtle, when their vision is keen and clear.
~ *Upanishads*, c. 1400-c. 800 BCE ~

One who cannot see far, and therefore takes superficial views, will not be blamed. One who can see, but does not, will have cause for regret. A narrow view will result in narrow behavior; this is appropriate only for small tasks of an inward nature.
~ *Yi Jing*, c. 1150 BCE ~
"Kuan: Observation," in *The Photographic I Ching*, Dhiresha McCarver, tr., 1997

To see things in the seed, that is genius.
~ Laozi, 570-490 BCE ~

The soul never thinks without an image.
~ Aristotle, 384-322 BCE ~

Those things that nature denied to human sight, she revealed to the eyes of the soul.
~ Ovid, c. 43 BCE–17 CE ~
Metamorphoses

The eyes are not responsible when the mind does the seeing.
~ Publilius Syrus, c. 42 BCE ~

Where there is no vision, the people perish.
~ *The Bible*, c. 367 CE ~
Proverbs 29:18

Recognize what is before your eyes, and what is hidden will be revealed to you.
~ *Apocrypha*, Gospel of Thomas ~

Who is narrow of vision cannot be big of heart.
~ Chinese Saying ~

No longer is there a spectator outside gazing on an outside spectacle; the clear-eyed hold the vision within themselves, though for the most part, they have no idea that it is within but look towards it as to something beyond them and see it as an object of vision caught by a direction of will. All that one sees as a spectacle is still external; one must bring the vision within and see no longer in that mode of separation but as we know ourselves; thus a man filled with a god – possessed by Apollo or by one of the Muses – need no longer look outside for his vision of the divine being; it is but finding the strength to see divinity within.
~ Plotinus, 205-270 ~
The Enneads, S. McKenna, tr., 1956

The mind and the world are opposites, and vision arises where they meet. When your mind doesn't stir inside, the world doesn't arise outside. When the world and the mind are both transparent, this is true vision.
~ Bodhidharma, 440-533 ~

The meaning of life is to SEE.
~ Dajian Huineng, 638-713 ~

What is "looking"? It is the light of the eyes spontaneously shining, the eyes only looking inward and not outward. Not looking outward yet being alert is inward looking; it is not that there really is such a thing as looking inward.
~ Lu Dong Bin, c. 798 ~
The Secret of the Golden Flower: The Classic Chinese Book of Life, IV.24, Thomas Cleary, tr., 1991

The foolish reject what they see, not what they think.
The wise reject what they think, not what they see.
~ Huangbo Xiyun, 800-850 ~

A human being is essentially an eye;
the rest is merely flesh and skin:
whatever the eye has beheld, he is that.
~ Jalaluddin Rumi, 1207-1273 ~
"The Sea Within the Fish," Mathnawi VI, 812
The Pocket Rumi Reader, Kabir Helminski, ed., 2001

Behead yourself! Dissolve your whole body into Vision, become seeing, seeing, seeing.
~ Rumi ~

I saw the soul as large, as if it were an endless world and as if it were a blissful kingdom. And by the details I saw therein, I understood it to be a glorious city.
~ Julian of Norwich, 1342-1416 ~

When the mind keeps tumbling
How can vision be anything but blurred?
Stop the mind even for a moment
And all becomes transparently clear!
The moving mind is polishing mud bricks.
In stillness find the mirror!
~ Hanshan Deqing, 1546-1623 ~
Journey to Dreamland, Jy Din Shakya, tr., 1998

When you come to be sensibly touched, the scales will fall from your eyes; and by the penetrating eyes of love you will discern that which your other eyes will never see.
~ François Fénelon, 1651-1715 ~

Vision is the art of seeing things invisible.
~ Jonathan Swift, 1667-1745 ~
Thoughts on Various Subjects

If the doors of perception were cleansed,
everything would appear to man as it is: infinite.
For man has closed himself up, till he sees all
things thro' narrow chinks of his cavern.
~ William Blake, 1757-1827 ~
"A Memorable Fancy"

With an eye made quiet by the power
Of harmony, and the deep power of joy,
We see into the life of things.
~ William Wordsworth, 1770-1850 ~

What we see depends mainly on what we look for.
~ John William Lubbock, 1803-1865 ~

People only see what they are prepared to see.
~ Ralph Waldo Emerson, 1803-1882 ~
Journals of Ralph Waldo Emerson, 1863

It's not what you look at that matters, it's what you see.
~ Henry David Thoreau, 1817-1862 ~

The greatest thing a human soul ever does in this world … To see clearly is poetry, prophecy and religion all in one.
~ John Ruskin, 1819-1900 ~

It is one thing to be blind, and another to be in darkness … By this way you know vision: that it is not what you expected, or even what you could have imagined, and that it is never repeated.
~ Coventry Patmore, 1823-1896 ~
The Rod, the Root, and the Flower, 1911

You cannot depend on your eyes when your imagination is out of focus.
~ Mark Twain, 1835-1910 ~

A very great vision is needed and the man who has it must follow it as the eagle seeks the deepest blue of the sky.
~ Crazy Horse, 1842-1877 ~

There is a law in psychology that if you form a picture in your mind of what you would like to be, and you keep and hold that picture long enough, you will soon become exactly as you have been thinking.
~ William James, 1842-1910 ~

I shut my eyes in order to see.
~ Paul Gauguin, 1848-1903 ~

A visionary is one who can find his way by moonlight, and his punishment is that he sees the dawn before the rest of the world.
~ Oscar Wilde, 1856-1900 ~
The Critic as Artist, 1891

You see things and say, "Why?", but I dream things and say, "Why not?"
~ George Bernard Shaw, 1856-1950 ~

No man that does not see visions will ever realize any high hope or undertake any high enterprise.
~ Woodrow Wilson, 1856-1924 ~

The eye sees only what the mind is prepared to comprehend.
~ Henri Bergson, 1859-1941 ~

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You can vitally influence your life from within by auto-suggestion ... Suggest to yourself specific ideas that you wish to embody in your character and personality. Address such suggestions to yourself, silently or aloud, until they are deeply impressed upon your mind.
~ Grenville Kleiser, 1868-1953 ~

The only real voyage of discovery consists not in seeing new landscapes, but in having new eyes, in seeing the universe with the eyes of another, of hundreds of others, in seeing the hundreds of universes that each of them sees.
~ Marcel Proust, 1871-1922 ~

Man should make an art of thinking. The Master Thinker is an artist and is careful to paint only the divine designs upon the canvas of his mind; and he paints these pictures with masterly strokes of power and decision, having perfect faith that there is no power to mar their perfection and that they shall manifest in his life the ideal made real.
~ Florence Scovel Shinn, 1871-1940 ~
The Game of Life and How to Play It, 1925

The farther backward you can look, the farther forward you are likely to see.
~ Winston Churchill, 1874-1965 ~

Most people think I am a dreamer ... We need visions for larger things, for the unfolding and reviewing of worthwhile things.
~ Mary McLeod Bethune, 1875-1955 ~

Vision ... It reaches beyond the thing that is, into the conception of what can be. Imagination gives you the picture; vision gives you the impulse to make the picture your own.
~ Robert J. Collier, 1876-1918 ~

Most people see what is, and never see what can be.
~ Albert Einstein, 1879-1955 ~

The most pathetic person in the world is someone who has sight but has no vision.
~ Helen Keller, 1880-1968 ~

Before you begin a thing remind yourself that difficulties and delays quite impossible to foresee are ahead ... You can only see one thing clearly, and that is your goal. Form a mental vision of that and cling to it through thick and thin.
~ Kathleen Norris, 1880-1966 ~

Reason may fail you. If you are going to do anything with life, you have sometimes to move away from it, beyond all measurements. You must follow sometimes visions and dreams.
~ Bede Jarrett, 1881-1934 ~
The House of Gold, 1931

The whole of life lies in the verb, seeing.
~ Pierre Teilhard de Chardin, 1881-1955 ~

Everything in this world which seems to lacks harmony is in reality the limitation of man's own vision. The wider the horizon of his observation becomes, the more harmony of life he enjoys.
~ Hazrat Khan, 1882-1927 ~
The Mysticism of Sound and Music, 1991

Now man cannot live without some vision of himself. But still less can he live without a vision that is true to his inner experience and inner feeling.
~ D. H. Lawrence, 1885-1930 ~
Assorted Articles, 1930

The will is not used in visualization, but the imagination is used. The will enables us to imagine, or image, along the lines of our self-choice. Will holds out the mold; imagination fills the concept with spiritual realization, and the law executes the deed ... Think of yourself as you would like to be and calmly state that you are now in the position that you care to be in; that you are now doing the things you would like to be doing; that you now possess the things you want to possess. Look at your picture as you would view a landscape, mentally dwelling on this picture, trying to feel the reality of it, until you can sense that it is a reality; then leave the entire picture for the law to work out for you, returning to your everyday affairs with perfect confidence that something is really taking place on the invisible side of your life, and that you will experience in outward form all your inner aspirations.
~ Ernest Holmes, 1887-1960 ~
"See Yourself as You Want to Be"

Nobody sees with his eyes alone; we see with our souls.
~ Henry Miller, 1891-1980 ~
The Cosmological Eye, 1939

Proper visualization by the exercise of concentration and willpower enables us to materialize thoughts, not only as dreams and visions in the mental realm, but also as experiences

in the material realm.
~ Paramahansa Yogananda, 1893-1952 ~
Man's Eternal Quest, 1982

To see ourselves as others see us is a most salutary gift. Hardly less important is the capacity to see others as they see themselves.
~ Aldous Huxley, 1894-1963 ~
The Doors of Perception, 1954

Other people can't make you see with their eyes. At best they can encourage you to use your own.
~ Huxley ~

To be obsessed with some vision and to have the continuous opportunity of working towards that vision can be looked upon as God's greatest gift to anyone.
~ Henry Moore, 1898-1986 ~
in *The Sunday Telegraph*, 1968

A rock pile ceases to be a rock pile the moment a single man contemplates it, bearing within him the image of a cathedral.
~ Antoine de Saint-Exupéry, 1900-1944 ~

What happens depends on our way of observing it or on the fact that we observe it.
~ Werner Heisenberg, 1901-1976 ~
Physics and Philosophy, 1958

We all move on the fringes of eternity and are sometimes granted vistas through the fabric of illusion.
~ Ansel Adams, 1902-1984 ~
Ansel Adams: An Autobiography, 1985

What you see with your eyes closed is what counts.
~ John "Fire" Lame Deer, 1903-1976 ~

One climbs, one sees. One descends, one sees no longer but one has seen. There is an art to conducting oneself in the lower regions by the memory of what one saw higher up. When one can no longer see, one can at least still know.
~ René Daumal, 1908-1944 ~
Mount Analogue, 1952

In a dark time, the eye begins to see.
~ Theodore Roethke, 1908-1963 ~

Ego looks out for itself, but is blind as a bat. When I SEE I am all eye; ego is momentarily forgotten, I am nothing but a focus of awareness.
~ Frederick Franck, 1909- ~
A Little Compendium on That Which Matters, 1993

Merely looking at the world around us is immensely different from seeing it.
~ Franck ~

To be realistic today is to be visionary. To be realistic is to be starry-eyed.
~ Hubert Humphrey, 1911-1978 ~

True vison is always twofold. It involves emotional comprehensions as well as physical perception.
~ Ross Parmenter, 1912-1999 ~

Sometimes in the amazing ignorance
I hear things and see things
I never knew I saw and heard before
Sometimes in the ignorance
I feel the meaning
Invincible invisible wisdom,
And I commune with intuitive instinct
With the force that made life be.

Sometimes in my amazing ignorance
Others see me only as they care to see
I am to them as they think
According the standard I should not be
And that is the difference between I and them
Because I see them as they are to is
And not the seeming isness of the was.
~ Sun Ra, 1914-1993 ~
"The Differences"

One of the marvellous capabilities of the right brain is imaging: seeing an imaginary picture with your mind's eye. The brain is able to conjure an image and then "look" at it, "seeing" it as if it is "really there' ... Learn the artist's mode of seeing: the key is to direct your attention toward visual information that the left brain can not or will not process.
~ Betty Edwards, 1926- ~
Drawing on the Right Side of the Brain, 1979

The world of tomorrow belongs to the person who has the vision today.
~ Robert H. Schuller, 1926- ~

Strategic planning is worthless – unless there is first a strategic vision.
~ John Naisbitt, 1929- ~

The achievement is never up to the vision. What the eye sees can never be reached by the stone the hand throws. The stone always falls short. I've learned to live with that. I don't make too much about it. The language of the dream is always

superior to the language when you wake up and try to recapture the dream. One need not waste one's life lamenting that. One must be grateful for what one has achieved, and always try to do better, or at least try not to rest.
~ Chinua Achebe, 1930- ~
Interview by Bradford Morrow, 1991

Humans not only submit and adapt, as all animals do; they transform in accordance with a preconceived plan. That is, before transforming, they do something extraordinary, namely, "see" what is not there. Seeing what is not there lies at the foundation of all human culture.
~ Tuan Yi-Fu, 1930- ~
Escapism, 1998

Above all, where there is no vision we lose the sense of our great power to transcend history and create a new future for ourselves with others ... Therefore the quest is not a luxury; life itself demands it of us.
~ Vincent Harding, 1931- ~
The Black Struggle for Freedom in America, 1983

Each of us tends to think we see things as they are, that we are *objective*. But this is not the case. We see the world, not as *it is*, but as *we* are – or, as we are conditioned to see it.
~ Stephen Covey, 1932- ~
The 7 Habits of Highly Effective People, 1989

Expand your perspective by expanding your mind. Visualize in rich detail. Involve as many emotions and feelings as possible. Involve as many of the senses as you can.
~ Ibid.

What you see is what you get.
~ Flip Wilson, 1933-1998 ~

Our visions are essential to create that which has never been, and we must each learn to use all of who we are to achieve those visions.
~ Audre Lorde, 1934-1992 ~
Callaloo, 1990 August 29

You see what you believe, rather than believe what you see.
~ Wayne Dyer, 1940- ~

The inner eye of vision can see what isn't yet there, can reach beyond present circumstances, and can see what, up to that point, has never been there. It is truly an incredible human faculty that is able to see beyond the present and the past, and from the unknown conceive something not hitherto in existence.
~ Robert Fritz, 1943- ~
The Path of Least Resistance, 1984

What we see and how we value or judge it is more determined by the complex array of experiences that have colored our vision than by what is "really" out there. And how we – and all other people – see things determines what is going to be out there.
~ Toby Johnson, 1945- ~
Gay Spirituality: The Role of Gay Identity in the Transformation of Human Consciousness, 2000

Visualization is the first step in bringing forth your quality purpose and determination ... therefore, you must exercise responsibility in what you imagine ... The mental images you form must absolutely support what you want to create and should be visualized with as much detail and clarity as possible. If you give equal time to images contrary to your objective, it would be like trying to dig a hole and fill it at the same time.
~ Tae Yun Kim, 1946- ~
Seven Steps to Inner Power, 1991

Living out of our vision is more powerful than living out of our circumstance. Holding on to a vision invokes the circumstances by which the vision is achieved. Vision is content; material circumstances mere form.
~ Marianne Williamson, 1952- ~
A Return to Love, 1992

When we use our eyes to project what we want into the world, we send forth the creative powerof the soul's force. When we use positive perception to interpret what we see, we avoid falling prey to doom and gloom. If we can look beyond today, its challenges and obstacles, we can create a better tomorrow. If we can see, it must come to be.
~ Iyanla Vanzant, 1953- ~
Acts of Faith: Daily Meditations for People of Color, 1993

The people who shape our lives and our cultures have the ability to communicate a vision or a quest or a joy or a mission.
~ Anthony J. Robbins, 1960- ~

Look at life through the windshield, not the rear-view mirror.
~ Byrd Baggett ~

WAR / AGGRESSION / VIOLENCE

Related States & Conditions: Conflict/Opposition, Defeat, Evil, Oppression, Power, Strength, Struggle

Syntonic: Communication, Compassion/Empathy/Kindness, Composure/Peace/Tranquility, Detachment, Faith, Love-Agape, Openness/Receptivity, Prudence, Reciprocity/Reflection, Release, Respect, Responsibility, Restraint, Retreat/Withdrawal, Spirituality, Submission/Surrender, Tolerance, Understanding, Wisdom

Dystonic: Anger, Attachment, Complacency, Criticism/Judgment, Defeat, Delusion, Fault, Fear, Greed, Habit, Hate, Jealousy/Envy, Limitation, Revenge

Where wisdom is called for, force is of little use.
~ Herodotus, c. 485-c. 425 BCE ~
Histories

To fight and conquer in all our battles is not supreme excellence; supreme excellence consists in breaking the enemy's resistance without fighting.
~ Sun Tzu, fl. early 4th C. BCE ~
Sun Tzu Ping Fa

Violence and injury enclose in their net all that do such things, and generally return upon him who began.
~ Lucretius, c. 95-55 BCE ~

Force without wisdom falls of its own weight.
~ Horace, 65-8 BCE ~
Odes

War is delightful to those who have had no experience of it.
~ Desiderius Erasmus, 1466-1536 ~

War is the greatest plague that can afflict humanity; it destroys religion, it destroys states, it destroys families. Any scourge is preferable to it.
~ Martin Luther, 1483-1546 ~
Table Talk

Force against force equals more force.
~ Ashanti Saying ~

Who overcomes
By force, hath overcome but half his foe.
~ John Milton, 1608-1674 ~
Paradise Lost, 1667

Force rules the world – not opinion; but it is opinion that makes use of force.
~ Blaise Pascal, 1623-1662 ~

Minds are conquered not by arms, but by love and magnanimity.
~ Baruch de Spinoza, 1632-1677 ~

Nothing … marks man's unreason as positively as war. Indeed, what folly to kill one another for interests often imaginary.
~ Mary Wortley Montague, 1689-1762 ~

War is the greatest of all crimes; and yet there is no aggressor who does not color his crime with the pretext of justice.
~ François-Marie Voltaire, 1694-1778 ~

There never was a good war or a bad peace.
~ Benjamin Franklin, 1706-1790 ~
Letter to Josiah Quincy, 1773 September 11

Force cannot give right.
~ Thomas Jefferson, 1743-1826 ~
The Rights of British America, 1774

War is an instrument entirely inefficient toward redressing wrong; and multiplies, instead of indemnifying losses.
~ Jefferson ~

Those who are at war with others are not at peace with themselves.
~ William Hazlitt, 1778-1830 ~

The best way to destroy an enemy is to make him a friend.
~ Abraham Lincoln, 1809-1865 ~

There never was a time when, in my opinion, some way could not be found to prevent the drawing of the sword.
~ Ulysses S. Grant, 1822-1885 ~

When two elephants struggle, it is the grass that suffers.
~ Swahili Saying ~

Non-violence leads to the highest ethics, which is the goal of all evolution. Until we stop harming all other living beings, we are still savages.
~ Thomas Edison, 1847-1931 ~

So long as governments set the example of killing their enemies, private citizens will occasionally kill theirs.
~ Elbert Hubbard, 1856-1915 ~

There is nothing that war has ever achieved that we could not better achieve without it.
~ Havelock Ellis, 1859-1939 ~
The Philosophy of Conflict, 1919

Even fighting in self-defense is wrong, though it is higher than fighting in aggression. There is no "righteous" indignation, because indignation comes from not recognizing sameness in all things.
~ Vivekananda, 1863-1902 ~

Violence of language leads to violence of action. Angry men seldom fight if their tongues do not lead the fray.
~ Charles V. Roman, 1864-1934 ~
"Dark Pages in the White Man's Civilization," *American Civilization and the Negro, 1916*

We hear war called murder. It is not: it is suicide.
~ Ramsay MacDonald, 1866-1937 ~
in *The Observer*, 1930

In war, whichever side may call itself the victor, there are no winners, but all are losers.
~ Neville Chamberlain, 1869-1940 ~
Speech, 1938 July 3

What difference does it make to the dead, the orphans and the homeless, whether the mad destruction is wrought under the name of totalitarianism or the holy name of liberty or democracy?
~ Mahatma Gandhi, 1869-1948 ~
Non-Violence in Peace and War, 1942

I object to violence because, when it appears to do good, the good is only temporary; the evil it does is permanent.
~ Gandhi ~

There is violence always in the attachment to one's ego. When doing anything, one must ask oneself the question; "Is my action inspired by egoistic attachment?" If there is no such attachment, then there is no violence.
~ Gandhi ~
"Problem of Non-Violence," *Narajivan*, 1926 June 6

Non-violence is not a garment to be put on and off at will. Its seat is in the heart and it must be an inseparable part of our very being.
~ Gandhi ~

It is easier to lead men to combat, stirring up their passions, than to restrain them and direct them toward the patient labors of peace.
~ André Gide, 1869-1951 ~

Patriotism is the willingness to kill and be killed for trivial reasons.
~ Bertrand Russell, 1872-1970 ~

War: first one hopes to win; then one expects the enemy to lose; then, one is satisfied that he too is suffering; in the end, one is surprised that everyone has lost.
~ Karl Kraus, 1874-1936 ~

War is only a cowardly alternative to the problems of peace.
~ Thomas Mann, 1875-1955 ~

Sometime they'll give a war and nobody will come.
~ Carl Sandburg, 1878-1967 ~
The People, Yes, 1936

Heroism at command, senseless brutality, deplorable love-of-country stance, how violently I hate all this, how despicable and ignoble war is; I would rather be torn to shreds than be part of so base an action! It is my conviction that killing under the cloak of war is nothing but an act of murder.
~ Albert Einstein, 1879-1955 ~

I am an absolute pacifist ... it is an instinctive feeling. It is a feeling that possesses me because the murder of men is disgusting.
~ Einstein ~
Interview, 1929

More than an end to war, we want an end to the beginning of all wars – yes, an end to this brutal, inhuman and thoroughly impractical method of settling the differences between governments.
~ Franklin D. Roosevelt, 1882-1945 ~

The Way of the Warrior has been misunderstood as a means to kill and destroy others. Those who seek competition are making a grave mistake. To smash, injure, or destroy is the worst sin a human being can commit. The real Way of a Warrior is to prevent slaughter – it is the Art of Peace, the power of love.
~ Morihei Ueshiba, 1883-1969 ~
The Art of Peace, John Stevens, tr., 1992

The world will continue to change dramatically, but fighting and war can destroy us utterly. What we need now are techniques of harmony, not those of contention.
~ Ibid.

To injure an opponent is to injure yourself. To control aggression is the Art of Peace.
~ Ibid.

Each nation feels superior to other nations. That breeds patriotism – and wars.
~ Dale Carnegie, 1888-1955 ~

Violence seldom accomplishes permanent and desired results. Herein lies the futility of war.
~ A. Philip Randolph, 1889-1979 ~
The Truth About Lynching, 1922

Every gun that is made, every warship launched, every rocket fired, signifies, in the final sense, a theft from those who hunger and are not fed, those who are cold and not clothed. The world in arms is not spending money alone. It is spending the sweat of its laborers, the genius of its scientists, the hopes of its children.
~ Dwight Eisenhower, 1890-1969 ~

Politics is war without bloodshed, while war is politics with bloodshed.
~ Mao Zedong, 1893-1976 ~
"On Protracted War," *Selected Works*, Vol. 2, 1961

But he who resorts to words hardly ever resorts to force … All idea of force is today obsolete and negative.
~ Oswaldo Aranha, 1894-1960 ~
Speech to UN, 1947

Kill a man one is a murderer; kill a million, a conqueror; kill them all, a God.
~ Jean Rostand, 1894-1977 ~

Either war is obsolete or men are.
~ Buckminster Fuller, 1895-1983 ~
in *The New Yorker*, 1966

We are not so far from savagery so long as war is not abolished, however civilized we may think ourselves to be.
~ Lin Yutang, 1895-1976 ~
Looking Beyond, 1955

Never think that war, no matter how necessary, nor how justified, is not a crime.
~ Ernest Hemingway, 1899-1961 ~

Fighting is like champagne. It goes to the heads of cowards as quickly as of heroes. Any fool can be brave on a battlefield when it's be brave or be killed.
~ Margaret Mitchell, 1900-1949 ~

There will always be war, but we must always work to oppose it.
~ Shunryu Suzuki, 1905-1971 ~

Violence is counter-productive and produces changes of a sort you don't want. It is a very dangerous instrument and can destroy those who wield it.
~ John William Gardner, 1912-2002 ~

Intelligence and war are games, perhaps the only meaningful games left. If any player becomes too proficient, the game is threatened with termination.
~ William S. Burroughs, 1914-1997 ~

War is fear cloaked in courage.
~ William C. Westmoreland, 1914- ~
in *McCall's*, 1966 December

Instead of hating the people you think are war-makers, hate the appetites and disorder in your own soul, which are the causes of war.
~ Thomas Merton, 1915-1968 ~

Mankind must put an end to war or war will put an end to mankind.
~ John F. Kennedy, 1917-1963 ~

People who fight fire with fire usually end up with ashes.
~ Abigail van Buren, 1918- ~

Violence is the last refuge of the incompetent.
~ Isaac Asimov, 1920-1992 ~

I refuse to accept the cynical notion that nation after nation must spiral down a militaristic stairway into the hell of thermonuclear destruction. I

believe that unarmed truth and unconditional love will have the final word in reality.
~ Martin Luther King, Jr., 1929-1968 ~
The Words of Martin Luther King, Jr., Coretta Scott King, ed., 1983

Non-violence is a powerful and just weapon. It is a weapon unique in history, which cuts without wounding, and ennobles the man who wields it. It is a sword that heals ... Non-violent resistance is not a method for cowards; it does resist.
~ King ~

Non-violence is the answer to the crucial political and moral questions of our time: the need for man to overcome oppression and violence. Man must evolve for all human conflict a method which rejects revenge, aggression and retaliation. The foundation of such a method is love.
~ King ~

The ultimate weakness of violence is that it is a descending spiral, begetting the very thing it seeks to destroy. Instead of diminishing evil, it multiplies it. Through violence you may murder the liar, but you cannot murder the lie, nor establish the truth. Through violence you murder the hater, but you do not murder hate. In fact, violence merely increases hate ... Returning violence for violence multiplies violence, adding deeper darkness to a night already devoid of stars. Darkness cannot drive out darkness; only light can do that. Hate cannot drive out hate; only love can do that.
~ King ~

Violence is immoral because it thrives on hatred rather than love. It destroys community and makes brotherhood impossible. It leaves society in monologue rather than dialogue. Violence ends by defeating itself. It creates bitterness in the survivors and brutality in the destroyers.
~ King ~
The Words of Martin Luther King, Jr., Coretta Scott King, ed., 1983

There's no honorable way to kill, no gentle way to destroy. There is nothing good in war. Except its ending.
~ Unknown ~

Malignant aggression does not reflect true human nature; it is connected with a domain of unconscious, perinatal dynamics that separates us from our deeper identity. Those who initiate war activities and violence in general are typically substituting external targets for elements in their own psyches, which should properly be faced in personal self-exploration.
~ Stanislav Grof, 1931- ~
"Planetary Survival and Consciousness Evolution"

The warrior energy of men now has to be used paradoxically to destroy the warrior psyche and the politics of warfare. It will require more courage and aggression than we've ever seen on the battlefield.
~ Sam Keen, 1931- ~
Fire in the Belly: On Being a Man, 1991

Much violence is based on the illusion that life is a property to be defended and not to be shared.
~ Henri Nouwen, 1932-1996 ~

You have to want to lose your appetite for violence or aggression. And to do that, you have to lose your self-righteousness.
~ Pema Chödrön, 1936- ~
"Turning Toward Pain," Interview by James Kullander

War is unthinkable in a society of autonomous people who have discovered the connectedness of all humanity, who are unafraid of alien ideas and alien cultures, who know that all revolutions begin within and that you cannot impose your brand of enlightenment on anyone else.
~ Marilyn Ferguson, 1938- ~
The Aquarian Conspiracy, 1980

It is better to win the peace and to lose the war.
~ Bob Marley, 1946-1981 ~

Violence is a result of a loss of memory of our oneness. Ultimately, violence is the expression of a disturbance in the web of life. When we lose our connection with the web of life and our relationship with it then violence can erupt.
~ Deepak Chopra, 1947- ~

Each of us, we humans, if we are to look our own kind in the eye, should at least be willing to say we're sorry, that all over our smaller and more lethal planet, whatever the causes, we're still killing our own kind – the same but different – but our own kind nonetheless.
~ Thomas Lynch, 1948- ~
in *The New York Times*, 2005 August 17

War will cease when men refuse to fight.
~ Fridtjof Hansen ~

WEALTH / PROSPERITY

Related States & Conditions: Accomplishment/Achievement/Excellence, Actualization/Fulfillment, Appearance/Form, Desire, Giving/Serving, Growth/Expansion, Having/Possessing, Legacy, Little, Power, Insecurity/Risk, Success, Value/Worth, Work

Syntonic: Appreciation, Creativity/Discovery/Innovation, Detachment, Diligence, Expectation/Hope, Openness/Receptivity, Possibility/Potential, Prudence, Release, Responsibility, Restraint, Self-Reliance

Dystonic: Attachment, Complacency, Criticism/Judgment, Delusion, Fault, Fear, Greed, Hate, Jealousy/Envy, Limitation, Oppression

To be satisfied with a little, is the greatest wisdom; and he that increaseth his riches, increaseth his cares; but a contented mind is a hidden treasure, and trouble findeth it not.
~ Akhenaton, c. 1385-c. 1355 BCE ~

Better is praise with the love of men
Than wealth in the storehouse;
Better is bread with a happy heart
Than wealth with vexation.
~ Amenemope, c. 11th C. BCE~
The Instruction of Amenemope, Ch. 7, Miriam Lichtheim, tr.

Thou shouldst not become presumptuous through much treasure and wealth; for in the end it is necessary for thee to leave all.
~ Zoroaster, c. 628-551 BCE ~

He who knows he has enough is rich.
~ Laozi, 570-490 BCE ~

When you realize there is nothing lacking, the whole world belongs to you.
~ Laozi ~

Wealth stays with us a little moment if at all: only our characters are steadfast, not our gold.
~ Euripides, c. 485-406 BCE ~

Wealthy men are generally insolvent and arrogant; their possession of wealth affects their understanding; they feel as if they have every good thing that exists; wealth becomes a sort of standard for everything else, and therefore they imagine there is nothing it cannot buy.
~ Aristotle, 384-322 BCE ~

The brain is the best storehouse for wealth.
~ Bambara Saying ~

To have enough is good luck, to have more than enough is harmful. This is true of all things, but especially money.
~ Zhuangzi, c. 369-c. 286 BCE ~

Wealth consists not in having great possessions but in having few wants.
~ Epicurus, 341-270 BCE ~

All fortune belongs to him who has a contented mind. Is not the whole earth covered with leather for him whose feet are encased in shoes?
~ Vishnu Sharma, c. 200 BCE ~
Panchatantra

Man's greatest riches is to live on a little with contented mind for a little is never lacking.
~ Lucretius, c. 95-55 BCE ~

The more wealth, the more worry.
~ Hillel, the Elder, c. 60 BCE-c. 10 CE ~

For many men, the acquisition of wealth does not end their troubles, it only changes them.
~ Seneca, c. 4 BCE-65 CE ~

The wealth of the soul is the only true wealth.
~ Lucian, c. 120-200 ~
Dialogues

Accept prosperity without pride, and always be ready to let it go.
~ Marcus Aurelius, 121-180 ~
The Spiritual Teachings of Marcus Aurelius, Mark Forstater, tr., 2000

He who loves money never has money enough; he who loves wealth never has profit enough.
~ *The Bible*, c. 367 CE ~
Ecclesiastes 5:10

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Riches are not from abundance of worldly goods, but from a contented mind.
~ Muhammad, c. 570-632 ~

Riches prick us with a thousand troubles in getting them, as many cares in preserving them, and yet more anxiety in spending them, and with grief in losing them.
~ Francis of Assisi, c. 1181-1226 ~

On the back of the donkey
are the goods and the money;
but the pearl of your heart
is the investment which supports
a hundred donkeys.
~ Jalaluddin Rumi, 1207-1273 ~
"Pearl of the Heart," Mathnawi II, 726
The Pocket Rumi Reader, Kabir Helminski, ed., 2001

Wealth does not teach us to transcend the desire for wealth. The possession of many goods does not bring the repose of not desiring them.
~ Madame de Sable, 1599-1678 ~
The Maxims of Madame de Sable, Arthur Chandler, tr.

If money be not thy servant, it will be thy master. The covetous cannot so properly be said to possess wealth, as that it may be said to possess him.
~ Francis Bacon, 1561-1626 ~

And money is like muck, not good except it be spread.
~ Bacon ~
Of Seditions and Troubles, 1625

Think it more satisfactory to live richly than die rich.
~ Thomas Browne, 1605-1682 ~

Throwing your whole life away
Sacrificed to the thirst for gold
But when you saw your life was through
All your money was no use.
~ Bankei, 1622-1693 ~
Bankei Zen: Translations from the Record of Bankei, Yoshito Hakeda, ed., Peter Haskel, tr., 1984

A wise man should have money in his head, but not in his heart.
~ Jonathan Swift, 1667-1745 ~

Make all you can, save all you can, give all you can.
~ John Wesley, 1703-1791 ~

The richest man, whatever his lot, is he who is content with what he has got.
~ Dutch Saying ~

Money never made a man happy yet, nor will it. There is nothing in its nature to produce happiness. The more a man has, the more he wants. Instead of its filling a vacuum, it makes one.
~ Benjamin Franklin, 1706-1790 ~

Content makes poor men rich; discontent makes rich men poor.
~ Franklin ~

Make money your god and it will plague you like the devil.
~ Henry Fielding, 1707-1754 ~

Every man is rich or poor according to the proportion between his desires and his enjoyments.
~ Samuel Johnson, 1709-1784 ~

Be you in what line of life you may, it will be amongst your misfortunes if you have not time properly to attend to … pecuniary matters. Want of attention to these matters has impeded the progress of science, and of genius itself … To be poor and independent, is very nearly an impossibility.
~ William Cobbett, 1762-1835 ~

Money is human happiness in the abstract: he, then, who is no longer capable of enjoying human happiness in the concrete devotes himself utterly to money.
~ Arthur Schopenhauer, 1788-1860 ~
in W. H. Auden, *A Certain World*, 1970

Not what we have, but what we enjoy, constitutes our abundance.
~ John Petit-Senn, 1792-1870 ~
Conceits and Caprices, 1869

The greatest good you can do for another is not just to share your riches, but to reveal to him his own.
~ Benjamin Disraeli, 1804-1881 ~

To possess money is very well; it may be a valuable servant; to be possessed by it, is to be possessed by the devil, and one of the meanest and worst kind of devils.
~ Tryon Edwards, 1809-1894 ~

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Put not your trust in money, but put your money in trust.
~ Oliver Wendell Holmes, 1809-1894 ~

Money is in some respects like fire – it is a very excellent servant but a terrible master.
~ P. T. Barnum, 1810-1891 ~

No man can tell whether he is rich or poor by turning to his ledger. It is the heart that makes a man rich. He is rich or poor according to what he is, not according to what he has.
~ Henry Ward Beecher, 1813-1887 ~

A man is rich in proportion to the things he can afford to let alone ... Wealth is the ability to fully experience life ... Superfluous wealth can buy superfluities only. Money is not required to buy one necessity of the soul.
~ Henry David Thoreau, 1817-1862 ~

There is no wealth but life.
~ John Ruskin, 1819-1900 ~
Unto This Last, 1862

The use we make of our fortune determines as to its sufficiency. A little is enough if used wisely, and too much is not enough if expended foolishly.
~ Christian Bovee, 1820-1904 ~

The desire to gain wealth and the fear to lose it are our chief breeders of cowardice and propagators of corruption.
~ William James, 1842-1910 ~

Ordinary riches can be stolen; real riches cannot. In your soul are infinitely precious things that cannot be taken from you.
~ Oscar Wilde, 1856-1900 ~
The Soul of Man Under Socialism, 1891

Money is time. With money I buy for cheerful use the hours which otherwise would not be mine; nay, which would make me their miserable bondsman.
~ George Gissing, 1857-1903 ~
The Private Papers of Henry Ryecroft, 1903

The real measure of our wealth is how much we'd be worth if we lost all our money.
~ J. H. Jowett, 1864-1923 ~

The earth has enough for every man's need, but not for every man's greed.
~ Mahatma Gandhi, 1869-1948 ~

Money has its limitations; while it may buy quantity, there is something beyond it and that is quality.
~ Frank Lloyd Wright, 1869-1959 ~

There is so much in the world for us all if we only have the eyes to see it, and the heart to love it, and the hands to gather it to ourselves.
~ Lucy Montgomery, 1874-1942 ~

The poorest man in the world is he who has nothing but money.
~ John D. Rockefeller, Jr., 1874-1960 ~

If you approach the ocean with a cup, you can only take away a cupful; if you approach it with a bucket you can take away a bucketful.
~ Ramana Maharshi, 1879-1950 ~

Supply is infinite, but there must be receptivity ... We can have all the supply we will give. But that is where the barrier is – the unwillingness to give. That is where the lack or limitation is.
~ Joel Goldsmith, 1892-1964 ~

Possession of material riches without inner peace is like dying of thirst while bathing in the river.
~ Paramahansa Yogananda, 1893-1952 ~

Real wealth is ideas plus energy.
~ Buckminster Fuller, 1895-1983 ~

Money is like manure. If you spread it around it does a lot of good, but if you pile it up in one place it stinks like hell.
~ Clint Murchison, 1895-1969 ~
in *Time*, 1971

Infinite riches are all around you if you will open your mental eyes and behold the treasure house of infinity within you.
~ Joseph Murphy, 1898-1981 ~

Empty pockets never held anyone back. Only empty heads and empty hearts can do that.
~ Norman Vincent Peale, 1898-1993 ~

An attitude to life which seeks fulfillment in the single-minded pursuit of wealth – in short, materialism – does not fit into this world, because it contains within itself no limiting principle, while the environment in which it is placed is strictly limited.
~ E. F. Schumacher, 1911-1977 ~

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Being very rich as far as I am concerned is having a margin. The margin is being able to give.
~ May Sarton, 1912-1995 ~
Journal of a Solitude, 1973

Money, it turned out, was exactly like sex, you thought of nothing else if you didn't have it and thought of other things if you did.
~ James Baldwin, 1924-1987 ~
Nobody Knows My Name, 1961

Pennies do not come from heaven. They have to be earned here on earth.
~ Margaret Thatcher, 1925- ~
in *The Sunday Telegraph*, 1982

When you pile up riches, fear and anxiety are also piling up in proportion.
~ Satya Sai Baba, 1926- ~

The riches that you should strive to amass are not fields or factories, bungalows or bank balances, but wisdom and experience of oneness with the grandeur of the Universe and the force that runs it without a hitch.
~ Sai Baba ~

You are prosperous to the degree that you are experiencing peace, health, and plenty in your world. While prosperous thinking means many things to many people, basically it gives you the power to make your dreams come true, whether those dreams are concerned with better health, increased financial success, a happier personal life, more education and travel, or a deeper spiritual life.
~ Catherine Ponder, 1927- ~

Money was meant to be our servant. But when we depend on servants too much they gradually become our masters.
~ Philip Slater, 1927- ~

One of the main reasons wealth makes people unhappy is that it gives them too much control over what they experience. They try to translate their own fantasies into reality instead of tasting what reality itself has to offer.
~ Slater ~

An abundance mentality springs from internal security, not from external rankings, comparisons, opinions, possessions, or associations.
~ Stephen Covey, 1932- ~

We all have the means to become prosperous. We have to find the balance between our wealth and our needs.
~ Robert Bourassa, 1933-1996 ~

Real poverty is less a state of income than a state of mind.
~ George Gilder, 1939- ~

You don't need anything to experience prosperity.
~ Wayne Dyer, 1940- ~

To have a consciousness of abundance on a soul level does not mean having a sense of access to many things, seemingly stored in some treasure house, but rather being at one with the Essence behind and within all things. True abundance is a consciousness of wholeness, oneness and quality, not of separateness, multiplicity and quantity.
~ David Spangler, 1945- ~
The Laws of Manifestation, 1978

Don't gain the world and lose your soul, happiness is better than silver and gold.
~ Bob Marley, 1946-1981 ~

Your wealth can be stolen, but the precious riches buried deep in your soul cannot.
~ Minnie Riperton, 1948-1979 ~

Those who have not found their true wealth which is the radiant joy of Being and the deep, unshakable peace that comes with it, are beggars, even if they have great material wealth. They are looking outside for scraps of pleasure or fulfillment, for validation, security, or love, while they have a treasure within that not only includes all those things but is infinitely greater than anything the world can offer.
~ Eckhard Tolle, 1948- ~
The Power of Now: A Guide to Spiritual Enlightenment, 1999

Abundance means a sense of fullness, which cannot be measured by the yardstick of the material goods we possess or the amount of money in a bank account. Abundance, in that sense of fullness, has a power that takes us away from worry.
~ Malidoma Somé, 1956- ~
The Healing Wisdom of Africa, 1999

Always leave enough time in your life to do something that makes you happy, satisfied, even joyous. That has more of an effect on economic well-being than any other single factor.
~ Paul Hawken ~

WISDOM

Related States & Conditions: Enlightenment/Realization/Transcendence, Insight/Instinct/Intuition, Meaning, Mind, Paradox, Prudence, Reality, Thinking/Thought, Truth, Understanding, Wonder/Mystery

Syntonic: Appreciation, Centering, Creativity/Discovery/Innovation, Detachment, Equanimity, Exploration, Inspiration, Introspection/Self-Knowledge, Openness/Receptivity, Questioning/Doubt, Silence/Stillness, Spirituality

Dystonic: Attachment, Complacency, Conformity, Criticism/Judgment, Delusion, Fault, Fear, Greed, Guilt, Habit, Hate, Jealousy/Envy, Limitation, Oppression, War/Aggression/Violence

The lips of the wise are as the doors of a cabinet; no sooner are they opened, but the treasures are poured before you. Like unto trees of gold arranged in beds of silver, are wise sentences uttered in due season.
~ Khemetic Saying ~
Temt Tchaas: Egyptian Proverbs, Muata Ashaya Ashby, ed., 1994

If then you do not make yourself equal to God, you cannot apprehend God; for like is known by like.
~ Hermes Trismegistus ~

True wisdom is less presuming than folly. The wise man doubteth often, and changeth his mind; the fool is obstinate, and doubteth not; he knoweth all things but his own ignorance.
~ Akhenaton, c. 1385-c. 1355 BCE ~

The sage must distinguish between knowledge and wisdom. Knowledge is of things, acts and elations. But wisdom is of Brahman alone; and, beyond all things, acts, and relations, it abides forever. To become one with Brahman is the only wisdom.
~ *Upanishads*, c. 1400-c. 800 BCE ~

Remind yourself that all men assert that wisdom is the greatest good, but that there are few who strenuously endeavor to obtain this greatest good.
~ Pythagoras, 6th C. BCE ~

And why is perfect wisdom beyond thinking? It is because all its points of reference cannot be thought about but can be apprehended. One is the disappearance of the self-conscious person into pure presence. Another is the simple awakening to reality. Another is the knowing of the essenceless essence of all things of the world. And another is luminous knowledge that knows without a knower. None of these points can sustain ordinary thought because they are not objects or subjects. They can't be imagined or touched or approached in any way by any ordinary mode of consciousness, therefore they are beyond thinking.
~ Buddha, c. 563-483 BCE ~
Prajnaparamita Sutra

Wisdom arises through effort, wisdom disappears through lack of effort; knowing this twofold path of growth and decline, one should arrange oneself such that wisdom increases.
~ Buddha ~
The Dhammapada, Thomas Cleary, tr., 1994

The beginning of wisdom is the definition of terms.
~ Socrates, 469-399 BCE ~

Is there not one true coin for which all things ought to be exchanged? – and that is wisdom.
~ Plato, c. 427-347 BCE ~

The truly wise make no plans, and therefore require no wisdom.
~ Zhuangzi, c. 369-c. 286 BCE ~

Many men can utter words of wisdom; few men can practice it themselves.
~ Vishnu Sharma, c. 200 BCE ~
"Hitopadesa," *Panchatantra*

Blessed is the man who meditates on wisdom and
who reasons intelligently.
He who reflects in his mind on her ways will also
ponder her secrets.
~ Joshua ben Sira, 2nd C. BCE ~
in *Apocrypha*, Sirach (Ecclesiasticus) 14:20-21, RSV 1957

Many persons might have attained to wisdom had they not assumed that they already possessed it.
~ Seneca, c. 4 BCE-65 CE ~

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Seven characteristics distinguish the wise: he does not speak in the presence of one who is wiser than himself, does not interrupt, is not hasty to answer, asks and answers the point, talks about first things first and about last things last, admits when he does not know, and acknowledges the truth.
~ *Talmud*, 2nd-5th C. CE ~

The fools of this world prefer to look for sages far away. They don't believe that the wisdom of their own mind is the sage.
~ Bodhidharma, 440-533 ~

Without beginning or ending, your original wisdom has been shining forever, like the sun. To know whether or not this is true, look inside your own mind.
~ Padmasambhava, 8th C. ~

A single atom of the sweetness of wisdom in a man's heart is better than a thousand pavilions in Paradise.
~ Abu Yazid Al-Bistami, d. c. 874 ~
Early Islamic Mysticism: Sufi, Qur'an, Mi'raj, Poetic and Theological Writings, Michael A. Sells, tr. & ed., 1996

How amazing it is
That all people
Have this but cannot polish
It into bright clarity.
In darkness unawakened,
They make foolishness
Cover their wisdom.
~ Hongzhi Zhengjue, 1091-1157 ~

He who learns the rules of wisdom, without conforming to them in his life, is like a man who labors in his field, but did not sow.
~ Moslih Sa'adi, 1184-1291 ~

Wisdom does not live in only one house.
~ Ashanti (Ivory Coast) Saying ~

The most certain sign of wisdom is continual cheerfulness; her state is like that of things in the regions above the moon, always clear and serene.
~ Michel de Montaigne, 1533-1592 ~

We can be knowledgable with other men's knowledge, but we cannot be wise with other men's wisdom.
~ Montaigne ~

There is as much wisdom in soliciting good counsel as in giving it. The most sensible people are not reluctant to consider the feelings of other people; and to know how to submit to the wise guidance of others is a kind of wisdom in itself.
~ Madame de Sable, 1599-1678 ~
The Maxims of Madame de Sable, Arthur Chandler, tr.

The greatest wisdom often consists in ignorance.
~ Baltasar Gracián y Morales, 1601-1685 ~

Who is wise? He that learns from everyone.
~ Benjamin Franklin, 1706-1790 ~

Youth is the time to study wisdom; old age is the time to practice it.
~ Jean-Jacques Rousseau, 1712-1778 ~

Science is organized knowledge. Wisdom is organized life.
~ Immanuel Kant, 1724-1804 ~

Knowledge is proud that he has learn'd so much;
Wisdom is humble that he knows no more.
~ William Cowper, 1731-1800 ~
The Task, 1785

Wisdom is ofttimes nearer when we stoop
Than when we soar.
~ William Wordsworth, 1770-1850 ~
The Excursion, 1814

Common sense in an uncommon degree is what the world calls wisdom.
~ Samuel Taylor Coleridge, 1772-1834 ~

The wise want love, and those who love want wisdom.
~ Percy Bysshe Shelley, 1792-1822 ~
Prometheus Unbound, 1892

Wisdom has its root in goodness, and not goodness its root in wisdom ... We are wiser than we know.
~ Ralph Waldo Emerson, 1803-1882 ~

Knowledge comes but wisdom lingers.
~ Alfred Lord Tennyson, 1809-1892 ~
Locksley Hall, 1892

It is the province of knowledge to speak and it is the privilege of wisdom to listen.
~ Oliver Wendell Holmes, 1809-1894 ~
The Poet at the Breakfast-Table, 1872

It is a characteristic of wisdom not to do desperate things.
~ Henry David Thoreau, 1817-1862 ~
Walden, 1854

Not by constraint or severity shall you have access to true wisdom, but by abandonment, and childlike mirthfulness. If you would know aught, be gay before it.
~ Thoreau ~
Journal, 1906

The wisest man preaches no doctrines; he has no scheme; he sees no rafter, not even a cobweb, against the eaves. It is a clear sky.
~ Thoreau ~

The art of being wise is the art of knowing what to overlook.
~ William James, 1842-1910 ~
Principles of Psychology, Vol. II

The growth of wisdom may be gauged exactly by the diminution of ill temper.
~ Friedrich Nietzsche, 1844-1900 ~
The Wanderer and His Shadow, 1879

There is more wisdom in your body than in your deepest philosophy.
~ Nietzsche ~

Nine-tenths of wisdom consists in being wise in time.
~ Theodore Roosevelt, 1858-1919 ~
Speech, 1917 June 14

Wisdom does not attain completeness except through the living of life.
~ Rabindranath Tagore, 1861-1941 ~

Life is the only real counselor; wisdom unfiltered through personal experience does not become a part of the moral tissue.
~ Edith Wharton, 1862-1937 ~

It is not wisdom to be only wise – and on the inner vision close the eyes – but it is wisdom to believe the heart.
~ George Santayana, 1863-1952 ~

He who would enter into the realm of wisdom must first divest himself of all intellectual pride. He must become as a little child. Prejudices, preconceived opinions, and beliefs always stand in the way of true wisdom.
~ Ralph Waldo Trine, 1866-1958 ~
In Tune With the Infinite, 1897

It is unwise to be too sure of one's own wisdom. It is healthy to be reminded that the strongest might weaken and the wisest might err.
~ Mahatma Gandhi, 1869-1948 ~

The deepest words
of the wise man teach us
the same as the whistle of the wind when it blows
or the sound of the water when it is flowing.
~ Antonio Machado y Ruiz, 1875-1939 ~
in *The Enlightened Heart: An Anthology of Sacred Poetry*, Stephen Mitchell, tr. & ed., 1989

I deposit in many banks including the bank of wisdom. The more I draw on my accounts, no matter how big the sum, the bigger my balance becomes.
~ Ameen Rihani, 1876-1940 ~
The Path of Vision, 1921

Wisdom is not communicable. The wisdom which a wise man tries to communicate always sounds foolish. Knowledge can be communicated, but not wisdom. One can find it, live it, be fortified by it, do wonders through it, but one cannot communicate and teach it.
~ Herman Hesse, 1877-1962 ~

Wisdom is not to be obtained from textbooks, but must be coined out of human experience in the flame of life.
~ Morris Cohen, 1880-1947 ~

Wisdom is not in words, it is in understanding.
~ Hazrat Khan, 1882-1927 ~

Wisdom ceases to be wisdom when it becomes too proud to weep, too grave to laugh, and too self-ful to seek other than itself.
~ Khalil Gibran, 1883-1931 ~
Sand and Foam, 1926

We must guard against becoming so engrossed in the specific nature of the roots and bark of the trees of knowledge as to miss the meaning and grandeur of the forest they compose.
~ George S. Patton, Jr., 1885-1945 ~

Knowledge is power, but only wisdom is liberty.
~ Will Durant, 1885-1982 ~

It requires wisdom to understand wisdom; the music is nothing if the audience is deaf.
~ Walter Lippmann, 1889-1974 ~

Human wisdom cannot be merely the *adding up* of specialized knowledge or obtained by a study of

statistical averages; it can be achieved only by insight, by the general prevalence of more common sense, more wit and more plain, but subtle intuition.
~ Lin Yutang, 1895-1976 ~
The Importance of Living, 1937

Great wisdom consists in not demanding too much of human nature, and yet not altogether spoiling it by indulgence.
~ Lin ~

Knowledge alone is not enough. It must be leavened with magnanimity before it becomes wisdom.
~ Adlai Stevenson, 1900-1965 ~

Wisdom is meaningless until your own experience has given it meaning … and there is wisdom in the selection of wisdom.
~ Bergen Evans, 1904-1978 ~

The road to wisdom? Well, it's plain
And simple to express:
Err
And err
And err again
But less
And less
And less.
~ Piet Hein, 1905-1996 ~
"The Road to Wisdom," *Grooks*, 1966

These days people seek knowledge, not wisdom. Knowledge is of the past, wisdom is of the future.
~ Vernon Cooper, b. 1905 ~

What is wisdom? Where can it be found? … It can be found *only* inside oneself. To be able to find it, one has first to liberate oneself from such masters as greed and envy. The stillness following liberation – even if only momentary – produce the insights of wisdom which are obtainable in no other way.
~ E. F. Schumacher, 1911-1977 ~
Small Is Beautiful: Economics as if People Mattered, 1973

Wisdom lies neither in fixity nor in change, but in the dialectic between the two.
~ Octavio Paz, 1914-1998 ~
in *The Times*, 1989 June 8

No one can give you Wisdom. You must discover it for yourself, on your journey through life, which no one can take for you.
~ Sun Bear, 1929-1992 ~

Wisdom tends to grow in proportion to one's awareness of one's ignorance … When you come to see you are not as wise today as you thought you were yesterday, you are wiser today.
~ Anthony deMello, 1931-1987 ~

Wisdom is the experience of your own nature; it is the expression of your self-being. It is the flowering of your own consciousness. It is not information, it is transformation.
~ "Osho" Rajneesh, 1931-1990 ~

Wisdom is your perspective on life, your sense of balance, your understanding of how the various parts and principles apply and relate to each other. It embraces judgment, discernment, comprehension. It is a gestalt or oneness, and integrated wholeness.
~ Stephen Covey, 1932- ~

The fact of the matter is that our unconscious is wiser than we are about everything … All knowledge and all wisdom seem to be contained in our minds, and when we learn "something new" we are actually only discovering something that existed in our self all along.
~ M. Scott Peck, 1936-2005 ~
The Road Less Travelled, 1978

Never confuse knowledge with wisdom. By wisdom I mean wrestling with how to live.
~ Cornel West, 1954- ~

Never mistake knowledge for wisdom. One helps you make a living; the other helps you make a life.
~ Sandra Carey ~

All true wisdom is only learned far from the dwellings of men, out in the great solitudes, and is to be attained through suffering.
~ Igjugarjuk ~

Pain makes man think. Thought makes man wise. Wisdom makes life endurable.
~ John Patrick ~

Wisdom is not gained by traveling afar, but by standing still; not by thought, but by absence of thought.
~ Unknown ~

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WONDER / MYSTERY

Related States & Conditions: Connection/Interbeing/Interdependence, Diversity/Multiplicity, Dreams/Dreaming, Enlightenment/Realization/Transcendence, Insight/Instinct/Intuition, Life/Living, Manifestation, Meaning, Mind, Oneness/Unity/Wholeness, Paradox, Possibility/Potential, Presence, Reality, Spirituality, Transformation, Truth, Unconscious/Subconscious

Syntonic: Appreciation, Creativity/Discovery/Innovation, Exploration, Introspection/Self-Knowledge, Openness/Receptivity, Questioning/Doubt, Silence/Stillness, Understanding

Dystonic: Attachment, Complacency, Conformity, Criticism/Judgment, Delusion, Fault, Fear, Greed, Guilt, Habit, Hate, Jealousy/Envy, Limitation, War/Aggression/Violence

Casteth he his eye towards the clouds, findeth he not the heavens full of wonders? Looketh he down to the earth, doth not the worm proclaim "Less than omnipotence could not have formed me!"
~ Akhenaton, c. 1385-c. 1355 BCE ~

If we could see the miracle of a single flower clearly, our whole life would change.
~ Buddha, c. 563-483 BCE ~

Wonder is the feeling of a philospher, and wisdom begins in wonder.
~ Socrates, 469-399 BCE ~

Wonder is the feeling of a philosopher, and philosophy begins in wonder.
~ Plato, c. 427-347 BCE ~
Theaetetus, 360 BCE

In all things of nature there is something marvelous.
~ Aristotle, 384-322 BCE ~

Gaze in wonder at the ever-circling stars, as if you were floating among them; and consider the alterations of the elements, constantly changing one into another. Thinking such thoughts you wash away the dust of life on earth.
~ Marcus Aurelius, 121-180 ~
The Spiritual Teachings of Marcus Aurelius, Mark Forstater, tr., 2000

Miracles happen, not in opposition to Nature, but in opposition to what we know of Nature.
~ Augustine of Hippo, 354-430 ~

People travel to wonder at the height of the mountains, at the huge waves of the seas, at the long course of the rivers, at the vast compass of the ocean, at the circular motion of the stars, and yet they pass by themselves without wondering.
~ Augustine ~

The sermon of the inanimate is inconceivable.
If you try to hear it with your ears,
After all you'll hardly understand
Only when you hear it in your eyes
Will you be able to know.
~ Dongshan Liangjie, 807–869 ~

Observe the wonders as they occur around you.
Don't claim them. Feel the artistry
moving through, and be silent.
~ Jalaluddin Rumi, 1207-1273 ~
The Essential Rumi, Coleman Barks & John Moyne, trs., 1995

All the wonders you seek are within yourself.
~ Thomas Browne, 1605-1682 ~

All is a miracle – the stupendous order of nature, the revolution of a hundred million worlds around a million stars, the activity of light, the life of all animals – all are grand and perpetual miracles.
~ François-Marie Voltaire, 1694-1778 ~

Two things fill my mind with ever-increasing wonder and awe: the starry skies above me and the moral law within me.
~ Immanuel Kant, 1724-1804 ~

Curiosity has its own reasons for existing. One cannot help but be in awe when he contemplates the mysteries of eternity, of life, of the marvelous structure of reality. It is enough if one tries to comprehend a little of this mystery every day.

Never lose a holy curiosity.
~ Edmund Burke, 1729-1797 ~

In the midst of this world
we stroll along the roof of hell
gawking at flowers
~ Issa, 1763-1827 ~

This world, after all our science and sciences, is still a miracle wonderful, inscrutable, magical and more, to whosoever will think of it.
~ Thomas Carlyle, 1795-1881 ~
in *On Heroes, Hero-Worship and the Heroic in History*

The invariable mark of wisdom is to see the miraculous in the common.
~ Ralph Waldo Emerson, 1803-1882 ~

Earth's crammed with heaven,
And every common bush afire with God.
~ Elizabeth Barrett Browning, 1806-1861 ~
"Aurora Leigh," Book VII

To me every hour of the light, and dark is a
miracle,
Every cubic inch of space is a miracle.
~ Walt Whitman, 1819-1892 ~
"Miracles," *Leaves of Grass*, 1855

O amazement of things – even the least particle.
~ Whitman ~
"Song at Sunset," *Leaves of Grass*, 1855

Life is a spell so exquisite that everything conspires to break it.
~ Emily Dickinson, 1830-1886 ~
Letters

To live is so startling it leaves little time for anything else.
~ Dickinson ~

A man who doesn't believe in miracles may believe in them tomorrow. Proofs occur every day, some more convincing than others, but all quite reasonable.
~ Esteban Montejo, 1856-1965 ~

The true mystery of the world is the visible, not the invisible.
~ Oscar Wilde, 1856-1900 ~

Miracles, in the sense of phenomena we cannot explain, surround us on every hand: life itself is the miracle of miracles.
~ George Bernard Shaw, 1856-1950 ~

It is familiarity with life that makes time speed quickly. When every day is a step into the unknown, as for children, the days are long with the gathering of experience.
~ George Gissing, 1857-1903 ~

As I make my slow pilgrimage through the world, a certain sense of beautiful mystery seems to gather and grow.
~ A. C. Benson, 1862-1925 ~
From a College Window, 1906

The thought of the unknowable and the infinite becomes truly salutary only when it is the unexpected recompense of the intelligence that has given itself loyally and unreservedly to the study of the knowable and the finite. There is a notable difference between the mystery which comes before our ignorance and the mystery which comes after what we have learned.
~ Maurice Maeterlinck, 1862-1949 ~
in John Dewey, *Characters and Events: Popular Essays in Social and Political Philosophy*, Vol. I, 1929

The universe is full of magical things patiently waiting for our wits to grow sharper.
~ Eden Phillpotts, 1862-1960 ~
in *The World Within the World*, John D. Barrow, ed., 1988

When we come to nonattachment, then we can understand the marvelous mystery of the universe; how it is intense activity and vibration, and at the same time intensest peace and calm; how it is work every moment and rest every moment. That is the mystery of the universe – the impersonal and the personal in one, the infinite and the finite in one.
~ Vivekananda, 1863-1902 ~
The Complete Works of Swami Vivekananda, 1984-1987, 1:442, 1926

When I touch that flower, I am not merely touching that flower. I am touching infinity. That little flower existed long before there were human beings on this earth. It will contrive to exist for thousands, yes, millions of years to come.
~ George Washington Carver, 1864-1943 ~

After all the great religions have been preached and expounded, or have been revealed by brilliant scholars, or have been written in books and embellished in fine language with fine covers, man – all man – is still confronted with the Great Mystery.
~ Luther Standing Bear, c. 1868-c. 1939 ~

Where there is great love there are always miracles. Miracles rest not so much upon faces or voices or healing power coming from afar off, but in our own perceptions being finer … Miracles surround us at every turn if we but sharpen our perceptions of them.
~ Willa Cather, 1873-1947 ~

The world will never starve for wonders but only for the want of wonder.
~ G. K. Chesterton, 1874-1936 ~

At the back of our brains, so to speak, there (is) a forgotten blaze or burst of astonishment at our own existence. The object of the artistic and spiritual life (is) to dig for this submerged sunrise of wonder.
~ Chesterton ~

As soon as man does not take his existence for granted, but beholds it as something unfathomably mysterious, thought begins.
~ Albert Schweitzer, 1875-1965 ~

It is man's destiny to ponder on the riddle of existence and, as a by-product of his wonderment, to create a new life on earth.
~ Charles Kettering, 1876-1958 ~

I would rather live in a world where my life is surrounded by mystery than live in a world so small that my mind could comprehend it.
~ Henry Emerson Fosdick, 1878-1969 ~
"The Mystery of Life," *Riverside Sermons*, 1958

The most beautiful thing we can experience is the mysterious. It is the source of all true art and all science. He to whom this emotion is a stranger, who can no longer pause to wonder and stand rapt in awe, is as good as dead: his eyes are closed.
~ Albert Einstein, 1879-1955 ~
What I Believe, 1930

Penetrating so many secrets, we cease to believe in the unknowable. But there it sits nevertheless, calmly licking its chops.
~ H. L. Mencken, 1880-1956 ~

Everything has its wonders, even darkness and silence, and I learn, whatever state I may be in, therein to be content.
~ Helen Keller, 1880-1968 ~
The Story of My Life, 1903

If one were fully awake to life, if one could respond to life, if one could perceive life, one would not need to look for wonders, one would not need to communicate with spirits; for every atom of this world is a wonder for the one who sees with open eyes.
~ Hazrat Khan, 1882-1927 ~
The Mysticism of Sound and Music, 1991

To be surprised, to wonder, is to begin to understand.
~ José Ortega y Gasset, 1883-1955 ~

To be alive, to be able to see, to walk … it's all a miracle. I have adapted the technique of living life from miracle to miracle.
~ Artur Rubinstein, 1887-1982 ~

Mystery has its own mysteries, and there are gods above gods. We have ours, they have theirs. That is what's known as infinity.
~ Jean Cocteau, 1889-1963 ~

The larger the island of knowledge, the longer the shoreline of wonder.
~ Ralph W. Sockman, 1889-1970 ~

A person's single most important task is to discover the divinity of ordinary things, ordinary lives, and ordinary minds.
~ Aldous Huxley, 1894-1963 ~
The Perennial Philosophy, 1945

Some people are still unaware that reality contains unparalleled beauties. The fantastic and unexpected, the ever-changing and renewing is nowhere so exemplified as in real life itself.
~ Berenice Abbott, 1898-1991 ~

The world itself is but a series of footnotes to a vast unfinished masterpiece.
~ Vladimir Nabokov, 1899-1977 ~

The wooing of the earth thus implies much more than converting the wilderness into humanized environments. It means also preserving natural environments in which to experience mysteries transcending daily life and from which to recapture, in a Proustian kind of remembrance, the awareness of the cosmic forces that have shaped humankind.
~ René Dubos, 1901-1982 ~
The Wooing of the Earth, 1980

Whatever the ups and downs of detail within our limited experience, the larger whole is primarily beautiful.
~ Gregory Bateson, 1904-1980 ~

A child's world is fresh and new and beautiful, full of wonder and excitement. It is our misfortune that for most of us that clear-eyed vision, that true instinct for what is beautiful and awe-inspiring, is dimmed and even lost before we reach adulthood. If I had influence with the good fairy who is supposed to preside over the christening of all children I should ask that her gift to each child in the world be a sense of wonder so indestructible that it would last throughout life, as an unfailing antidote against the boredom and disenchantments of later years, the sterile preoccupation with things that are artificial, the alienation from the sources of our strength.
~ Rachel Carson, 1907-1964 ~
The Sense of Wonder, 1965

Awe is an intuition for the dignity of all things, a realization that things not only are what they are but also stand, however remotely, for something supreme. Awe is a sense of transcendence, for the reference everywhere to mystery beyond all things. It enables us to perceive in the world intimations of the divine, to sense in small things the beginning of infinite significance, to sense the ultimate in the common and the simple; to feel in the rush of the passing the stillness of the eternal. What we cannot comprehend by analysis, we become aware of in awe.
~ Abraham Heschel, 1907-1972 ~
Who Is Man?, 1965

We teach children how to measure, how to weigh. We fail to teach them how to revere, how to sense wonder and awe. The sense of the sublime, the sign of the inward greatness of the human soul and something which is potentially given to all men, is now a rare gift.
~ Heschel ~

Awe enables us.
~ Heschel ~
The Wisdom of Heschel, Ruth Marcus Goodhill, ed., 1975

To be matter of fact about the world is to blunder into fantasy – and dull fantasy at that, as the real world is strange and wonderful.
~ Robert A. Heinlein, 1907-1988 ~

The religious attitude to existence is rooted in wonder at the mystery of sheer Being, at being here at all, the axiomatic certainty that there is a Meaning in our being here, hence in total openness to It.
~ Frederick Franck, 1909- ~
A Little Compendium on That Which Matters, 1993

Childhood is the world of miracle and wonder; as if creation rose, bathed in the light, out of the darkness, utterly new and fresh and astonishing. The end of childhood is when things cease to astonish us.
~ Eugène Ionesco, 1912-1994 ~

Every minute of life carries with it its miraculous value, and its face of eternal youth.
~ Albert Camus, 1913-1960 ~
Notebooks, 1962

Reality divided by reason always leaves a remainder. After everything has been said about the universe, after the entire world has been transformed on the basis of scientific knowledge into a hierarchical structure of ever-widening systems, we are still left with a profound sense of mystery ... This luminous experience of the impenetrable mystery is common to all the scientists, philosophers, and mystics of the highest rank. The scientist calls it the mystery of Nature. The philosopher calls it the mystery of Being. The mystic calls it the mystery of the Spirit.
~ Haridas Chaudhuri, 1913-1975 ~
Being, Evolution and Immortality, 1974

The mystery of life is not a problem to solve, but a reality to experience.
~ Thomas Merton, 1915-1968 ~

How is it possible that a being with such sensitive jewels as the eyes, such enchanted musical instruments as the ears, and such a fabulous arabesque of nerves as the brain can experience itself as anything less than a god?
~ Alan Watts, 1915-1973 ~
The Book on the Taboo Against Knowing Who You Are, 1989

We are in the position of savage men who have been educated into believing there are no mysteries.
~ Saul Bellow, 1915-2005 ~
in *The Independent*, 1990

Sometimes I think we're alone in the universe, and sometimes I think we're not. In either case the idea

is quite staggering.
~ Arthur C. Clarke, 1917- ~

Be realistic: Plan for a miracle.
~ "Osho" Rajneesh, 1931-1990 ~

Infinity is present in each part.
A loving smile contains all art.
The motes of starlight spark and dart.
A grain of sand holds power and might.
~ Madeleine L'Engle, 1918- ~

People usually consider walking on water or in thin air a miracle. But I think the real miracle is not to walk either on water or in thin air, but to walk on earth. Every day we are engaged in a miracle which we don't even recognize: a blue sky, white clouds, green leaves, the black, curious eyes of a child – our own two eyes. All is a miracle.
~ Thich Nhat Hanh, 1926- ~
The Miracle of Mindfulness: A Manual on Meditation, 1987

A mature sense of wonder does not need the constant titillation of the sensational to keep it alive. It is most often called forth by a confrontation with the mysterious depth of meaning at the heart of the familiar and quotidian.
~ Sam Keen, 1931- ~

We have been looking for the burning bush, the parting of the sea, the bellowing voice from heaven. Instead we should be looking at the ordinary day-to-day events in our lives for evidence of the miraculous … The mind, which sometimes presumes to believe that there is no such thing as a miracle, is itself a miracle.
~ M. Scott Peck, 1936-2005 ~
The Road Less Travelled, 1978

All mystical experience is coincidence; and vice versa, of course.
~ Tom Stoppard, 1937- ~

If we open our eyes, if we open our minds, if we open our hearts, we will find that this world is a magical place. It is magical not because it tricks us or changes unexpectedly into something else, but because it can *be* so vividly and brilliantly.
~ Chögyam Trungpa, 1939-1987 ~

There are levels of reality far too mysterious for totally objective common sense. There are things that cannot be known by exercise only of the scientific method.
~ Lyall Watson, 1939- ~

The sacred is not in the sky, the place of transcendent, abstract principle, but rather is based on this earth, in the ordinary dwelling places of our lives, in our gardens and kitchens and bedrooms.
~ Marilyn Sewell, 1941- ~

The more I wonder … the more I love.
~ Alice Walker, 1944- ~

We may be moved and spiritually changed by the mythological traditions of the past, but what they reveal to us is not the gods in the sky, but the patterns of our own evolution from plant to animal to primate to human being and beyond. The place of mystery is in the working of the human mind.
~ Toby Johnson, 1945- ~
Gay Spirituality: The Role of Gay Identity in the Transformation of Human Consciousness, 2000

Coincidences are happening more and more frequently and … when they do, they strike us as beyond what would be expected by pure chance. They feel destined, as though our lives had been guided by some unexplained force. The experience induces a feeling of mystery and excitement and, as a result, we feel more alive.
~ James Redfield, 1950- ~
The Celestine Prophecy, 1993

There is nothing that is not in some way magic, because the fact that the world exists is already quite a wonder. That it stays existing, that it continually keeps holding itself in existence, this is the mystery of mysteries. Magic is the way of the world.
~ David Abram, 1957- ~

There is wonder here
And there is surprise
In everything the unseen moves.
The ocean is full of songs.
The sky is not an enemy.
Destiny is our friend.
~ Ben Okri, 1959- ~
An African Elegy, 1992

To be a miracle worker you do not have to get a doctoral degree, become a minister, eat a particular food, or be able to meditate for long hours. All you need to do is begin to see beauty in your life and those around you.
~ Alan Cohen, 1950- ~

WORK

Related States & Conditions: Action, Actualization/Fulfillment, Giving/Serving, Goal/Ideal/Purpose, Growth/Expansion, Manifestation, Means, Practice, Talent/Resources, Solution, Success, Wealth/Prosperity

Syntonic: Appreciation, Attention/Awareness, Balance, Collaboration/Synergy, Commitment/Dedication, Creativity/Discovery/Innovation, Diligence, Dispatch, Engagement/Integration/Involvement, Exploration, Expression, Flexibility/Flow/Flux, Ingenuity, Initiative, Integrity, Meaning, Preparation/Readiness, Responsibility, Value/Worth, Zeal/Zest

Dystonic: Anger, Attachment, Complacency, Conformity, Criticism/Judgment, Deferment/Delay, Fault, Habit, Inaction, Jealousy/Envy, Laziness, Limitation

Your work is to discover your work and then with all your heart to give yourself to it.
~ Buddha, c. 563-483 BCE ~

Choose a job you love, and you will never have to work a day in your life.
~ Kongfuzi, c. 551-c. 479 BCE ~

Pleasure in the job puts perfection in the work.
~ Aristotle, 384-322 BCE ~

If any work is done in harmony with the inner spirit that we share with the gods, there's nothing to fear; for when we can obtain benefit from work that moves on an easy path and obeys the laws of our being, we should not expect to come to any harm.
~ Marcus Aurelius, 121-180 ~
The Spiritual Teachings of Marcus Aurelius, Mark Forstater, tr., 2000

Where our work is, there let our joy be.
~ Tertullian, c. 160-240 ~
De cultu feminarum

Hire out yourself to work which is beneath you rather than become dependent on others.
~ *Talmud*, 2nd-5th C. CE ~

It is work that puts one man ahead of another.
~ Nupe (Northern Nigeria) Saying ~

True Dharma seekers who live in the world use their daily activity as a polishing tool. Outwardly they may appear to be very busy, like flint striking steel, making sparks everywhere. But inwardly they silently grow. For although they may be working very hard, they are working for the sake of the work and not for the profits it will bring them. Unattached to the results of their labor, they transcend the frenetic to reach the Way's essential tranquility.
~ Hanshan Deqing, 1546-1623 ~
Journey to Dreamland, Jy Din Shakya, tr., 1998

Work spares us from three evils: boredom, vice, and need.
~ François-Marie Voltaire, 1694-1778 ~
Candide, 1759

The fruit derived from labor is the sweetest of all pleasure.
~ Marquis de Vauvenargues, 1715-1747 ~

Nothing is denied to well-directed labor, and nothing is ever to be attained without it.
~ Joshua Reynolds, 1723-1792 ~

The more serious people are about making a living, the less serious they are about preserving the body. They work day and night, resulting in unknown damage to their vitality and spirit, deterioration in their energy and circulation. They have already entered the road to death.
~ Liu Yiming, b. c. 1737 ~
Awakening to the Tao, Thomas Cleary, tr., 1988

I am a great believer in luck, I find that the harder I work, the more I have of it.
~ Thomas Jefferson, 1743-1826 ~

Genius begins great works; labor alone finishes them.
~ Joseph Joubert, 1754-1824 ~

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The crowning fortune of a man is to be born to some pursuit which finds him employment and happiness, whether it be to make baskets, or broadswords, or canals, or statues, or songs … Work and thou canst not escape the reward; whether thy work be fine or coarse, planting corn or writing epics, so only it be honest work, done to thine own approbation, it shall earn a reward to the senses as well as to the thought. No matter how often defeated, you are born to victory. The reward of a thing well done is to have done it.
~ Ralph Waldo Emerson, 1803-1882 ~

Work is good provided you do not forget to live.
~ Bantu (Southern Africa) Saying ~

Men for the sake of getting a living forget to live.
~ Margaret Fuller, 1810-1850 ~
Summer on the Lakes, in 1843, 1990

The highest reward for a man's toil is not what he gets for it, but what he becomes by it.
~ John Ruskin, 1819-1900 ~

Originality and a feeling of one's own dignity are achieved only through work and struggle.
~ Fyodor Dostoevsky, 1821-1881 ~
A Diary of a Writer, Borris Brasol, tr., 1949

When I am idle and shiftless, my affairs become confused; when I work, I get results: not great results, but enough to encourage me in well-doing.
~ E. W. Howe, 1853-1937 ~
Preaching from the Audience: Candid Comments on Life, 1926

We work to become, not to acquire.
~ Elbert Hubbard, 1856-1915 ~

Nothing ever comes to one that is worth having, except as a result of hard work.
~ Booker T. Washington, 1856-1915 ~

There is as much dignity in tilling a field as in writing a poem.
~ Washington ~
Speech, 1895 September 18

No, I don't like work. I had rather laze about and think of all the fine things that can be done. I don't like work – no man does – but I like what is in the work – the chance to find yourself. Your own reality – for yourself, not for others – what no other man can ever know.
~ Joseph Conrad, 1857-1924 ~
Heart of Darkness, 1902

Far and away the best prize that life offers is the chance to work hard at work worth doing.
~ Theodore Roosevelt, 1858-1919 ~

I like work; it fascinates me. I can sit and look at it for hours. I love to keep it by me; the idea of getting rid of it nearly breaks my heart.
~ Jerome K. Jerome, 1859-1927 ~
Three Men in a Boat, 1889

Nothing is really work unless you would rather be doing something else.
~ J. M. Barrie, 1860-1937 ~

Work, especially good work, becomes easy when desire has learnt to discipline itself.
~ Rabindranath Tagore, 1861-1941 ~

The person who does not work for the love of work but only for money is not likely to make money nor to find much fun in life.
~ Charles Schwab, 1862-1939 ~

Work of your own free will, not from duty. We have no duty. The world is just a gymnasium in which we play; our life is an eternal holiday.
~ Vivekananda, 1863-1902 ~

If you wish to work properly, you should never lose sight of two great principles: first, a profound respect for the work undertaken, and second, a complete indifference to its fruits. Thus only can you work with the proper attitude.
~ Swami Brahmananda, 1863-1923 ~

There is joy in work. There is no happiness except in the realization that we have accomplished something.
~ Henry Ford, 1863-1947 ~

Only the work that is impersonal can live; the works of the self are both powerless and perishable. Where duties, howsoever humble, are done without self-interest, and with joyful sacrifice, there is true service and enduring work. Where deeds, however brilliant and apparently successful, are done from love of self, there is ignorance of the Law of Service, and the work perishes.
~ James Allen, 1864-1912 ~

The test of a vocation is the love of the drudgery it involves.
~ Logan Pearsall Smith, 1865-1946 ~

Work is doing what you now enjoy for the sake of a future which you clearly see and desire. Drudgery is doing under strain what you don't now enjoy and for no end that you can now appreciate.
~ Richard Clarke Cabot, 1868-1939 ~

The return from your work must be the satisfaction which that work brings you and the world's need of that work. With this, life is heaven, or as near heaven as you can get. Without this – with work which you despise, which bores you, and which the world does not need – this life is hell.
~ W. E. B. Du Bois, 1868-1963 ~

Monotony is the law of nature. Look at the monotonous manner in which the sun rises ... The monotony of necessary occupations is exhilarating and life-giving.
~ Mahatma Gandhi, 1869-1948 ~

We stand today in danger of forgetting the use of our hands. To forget how to dig the earth and tend the soil is to forget ourselves.
~ Gandhi ~
Speech, 1946

Continuity of purpose is one of the most essential ingredients of happiness in the long run, and for most men this comes chiefly through their work.
~ Bertrand Russell, 1872-1970 ~

The work will teach you how to do it.
~ Estonian Saying ~

Let us realize that the privilege to work is a gift, that power to work is a blessing, that love of work is success.
~ David O. McKay, 1873-1970 ~

The road to happiness lies in two principles: find what it is that interests you and that you can do well, and when you find it, put your whole soul into it – every bit of energy and ambition and natural ability you have.
~ John D. Rockefeller, Jr., 1874-1960 ~

The world is full of willing people. Some willing to work, the rest willing to let them.
~ Robert Frost, 1874-1963 ~
in *Quote and Unquote*, 1970

My object in living is to unite my avocation and my vocation.
~ Frost ~
"Tramps in Mudtime"

There never has been any thirty-hour week for men who had anything to do.
~ Charles Kettering, 1876-1958 ~

One of the most durable satisfactions in life is to lose oneself in one's work.
~ Henry Emerson Fosdick, 1878-1969 ~

When you work you are a flute through whose heart the whispering of the hours turns to music ...
And to love life through labor is to be intimate with life's inmost secret ...
All work is empty save when there is love ...
And what is it to work with love?
It is to weave the cloth with threads drawn from your heart, even as if your beloved were to wear that cloth ...
It is to charge all things you fashion with a breath of your own spirit ...
Work is love made visible.
~ Khalil Gibran, 1883-1931 ~
The Prophet, 1923

Only work which is the product of inner compulsion can have spiritual meaning.
~ Walter Gropius, 1888-1969 ~

There are two kinds of people, those who do the work and those who take the credit. Try to be in the first group; there is less competition there.
~ Jawaharlal Nehru, 1889-1964 ~

I have come to know by experience that work is the nearest thing to happiness that I can find.
~ Zora Neale Hurston, 1891-1960 ~

Work is the natural exercise and function of man ... Work is not primarily a thing one does to live, but the thing one lives to do. It is, or should be, the full expression of the worker's faculties, the thing in which he finds spiritual, mental, and bodily satisfaction, and the medium in which he offers himself to God.
~ Dorothy Sayers, 1893-1957 ~

The most bewildering thing about man is his idea of work and the amount of work he imposes upon himself, or civilization has imposed on him. All nature loafs, while man alone works for a living. He works because he has to, because with the progress of civilization life gets incredibly more complex, with duties, responsibilities, fears, inhibitions and ambitions, born not of nature, but

of human society.
~ Lin Yutang, 1895-1976 ~
The Importance of Living, 1937

Most of all, you have to love what you're doing. Anything you have to do is work. Anything you love to do is play.
~ Leila Denmark, 1898- ~

A man who works with his hands is a laborer; a man who works with his hands and his brain is a craftsman; but a man who works with his hands and his brain and his heart is an artist.
~ Louis Nizer, 1902-1994 ~

Nothing is more likely to help a person overcome or endure troubles than the consciousness of having a task in life.
~ Viktor Frankl, 1905-1998 ~

In order that people may be happy in their work, there are three things that are needed: they must be fit for it; they must not do too much of it; and they must have a sense of success in it – not a doubtful sense, such as needs some testimonial of others for its confirmation, but a sure sense, or rather knowledge that so much work has been done well, and faithfully done, whatever the world may say or think about it.
~ W. H. Auden, 1907-1973 ~

It is better to have no emotion when it is work. Do what needs to be done, and do it coolly.
~ Louis L'Amour, 1908-1988 ~

Death and labor are things of necessity and not of choice. The world only gives itself to Man in the form of food and warmth if Man gives himself to the world in the form of labor. But death and labor can be submitted to either in an attitude of revolt or in one of consent. They can be submitted to in their naked truth or else wrapped around with lies.
~ Simone Weil, 1909-1943 ~
The Need for Roots, 1952

Life is to be lived. If you have to support yourself, you had bloody well find some way that is going to be interesting. And you don't do that by sitting around wondering about yourself.
~ Katharine Hepburn, 1909-2003 ~

Work is a world apart from jobs. Work is the way you occupy your mind and hand and eye and whole body when they're informed by your imagination and wit, by your keenest perceptions, by your most profound reflections on everything you've read and seen and heard and been part of. You may or may not be paid to do your work.
~ Alice Koller, 1924- ~

The best careers advice given to the young is "Find out what you like doing best and get someone to pay you for doing it."
~ Katherine Whitehorn, 1926- ~
in *The Observer*, 1975

All labor that uplifts humanity has dignity and importance and should be undertaken with painstaking excellence.
~ Martin Luther King, Jr., 1929-1968 ~

The principal horror of any system which defines the good in terms of profit rather than in terms of human need to the exclusion of the psychic and emotional components of that need – is that it robs our work of its erotic value, its erotic power and life appeal and fulfillment. Such a system reduces work to a travesty of necessities, a duty by which we earn bread or oblivion for ourselves and those we love. But this is tantamount to blinding a painter and then telling her to improve her work and enjoy the act of painting. It is not only next to impossible, it is also profoundly cruel.
~ Audre Lorde, 1934-1992 ~

The more I want to get something done, the less I call it work.
~ Richard Bach, 1936- ~

We love to work because work gives us genuine happiness, the posting and solving of problems, the joyful exercise of the imagination.
~ Joyce Carol Oates, 1938- ~

Doing work which has to be done over and over again helps us recognize the natural cycles of growth and decay, of birth and death, and thus become aware of the dynamic order of the universe.
~ Fritjof Capra, 1939- ~

There is no scarcity of opportunity to make a living at what you love; there's only a scarcity of resolve to make it happen.
~ Wayne Dyer, 1940- ~

When our inner self connects to our work and our work to our inner self, the work knows no limit, for the inner self knows no limit.
~ Matthew Fox, 1940- ~

Work is effort applied toward some end. The most satisfying work involves directing our effort toward achieving ends that we ourselves endorse as worthy expressions of our talent and character.
~ William J. Bennett, 1943 ~

Do what you love. Do what makes your heart sing. And *never do it for the money*. Don't go to work to make money; go to work to spread joy.
~ Marianne Williamson, 1952- ~
A Return to Love, 1992

You work your whole life to achieve something, then you achieve it and find out that you still have good days and bad days. So you start thinking, "Is that all there is?" After a while you calm down and get back to work.
~ Elliot Easton, 1953- ~

Hard work doesn't give people heart attacks. Hard work itself can be good for you.
~ Dean Ornish, 1953- ~

Do your work. Not just your work and no more, but a little more for the lavishing sake, that little more which is worth all the rest. And if you suffer as you must, and if you doubt as you must, do your work. Put your heart into it and the sky will clear. And then out of your very doubt and suffering will be born the supreme joy of life.
~ Dean Briggs, 1968- ~

Enjoy your sweat because hard work doesn't guarantee success, but without it you don't have a chance.
~ Alex "A-Rod" Rodriguez, 1975- ~

People must somehow get free of this incredible obsession – generated by governments and the economy and the guilt around sex and pleasure – that they must become workaholics. The workaholic fascination is an illusion and a trap that people fall into without even realizing it. What's needed is more time for inner work, less time for television; detachment from all the myths we're steeped in; and the discovery of a language that will create harmony between a man and a woman.
~ Margo Anand ~

Almost anyone who devotes himself to a given vocation, and who pours his love and energy into that activity, develops a certain genius in the field: the vocation opens itself up to him in terms of its truths and principles, it bends itself to his imagery and ideas, it becomes his friend and most able co-creator, building up the person as he invests himself in the work. And any work can serve this purpose.
~ Marsha Sinetar ~
Do What You Love, the Money Will Follow, 1987

When the powerful quality of conscious choice is present in our work, we can be enormously productive. When we consciously choose to do work we enjoy, not only can we get things done, we can get them done well and be intrinsically rewarded for our effort.
~ Ibid.

In the highest sense, work is meant to be the servant of man, not the master. It is not so important what shape or form our work may take; what is vitally important is our attitude toward that work. With love and enthusiasm directed toward our work, what was once a chore and hardship now becomes a magical tool to develop, enrich and nourish our lives.
~ Edmund Bordeaux Szekely ~
Creative Work – Karma Yoga: A Western Interpretation, 1973

The majority work to make a living; some work to acquire wealth or fame, while a few work because there is something within them which demands expression.
~ Ibid.

Whatever your occupation while in your physical body, remember it is a form of service. However humble or even humdrum your work may be to you, it is your special appointment, and through your work on earth you can make your contribution to the happiness of all.
~ White Eagle ~

When the deepest part of you becomes engaged in what you are doing, when your activities and actions become gratifying and purposeful, when what you do serves both yourself and others, when you do not tire within but seek the sweet satisfaction of your life and your work, you are doing what you were meant to be doing. The personality that is engaged in the work of its soul is buoyant. It is not burdened with negativity. It does not fear. It experiences purposefulness and meaning. It delights in its work and in others. It is fulfilled and fulfilling.
~ Gary Zukav ~
The Seat of the Soul, 1990

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WORRY

Related States & Conditions: Defeat, Delusion, Depression/Despair/Distress, Distraction/Diversion, Failure/Error, Fear, Grief/Sorrow, Questioning/Doubt, Insecurity/Risk, Shadow, Suffering

Syntonic: Affirmation/Approval, Appreciation, Autonomy/Control, Centering, Confidence, Courage, Determination/Persistence/Resolve, Equanimity, Faith, Focus/Intention, Humor/Laughter, Optimism/Positivism, Release, Renewal, Responsibility, Self-Reliance, Transformation

Dystonic: Anger, Attachment, Avoidance/Denial/Refusal, Comparison/Competition, Complacency, Conformity, Criticism/Judgment, Deferment/Delay, Dependence, Fault, Habit, Inaction, Jealousy/Envy, Laziness, Limitation

Suffer no anxiety, for he who is a sufferer of anxiety becomes regardless of the enjoyment of the world and the spirit, and contraction happens to his body and soul.
~ Zoroaster, c. 628-551 BCE ~

To be rich is not the end, but only a change, of worries.
~ Epicurus, 341-270 BCE ~

That the birds of worry and care fly about your head, this you cannot change. But that they build nests in your hair, this you can prevent.
~ Chinese Saying ~

Wakefulness over wealth wastes away one's flesh,
and anxiety about it removes sleep.
Wakeful anxiety prevents slumber, and a severe
illness carries off sleep.
~ Joshua ben Sira, 2nd C. BCE ~
in *Apocrypha*, Sirach (Ecclesiasticus) 31:1-2, RSV 1957

Happy the man who has broken the chains which hurt the mind, and has given up worrying, once and for all.
~ Ovid, c. 43 BCE–17 CE ~

Do not be anxious about your life, what you shall eat or what you shall drink, nor about your body, what you shall put on. Is not life more than food, and the body more than clothing? … Which of you by being anxious can add one cubit to his stature?
~ Jesus of Nazareth, c. 5-38 CE ~
in *The Bible*, Matthew 6:25-27

Therefore do not be anxious about tomorrow, for tomorrow will be anxious for itself.
~ Ibid., Matthew 6:34

There is only one way to happiness and that is to cease worrying about things which are beyond the power of our will.
~ Epictetus, 50-120 ~

Do not worry about tomorrow's trouble, for you do not know what the day may bring. Tomorrow may come and you will be no more, and so you will have worried about a world that is not yours.
~ *Babylonian Talmud*, 2nd-5th C. CE ~
Tractate Yevamot

Nothing is so wretched or foolish as to anticipate misfortunes. What madness is it to be expecting evil before it comes.
~ Seneca, c. 4 BCE-65 CE ~

If you can solve your problem,
Then what is the need of worrying?
If you cannot solve it,
Then what is the use of worrying?
~ Shantideva, 7th C. ~
in Tulku Thondup, *Healing Meditations*, 1998

Let go of your worries and be completely clear-
hearted,
Like the face of the mirror, that contains no
images.
When it is empty of forms, all forms are contained
in it.
~ Shams of Tabriz, 13th C. Sufi Master ~
in *The Ruins of the Heart: Selected Lyric Poetry of Jelaluddin Rumi*, Edmund Helminski, tr., 1981

A hundredload of worry will not pay an ounce of debt.
~ George Herbert, 1593-1633 ~

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We can always get along better by reason and love of truth than by worry of conscience and remorse. Harmful are these, and evil.
~ Baruch de Spinoza, 1632-1677 ~

Do not anticipate trouble, or worry about what may never happen. Keep in the sunlight.
~ Benjamin Franklin, 1706-1790 ~

To tremble before anticipated evils, is to bemoan what thou hast never lost.
~ Johann von Goethe, 1749-1832 ~

Worry often gives a small thing a big shadow.
~ Swedish Saying ~

Why destroy your present happiness by a distant misery, which may never come at all? For every substantial grief has twenty shadows and most of the shadows are of your own making.
~ Sydney Smith, 1771-1845 ~

Our worst misfortunes never happen, and most miseries lie in anticipation.
~ Honoré de Balzac, 1799-1850 ~

A day of worry is more exhausting than a week of work.
~ John William Lubbock, 1803-1865 ~

Some of your hurts you have cured
And the sharpest you still have survived,
But what torments of grief you endured
From evils that never arrived.
~ Ralph Waldo Emerson, 1803-1882 ~

Worry is a god, invisible but omnipotent. It steals the bloom from the cheek and lightness from the pulse; it takes away the appetite, and turns the hair gray.
~ Benjamin Disraeli, 1804-1881 ~

Nothing in life is more remarkable than the unnecessary anxiety which we endure, and generally create ourselves.
~ Disraeli ~

Anxiety never yet successfully bridged any chasm.
~ Giovanni Ruffini, 1807-1881 ~

However strange it is to be never at rest, and never satisfied, and ever trying after something that is never reached, and to be always laden with plot and plan and care and worry, how clear it is that it must be, and that one is driven by an irresistible might until the journey is worked out! It is much better to go on and fret, than to stop and fret. As to repose – for some men there's no such thing.
~ Charles Dickens, 1812-1870 ~
in Hesketh Pearson, *Dickens*, 1949

It is not work that kills man; it is worry. Work is healthy and you can hardly put more upon a man than he can bear; but worry is the rust upon the blade.
~ Henry Ward Beecher, 1813-1887 ~

There are people who are always anticipating trouble, and in this way they manage to enjoy many sorrows that never really happen.
~ Josh Billings, 1818-1885 ~

Let us be of good cheer, however, remembering that the misfortunes hardest to bear are those which never come.
~ James Russell Lowell, 1819-1891 ~
Democracy, 1887

Worry is interest paid on trouble before it comes due.
~ William R. Inge, 1860-1954 ~

I have learned to live each day as it comes, and not borrow trouble by dreading tomorrow. It is the dark menace of the future that makes cowards of us.
~ Dorothy Dix, 1861-1951 ~

A great many worries can be diminished by realizing the unimportance of the matter which is causing anxiety … Our doings are not so important as we naturally suppose; our successes and failures do not after all matter very much.
~ Bertrand Russell, 1872-1970 ~
The Conquest of Happiness, 1930

The reason why worry kills more people than work is that more people worry than work.
~ Robert Frost, 1874-1963 ~

When I look back on all these worries I remember the story of the old man who said on his deathbed that he had had a lot of trouble in his life, most of which had never happened.
~ Winston Churchill, 1874-1965 ~

Let our advance worrying become advance thinking and planning.
~ Churchill ~

Worry is a thin stream of fear trickling through the mind. If encouraged, it cuts a channel into which all other thoughts are drained.
~ Arthur Somers Roche, 1883-1935 ~

Difficult times have helped me understand better than before how infinitely rich and beautiful life is in every way, and that so many things that one goes around worrying about are of no importance whatsoever.
~ Isak Dinesen, 1885-1962 ~

If you can't sleep, then get up and do something instead of lying there and worrying. It's the worry that gets you, not the loss of sleep.
~ Dale Carnegie, 1888-1955 ~

Worry does not empty tomorrow of its sorrow. It empties today of its strength.
~ Corrie Ten Boom, 1892-1983 ~

We abuse our bodies and fill our minds with mental pictures of fear and worry and then find it difficult to understand why we have suffered from a nervous breakdown.
~ Harold Sherman, 1898-1987 ~

Worry is spiritual short sight. Its cure is intelligent faith.
~ Paul Brunton, 1898-1981 ~

There are two kinds of worries – those you can do something about and those you can't. Don't spend any time on the latter.
~ Duke Ellington, 1899-1974 ~

If you're worrying, you're either agonizing over the past which you should have forgotten long ago, or else you're apprehensive over the future which hasn't even come yet.
~ Peace Pilgrim, 1908-1981 ~
Peace Pilgrim: Her Life and Work in Her Own Words, 1982

Worry is a useless mulling over of things we cannot change. Worry is not concern , which would motivate you to do everything possible in a situation.
~ Ibid.

Worry a little bit every day and in a lifetime you will lose a couple of years. If something is wrong, fix it if you can. But train yourself not to worry. Worry never fixes anything.
~ Mary Hemingway, 1908-1986 ~

We are, perhaps, uniquely among the earth's creature, the worrying animal. We worry away our lives, fearing the future, discontent with the present, unable to take in the idea of dying, unable to sit still.
~ Lewis Thomas, 1913-1993 ~
"The Youngest and Brightest Thing Around," *The Medusa and the Snail: More Notes of a Biology Watcher*, 1979

Anxiety is simply part of the condition of being human. If we were not anxious, we would never create anything.
~ William Barrett, 1914- ~
in *The Listener*, 1978

Worries cannot be willed away by consciously refusing to acknowledge them – they must be pulled up by the roots and examined in the light, not pushed deeper into the unconscious where they only do darker mischief where they disguise themselves in some bizarre manner.
~ Sydney J. Harris, 1917-1986 ~

Worry never robs tomorrow of its sorrow, it only saps today of its joy.
~ Leo Buscaglia, 1924-1998 ~

Anxiety is nothing but fear inspired by an imagined future collapse. It is the failure of trust.
~ Thomas Moore, 1940- ~
Original Self, 2000

As for worrying about what other people might think – forget it. They aren't concerned about you. They're too busy worrying about what you and other people think of them.
~ Michael LeBoeuf, 1942- ~

Every life has some trouble
When you worry you make it double.
~ Bobby McFerrin, 1950- ~

Worrying is a form of atheism. I don't understand people who call themselves Christian or Buddhist or Moslem or whatever and worry. Because you cannot believe in a power greater than yourself and worry. It does not compute.
~ Oprah Winfrey, 1954- ~

You'll break the worry habit the day you decide you can meet and master the worst that can happen to you.
~ Arnold H. Glasgow ~

ZEAL / ZEST

Related States & Conditions: Actualization/Fulfillment, Centering, Confidence, Courage, Dance/Movement, Daring/Challenge, Desire, Determination/Persistence/Resolve, Expression, Enjoyment/Pleasure, Giving/Serving, Optimism/Positivism, Passion, Preparation/Readiness, Presence, Power, Today

Syntonic: Affirmation/Approval, Appreciation, Attention/Awareness, Expectation/Hope, Faith, Focus/Intention, Humor/Laughter, Openness/Receptivity, Possibility/Potential, Release, Renewal, Success

Dystonic: Anger, Avoidance/Denial/Refusal, Complacency, Conformity, Criticism/Judgment, Defeat, Deferment/Delay, Delusion, Dependence Depression/Despair/Distress, Fault, Fear, Grief/Sorrow, Habit, Jealousy/Envy, Laziness, Limitation, Questioning/Doubt, Regret, Suffering, Worry

He who possesses the source of enthusiasm will achieve great things. Doubt not. You will gather friends around you as a hair clasp gathers the hair.
~ *Yi Jing*, c. 1150 BCE ~

Enthusiasm that boasts, or becomes arrogant, will bring misfortune. Be modest in expression … Chronic complaints obstruct enthusiasm, and prevent one from breathing freely. The central danger is of being carried away by the lust of pleasure. One who is deluded by false enthusiasm will experience much difficulty. But great are the rewards for one who corrects the error.
~ Ibid.
"Yu: Harmonious Joy," in *The Photographic I Ching*, Dhiresha McCarver, tr., 1997

Through zeal, knowledge is gotten, through lack of zeal, knowledge is lost; let a man who knows this double path of gain and loss thus place himself that knowledge may grow.
~ Buddha, c. 563-483 BCE ~

What one has, one ought to use; and whatever he does, he should do it with all his might.
~ Cicero, 106-43 BCE ~

And whatsoever ye do, do it heartily.
~ Paul of Tarsus, 10-67 CE ~
in *The Bible*, Colossians 3:23

Enthusiasm is that secret and harmonious spirit which hovers over the production of genius.
~ Isaac Israeli, d. c. 932 ~

When you are totally alive and cannot be trapped or caged, only then do you have some independence. Then you can be in the ordinary world all day long without it affecting you.
~ Mi-An ~
in *Zen Essence: The Science of Freedom*, Thomas Cleary, tr. & ed., 1989

From now on I will make burning my aim,
for I am like the candle:
burning only makes me brighter.
~ Jalaluddin Rumi, 1207-1273 ~
"The Ship Sunk in Love," Mathnawi VI, 620
The Pocket Rumi Reader, Kabir Helminski, ed., 2001

Zeal without knowledge is fire without light.
~ Thomas Fuller, 1608-1661 ~

Live as you will have wished to have lived when you are dying.
~ Christian Gellert, 1715-1769 ~

Plunge boldly into the thick of life.
~ Johann von Goethe, 1749-1832 ~

What a man knows only through feeling can be explained only through enthusiasm.
~ Joseph Joubert, 1754-1824 ~

Enthusiasm gives life to what is invisible.
~ Madame de Staël, 1766-1817 ~

Sensible people have no conception of the delight which the mere consciousness of living intensely can give; one's heart swells, one's imagination soars into space, life is inexpressibly quickened, and one loses all consciousness of one's bodily limitations.
~ Hector Berlioz, 1803-1869 ~
Memoirs, 1870

Nothing is so contagious as enthusiasm; it moves stones, it charms brutes. Enthusiasm is the genius of sincerity, and truth accomplishes no victories without it.
~ Edward Bulwer-Lytton, 1803-1873 ~

Every great and commanding movement in the annals of the world, is the triumph of enthusiasm. Nothing great was ever achieved without it. The way of life is wonderful; it is by abandonment.
~ Ralph Waldo Emerson, 1803-1882 ~

Every production of genius must be the production of enthusiasm.
~ Benjamin Disraeli, 1804-1881 ~

Let us recognize the beauty of true enthusiasm and whatever we may do to enlighten ourselves or others, guard against checking or chilling a single earnest sentiment.
~ Henry Tuckerman, 1813-1871 ~

We act as though comfort and luxury were the chief requirements of life, when all that we need to make us really happy is something to be enthusiastic about.
~ Charles Kingsley, 1819-1875 ~

Great designs are not accomplished without enthusiasm of some sort. It is the inspiration of everything great.
~ Christian Bovee, 1820-1904 ~

Discover day to day excitement.
~ Charles Baudelaire, 1821-1867 ~

The Greeks have given us one of the most beautiful words of our language, the word "enthusiasm" – a god within. The grandeur of the acts of men are measured by the inspiration from which they spring. Happy is he who bears a god within.
~ Louis Pasteur, 1822-1895 ~

To live is so startling as to leave very little time for anything else.
~ Emily Dickinson, 1830-1886 ~

The only interest in living comes from believing in life, from loving life and using all the power of your intelligence to know it better.
~ Émile Zola, 1840-1902 ~
Le docteur Pascal, 1893

Life is a romantic business. It is painting a picture, not doing a sum – but you have to make the romance, and it will come to the question how much fire you have in your belly.
~ Oliver Wendell Holmes, Jr., 1841-1935 ~

We love life, not because we are used to living but because we are used to loving. There is always some madness in love, but there is also always some reason in madness.
~ Friedrich Nietzsche, 1844-1900 ~
Thus Spake Zarathustra, Thomas Common, tr., 1909

I prefer the folly of enthusiasm to the indifference of wisdom.
~ Anatole France, 1844-1924 ~

This is the true joy in life, the being used for a purpose recognized by yourself as a mighty one; the being thoroughly worn out before you are thrown on the scrap heap; the being a force of Nature instead of a feverish little clod of ailment and grieving, complaining that the world will not devote itself to making you happy.
~ George Bernard Shaw, 1856-1950 ~
Preface, *Man and Superman*, 1903

A man can succeed at almost anything for which he has unlimited enthusiasm.
~ Charles Schwab, 1862-1939 ~

Live as if you were to die tomorrow. Learn as if you were to live forever.
~ Mahatma Gandhi, 1869-1948 ~

What hunger is in relation to food, zest is in relation to life.
~ Bertrand Russell, 1872-1970 ~

If you will do foolish things, do them with enthusiasm.
~ Colette, 1873-1954 ~

What is required is sight and insight – then you might add one more: excite.
~ Robert Frost, 1874-1963 ~

The real secret of success is enthusiasm. Yes, more than enthusiasm, I would say excitement. I like to see men get excited. When they get excited they make a success of their lives.
~ Walter Chrysler, 1875-1940 ~

Enthusiasm finds the opportunities, and energy makes the most of them.
~ Henry S. Haskins, b. 1875 ~
Meditations in Wall Street, 1940

There also exists a sleeping sickness of the soul … As soon as you notice the slightest sign of indifference, the moment you become aware of the loss of a certain seriousness, of longing, of enthusiasm and zest, take it as a warning. You should realize your soul suffers if you live superficially.
~ Albert Schweitzer, 1875-1965 ~

Enthusiasm is a kind of faith that has been set on fire.
~ George Matthew Adams, 1878-1962 ~

You must learn day by day, year by year, to broaden your horizon. The more things you love, the more you are interested in, the more you enjoy, the more you are indignant about, the more you have left when anything happens.
~ Ethel Barrymore, 1879-1959 ~

One can never consent to creep when one feels an impulse to soar.
~ Helen Keller, 1880-1968 ~

No person who is enthusiastic about his work has anything to fear from life. All the opportunities in the world are waiting to be grasped by people who are in love with what they are doing.
~ Samuel Goldwyn, 1882-1974 ~

Life is a petty thing unless there is pounding within it an enormous desire to extend its boundaries. We live in proportion to the extent to which we yearn to live more.
~ José Ortega y Gasset, 1883-1955 ~
The Dehumanization of Art, 1925

Enthusiasm reaches out with joy, for there is nothing depressing about it; it reaches out in faith, for there is no fear in it; it reaches out with acceptance, for there is no doubt in it; it reaches out as a child for there is no uncertainty about it.
~ Ernest Holmes, 1887-1960 ~

I am not eccentric. It's just that I am more alive than most people. I am an unpopular electric eel set in a pond of goldfish.
~ Edith Sitwell, 1887-1964 ~

Life never becomes a habit to me. It's always a marvel.
~ Katherine Mansfield, 1888-1923 ~

Flaming enthusiasm, backed by horse sense and persistence, is the quality that most frequently makes for success.
~ Dale Carnegie, 1888-1955 ~

Apathy can only be overcome by enthusiasm, and enthusiasm can only be aroused by two things: first, an ideal which takes the imagination by storm; and second, a definite intelligible plan for carrying the ideal into practice.
~ Arnold Toynbee, 1889-1975 ~

We are all guilty of crime – the great crime of not living life to the full.
~ Henry Miller, 1891-1980 ~
Sexus, 1949

I rate enthusiasm even above professional skill.
~ Edward Appleton, 1892-1965 ~

An enthusiast may bore others, but he has never a dull moment himself.
~ John Francis Kieran, 1892-1981 ~

The secret of genius is to carry the spirit of the child into old age, which means never losing your enthusiasm.
~ Aldous Huxley, 1894-1963 ~

Someone has somewhere commented on the fact that millions long for immortality who don't know what to do with themselves on a rainy Sunday afternoon.
~ Susan Ertz, 1894-1985 ~
Anger in the Sky, 1943

To want to do a thing, for its own sake; to enjoy doing it; to concentrate all of one's energies upon it – that is not only the surest guarantee of its success. It is also being true to oneself.
~ Amelia Earhart, 1898-1937 ~

You only lose energy when life becomes dull in your mind. Your mind gets bored and therefore tired of doing nothing. Get interested in something! Get absolutely enthralled in something! Get out of yourself! Be somebody! Do something. The more you lose yourself in something bigger than yourself, the more energy you will have.
~ Norman Vincent Peale, 1898-1993 ~

Think excitement, talk excitement, act out excitement, and you are bound to become an excited person. Life will take on a new zest, deeper interest and greater meaning. You can think, talk and act yourself into dullness or into monotony or into unhappiness. By the same process you can build up inspiration, excitement and a surging depth of joy.
~ Peale ~

There is real magic in enthusiasm. It spells the difference between mediocrity and accomplishment ... It gives warmth and good feeling to all your personal relationships ... Your enthusiasm will be infectious, stimulating and attractive to others ... They will love you for it. They will go for you and with you.
~ Peale ~

If we find nothing of interest where we are, we are likely to find little of lasting interest where we wish to go.
~ Edwin Teale, 1899-1980 ~

Zest is the secret of all beauty. There is no beauty that is attractive without zest.
~ Christian Dior, 1905-1957 ~

Try as much as possible to be wholly alive, with all your might, and when you laugh, laugh like hell and when you get angry, get good and angry. Try to be alive. You will be dead soon enough.
~ William Saroyan, 1908-1981 ~

I am filled with confidence, not that I shall succeed in worldy things, but that even when things go badly for me, I shall still find life good and worth living.
~ Etty Hillesum, 1914-1943 ~
An Interrupted Life, 1983

It's a very short trip. While alive, live.
~ Malcolm S. Forbes, 1919-1990 ~

The only people for me are the mad ones, the ones who are mad to live, mad to be saved, desirous of everything at the same time, the ones who never yawn or say a commonplace thing, but burn, burn, burn like fabulous yellow Roman candles exploding like spiders across the stars.
~ Jack Kerouac, 1922-1969 ~
On the Road, 1957

Every memorable act in the history of the world is a triumph of enthusiasm. Nothing great was ever achieved without it because it gives any challenge or any occupation, no matter how frightening or difficult, a new meaning. Without enthusiasm you are doomed.
~ Og Mandino, 1923-1996 ~

Fires can't be made with dead embers, nor can enthusiasm be stirred by spiritless men.
~ James Baldwin, 1924-1987 ~

Success is not the result of spontaneous combustion. You must first set yourself on fire.
~ Fred Shero, 1925- ~

Listen to your life; see it for the fathomless mystery that it is. In the boredom and pain of it no less than in the excitement and gladness; touch, taste, smell your way to the holy and hidden heart of it, because, in the last analysis, all moments are key moments and life itself is grace.
~ Frederick Buechner, 1926- ~

We are not here just to survive and live long ... We are here to live and know life in its multi-dimensions, to know life in its richness, in all its variety. And when a man lives multi-dimensionally, explores all possibilities available, never shrinks back from any challenge, goes, rushes to it, welcomes it, rises to the occasion, then life becomes a flame, life blooms.
~ "Osho" Rajneesh, 1931-1990 ~
The Sacred Yes, 1983

There is a fountain of youth: It is your mind, your talents, the creativity you bring in your life and the lives of the people you love.
~ Sophia Loren, 1934- ~

I don't want to get to the end of my life and find that I lived just the length of it. I want to have lived the width of it as well.
~ Diane Ackerman, 1948- ~

Knowledge is power, but enthusiasm pulls the switch.
~ Ivern Bell ~

LAST WORD

To be is to do. – Socrates
To do is to be. – Sartre
Do be do be do. – Sinatra
~ Graffiti in men's restroom,
Greasewood Flats, Scottsdale,
Arizona, USA ~

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BIOGRAPHICAL INDEX

'Abdu'l-Bahá: 1844-1921, Iranian Baha'i Leader; Compassion, 137; Differentiation, 229; Diversity, 247; Health, 365; Impermanence, 389; Liberation, 451; Meditation, 505; Suffering, 687

Abbott, Berenice: 1898-1991, American Photographer, Writer; Teaching, 699; Wonder, 754

Abdul-Jabbar, Kareem (Ferdinand Lewis Alcindor): 1947-, African-American Basketball Player, Actor, Writer; Centering, 110; Defeat, 203; Expedience, 283; Paradox, 539

Abelard, Peter (Pierre): 1079-1142, Burgundian Theologian; Complacency, 141; Questioning, 581

Abram, David: 1957-, American Philosopher, Ecologist, Magician; Attention, 68; Dance, 189; Delusion, 213; Eloquence, 256; Logos, 477; Sensibility, 639; Wonder, 756

Abu 'Uthman Amr Ibn Bahr Al-Jahiz: c. 788-869, Iraqi Scholar, Philosopher, Writer; Disclosure, 238; Little, 470

Abu Hayyan Al-Tawhidi: d. 1023, Arab Essayist; Fault, 300; Tolerance, 713

Abu Yazid Al-Bistami: d. c. 874, Persian Mystic, Founder of the Ecstatic School of Sufism; Distraction, 243; Equanimity, 269; Release, 604; Seeking, 624; Wisdom, 749

Achebe, Chinua (Albert Chinualumogu): 1930-, Nigerian Writer, Poet, Critic; Diversity, 248; Integrity, 425; Meaning, 500; Solution, 668; Synthesis, 695; Vision, 739

Ackerman, Diane: 1948-, American Writer; Exploration, 289; Zeal, 768

Acton, Lord (John Emerich Edward Dahlberg-Acton): 1834-1902, English Historian, Moralist; Learning, 442; Power, 563

Adams, Ansel Easton: 1902-1984, American Photographer, Conservationist; Creativity, 180; Trust, 719; Vision, 738

Adams, Brian: Actualization, 35; Balance, 82; Manifestation, 496; Patience, 548; Thinking, 705

Adams, DNA (Douglas Noel): 1952-2001, English Science Fiction Writer; Example, 279; Imagination, 386; Ingenuity, 407

Adams, Franklin Pierce: 1804-1869, 14th US President; Exploration, 287

Adams, George Matthew: 1878-1962, American Writer; Connection, 160; Goal, 335; Thinking, 703; Zeal, 767

Adams, Henry Brooks: 1838-1918, American Historian, Writer; Chaos, 116; Learning, 442; Meaning, 497; Teaching, 699

Adams, J. Donald: 1891-1968, American Writer; Criticism, 186

Adams, John: 1735-1826, 2nd US President; Conscience, 164; Grief, 343

Adams, Scott: 1957-, American Cartoonist; Failure, 296

Addington, Jack Ensign: d. 1998, American Lawyer, Cleric, Writer; Congruence, 158; Giving, 332

Addison, Joseph: 1672-1719, English Essayist, Poet, Dramatist, Statesman; Adversity, 37; Attitude, 69; Conscience, 164; Delusion, 210; Enjoyment, 261; Faith, 297; Giving, 328; Happiness, 351; Health, 364; Humor, 374; Idea, 378; Influence, 401

Adenauer, Konrad: 1876-1967, German Chancellor; Perspective, 550; Simplicity, 653

Adler, Alfred F.: 1870-1937, Austrian Psychiatrist, Psychologist; Action, 29; Conviction, 171; Disclosure, 240; Love-Agape, 484; Unconscious, 726

Adler, Mortimer Jerome: 1902-2001, American Educator, Writer; Growth, 346

Adler, Stella: 1902-1992, American Actress, Teacher; Art, 57

Aeschylus: 525-456 BCE, Greek Tragic Dramatist; Acceptance, 22; Initiative, 408; Logos, 474; Partnership, 540; Suffering, 685

Aesop Lochman: fl. c. 550 BCE, Khemetic (Egyptian) Fabulist; Acceptance, 22; Appearance, 49; Compassion, 136; Delusion, 208; Desire, 218; Example, 278; Little, 470; Passion, 544; Prudence, 579; Self-Reliance, 633

Aiken, Conrad Potter: 1889-1973, American Poet; Meaning, 498; Solitude, 664

Ailred of Rievaulx: 1109-1166, English Cistercian Monk, Chronicler, Royal Adviser, Saint; Friendship, 322

Ajahn Chah: 1917-1992, Thai Buddhist Monk; Mind, 515; Presence, 575

Ajahn Dhiravamsa: Thai Buddhist Teacher, Writer; Balance, 82; Idea, 380; Love-Agape, 486

Akbar, Na'im (Luther B. Weems): 1944-, African-American Psychologist, Educator; Health, 370; Renewal, 612

Akhenaton: c. 1385-c. 1355 BCE, Khemetic (Egyptian) Pharoah; Adversity, 36; Being, 86; Cost, 172; Determination, 224; Disclosure, 238; Diversity, 246; Giving, 327; Goodness, 338; Indulgence, 398; Jealousy, 431; Laziness, 438; Presence, 571; Revenge, 622; Suffering, 685; Wealth, 744; Wisdom, 748; Wonder, 752

Al 'Arabi, Muhyiddin Ibn: 1165-1240, Andalusian Sufi Master; Belief, 90

Albee, Edward Franklin III: 1928-, American Dramatist; Attention, 66; Equanimity, 271; Solitude, 665

Alberti, Leon Batitsta: 1404-1472, Italian Architect, Humanist , Writer; Power, 562

Alcoholics Anonymous: Acceptance, 25; Habit, 350

Alcott, (Amos) Bronson: 1799-1888, American Philosopher, Reformer; Age, 44; Teaching, 698

Alcott, Louisa May: 1832-1888, American Writer; Goal, 334; Humility, 373; Today, 711

Alda, Alan (Alphonso Joseph D'Abruzzo): 1936-, American Actor, Director, Screen Writer; Creativity, 182; Ethics, 274; Exploration, 289

Alden, Joan: 1944-, American Writer; Individuality, 397

Alderson, M. H.: Failure, 296

Aldrich, Mildred: 1853-1928, American/French Journalist, Writer; Perspective, 550

Alexander, Franz Gabriel: 1891-1964, American Physician; Health, 367

Alfieri, Vittorio: 1749-1803, Italian Poet; Courage, 175; Death, 195; Silence, 648

Alford, Henry: 1810-1871, English Cleric, Scholar; Sincerity, 655

Ali, Muhammad (Cassius Clay): 1942-, African-American Boxer; Actualization, 34; Daring, 192; Defeat, 203; Imagination, 386; Learning, 445; Reality, 588

Alighieri, Dante (Durante) degli: 1265-1321, Italian Poet; Giving, 328; Little, 471; Questioning, 581; Shadow, 644; Sincerity, 655

Allen, Charles Livingstone: 1913-, American Cleric, Writer; Individuality, 396

Allen, James: 1864-1912, British/American Essayist; Belief, 93; Cause, 104; Character, 121; Commitment, 129; Composure, 145; Conviction, 171; Dreams, 251; Evil, 276; Failure, 293;

Influence, 402; Learning, 442; Love-Agape, 483; Meditation, 505; Polarity, 554; Power, 563; Restraint, 619; Silence, 648; Suffering, 687; Truth, 723; Work, 758
Allen, Woody (Allen Stewart Konigsberg): 1935-, American Film Director, Writer, Actor, Humorist; Appreciation, 54; Belief, 97; Failure, 295; Polarity, 556; Sex, 642; Struggle, 679
Allende, Isabel: 1942-, Chilean Writer, Journalist; Celebration, 107; Imagination, 386; Logos, 477; Love-Eros, 493; Sex, 643
Alon, Ruthy: Israeli Feldenkrais Method Trainer; Insecurity, 415
Altar Sutra: Buddhist Sacred Text; Delusion, 208
Amenemope: c. 11th Century Khemetic Sage; Disclosure, 238; Greed, 340; Listening, 468; Tact, 696; Wealth, 744
Amiel, Henri Frédéric: 1821-1881, Swiss Philosopher, Writer; Acceptance, 23; Accomplishment, 26; Autonomy, 74; Avoidance, 77; Congruence, 156; Conscience, 165; Conviction, 170; Courage, 175; Criticism, 185; Engagement, 258; Example, 279; Feeling, 307; Habit, 349; Haste, 356; Impermanence, 389; Insecurity, 413; Insight, 417; Liberation, 451; Logos, 475; Passion, 545; Possibility, 558; Reciprocity, 591; Regret, 595; Relationship, 596; Restraint, 619; Simplicity, 652; Skill, 659; Spirituality, 670; Spontaneity, 674; Suffering, 686; Teaching, 699; Today, 711
Amis, Kingsley William: 1922-1995, British Writer; Criticism, 187
Amos, (Wally) Famous: 1937-, African-American Athlete, Entrepreneur; Appearance, 51; Attitude, 72; Change, 115; Confidence, 148; Detachment, 223; Experience, 286; Failure, 295; Having, 362; Identity, 383; Individuality, 396; Influence, 405; Journey, 436; Legacy, 448; Preparation, 570; Relationship, 599; Release, 607; Success, 684; Today, 712
Anand, Margo: American Psychologist, Writer; Enjoyment, 262; Power, 565; Sex, 643; Work, 761
Andersen, Roberta: Actualization, 35
Anderson, (Mary) Ernestine: 1928-, African-American Jazz Singer; Influence, 405
Anderson, Margaret: 1891-1973, American Writer, Musician; Love-Eros, 490
Anderson, Marian: 1897-1993, African-American Opera Singer; Hate, 359; Limitation, 465
Anderson, Ramona L.: 1916-, Book/Film/Drama Critic; Introspection, 430
Anderson, Sherwood: 1876-1941, American Writer; Self, 631; Understanding, 729
Angell, James: 1829-1916, American Educator, Editor, Diplomat; Attention, 63
Angelou, Maya (Marguerite Annie Johnson): 1928-, African-American Writer, Poet, Dramatist; Adversity, 39; Conformity, 155; Courage, 177; Defeat, 203; Direction, 235; Friendship, 326; Growth, 347; Health, 369; Imagination, 386; Learning, 444; Respect, 613; Retreat, 621; Seeking, 627; Self, 631; Self-Reliance, 635; Spirituality, 672; Truth, 725
Anouilh, Jean Marie Lucien Pierre: 1910-1987, French Dramatist; Commitment, 130; Love-Eros, 491; Reality, 587; Love-Agape, 485
Ansari, Ali: 1969-, Pakistani Engineer, Writer, Poet; Connection, 163; Differentiation, 231; Perspective, 552; Seeking, 627; Self, 632; Suffering, 692
Anthony, Robert: Actualization, 35; Conformity, 155
Anzaldúa, Gloria Evangelina: 1942-2004, Mexican-American Lesbian-Feminist, Writer, Editor; Avoidance, 78; Change, 115; Diversity, 249; Limitation, 467; Listening, 469; Oneness, 528; Responsibility, 617; Transformation, 717
Apocrypha: Fourteen books of the *Septuagint*, eleven of which are included in the Catholic Bible; Acceptance, 22; Cost, 172; Discipline, 236; Enjoyment, 260; Goal, 333; Greed, 340; Openness, 529; Tact, 696; Vision, 735; Wisdom, 748; Worry, 762
Apollinaire, Guillaume (Wilhelm Apollinaris de Kostrowitszi): 1880-1918, French Poet, Writer; Happiness, 353; Individuality, 395
Appiah, Kwame Anthony: 1954-, Ghanaian/British Philosopher, Writer; Actualization, 35; Connection, 163; Identity, 383; Individuality, 397; Limitation, 467; Meaning, 501
Appleton, Edward Victor: 1892-1965, English Physicist; Zeal, 767
Aquinas, Thomas (Tommaso d'Aquino): 1225-1274, Italian Theologian, Philosopher, Saint; Autonomy, 74; Cause, 103; Limitation, 462; Practice, 566; Prudence, 580
Aquino, Corazon: 1933-, Philippine President; Cost, 173; Disclosure, 241
Aranha, Oswaldo: 1894-1960, Brazilian Writer, Diplomat; War, 742
Arden, Elizabeth (Florence Nightingale Graham): 1884-1966, Canadian-American Entrepreneur; Age, 45
Arendt, Hannah: 1906-1975, German/American Social Philosopher, Historian; Idea, 380; Suffering, 689
Aristotle: 384-322 BCE, Greek Philosopher; Ability, 21; Acceptance, 22; Accomplishment, 26; Affirmation, 41; Art, 55; Attention, 62; Beginning, 83; Character, 119; Continuity, 166; Courage, 174; Desire, 218; Equanimity, 268; Ethics, 272; Expectation, 280; Friendship, 322; Happiness, 351; Insanity, 411; Learning, 440; Little, 470; Music, 518; Openness, 529; Possibility, 557; Vision, 735; Wealth, 744; Wonder, 752; Work, 757
Armah, Ayi Kwei: 1939-, Ghanaian Writer; Relationship, 599
Armey, Dick: 1940-, American Legislator; Limitation, 467
Armstrong, Lance: 1971-, American Cyclist; Belief, 97; Death, 199; Struggle, 679
Arnold, Matthew: 1822-1888, English Poet, Critic, Essayist, Educator; Discipline, 237; Integrity, 423; Legacy, 446; Possibility, 558; Self, 630
Arnold, Stanley Norman: b. 1915, American Writer; Solution, 667
Artaud, Antonin Marie Joseph: 1896-1948, French Actor, Director, Poet; Insanity, 412
Asante, Molefi Kete (Arthur Lee Smith): 1942-, African-American Scholar, Educator; Autonomy, 76
Ashe, Arthur Robert, Jr.: 1943-1993, African-American Tennis Player; Giving, 332; Goal, 337
Ashford, Jan: Actualization, 35
Ashley-Pitt, Alan: 1960-, American Medium, Writer; Individuality, 397; Conformity, 155
Ashtavakra Gita: Ancient Sanskrit Sacred Text; Attachment, 60; Attention, 62; Cause, 102; Detachment, 222; Diligence, 232; Equanimity, 268; Individuality, 393; Introspection, 427; Liberation, 449; Meditation, 503; Oneness, 521; Self, 629
Asimov, Isaac: 1920-1992, Russian/American Biochemist, Writer; Change, 114; Solution, 667; War, 742
Asner, Ed (Yitzak Edward): 1929-, American Television Actor; Conformity, 155
Assagioli, Roberto: 1893-1974, Italian Psychiatrist, Founder of Psychosynthesis; Forgiveness, 319; Identity, 381; Spirituality, 671
Atkinson, (Justin) Brooks: 1894-1984, American Essayist; Art, 56; Conviction, 171; Delusion, 211
Atkinson, John William: 1923-, American Psychologist, Educator; Autonomy, 76
Auden, Wystan Hugh: 1907-1973, British/American Poet, Essayist, Critic, Dramatist; Breakthrough, 100; Choice, 123; Dreams, 253; Evil, 277; Expression, 291; Humor, 376; Life,

457; Relationship, 598; Sensibility, 638; Unconscious, 727; Work, 760
Audubon, John James (Jean-Jacques Fougère): 1785-1851, Haitian/American Ornithologist, Artist; Experience, 284
Auerbach, Berthold: 1812-1882, German Writer; Music, 519
Augustine of Hippo (Aurelius Augustinus): 354-430, Numidian Prelate, Theologian, Philosopher, Saint; Attention, 62; Cause, 103; Engagement, 257; Faith, 297; Fear, 303; Indulgence, 398; Limitation, 462; Love-Eros, 487; Patience, 547; Presence, 571; Prudence, 579; Reciprocity, 590; Self, 629; Understanding, 728; Wonder, 752
Augustus Caesar: 63 BCE–14 CE, Roman Emperor; Haste, 356
Aurobindo Ghose, Sri: 1892-1950, Indian Guru, Founder of Auroville; Art, 56; Attention, 64; Engagement, 258; Enjoyment, 261; Enlightenment, 265; Failure, 294; Limitation, 465; Oneness, 526; Spirituality, 671; Suffering, 688
Ausonius, Decimus Magnus: c. 310-c. 395, French-Roman Poet, Educator, Administrator; Beginning, 83
Austen, Jane: 1775-1817, English Writer; Disclosure, 239; Spontaneity, 674
Ausubel, Kenneth: American Social Entrepreneur, Writer; Reciprocity, 594
Avatamsaka Sutra 'Flower Garland Sutra': Buddhist Sacred Text; Oneness, 521
Ayer, Alfred Jules: 1910-1989, English Philosopher; Complacency, 142; Ethics, 274; Goal, 336
Babcock, Emma Whitcomb: b. 1849, American Writer; Sincerity, 656
Bach, Richard David: 1936-, American Writer; Actualization, 34; Adversity, 40; Beginning, 85; Cost, 173; Defeat, 203; Delusion, 212; Engagement, 259; Failure, 295; Friendship, 326; Goal, 337; Happiness, 355; Integrity, 426; Learning, 445; Limitation, 466; Love-Agape, 486; Perspective, 552; Questioning, 584; Relationship, 599; Simplicity, 654; Work, 760
Bacon, Francis (1): 1561-1626, English Philosopher, Essayist, Politician, Courtier; Ability, 21; Age, 44; Balance, 80; Belief, 91; Chaos, 116; Comparison, 134; Continuity, 167; Creativity, 178; Death, 194; Expectation, 280; Exploration, 287; Friendship, 322; Health, 364; Integrity, 423; Jealousy, 431; Learning, 441; Love-Eros, 487; Opportunity, 532; Power, 562; Preparation, 569; Questioning, 581; Revenge, 622; Solitude, 662; Tact, 696; Today, 710; Value, 730; Wealth, 745
Bacon, Francis (2): 1909-1993, Irish Painter; Art, 57
Bada Shanren (Pa-ta Shan-jen): c. 1625-c. 1705, Chinese Poet, Painter, Calligrapher, Buddhist Monk; Reciprocity, 590
Baez, Joan Chandos: 1941-, American Folksinger, Songwriter, Social Activist; Presence, 577
Bagehot, Walter: 1826-1877, English Economist, Political Philosopher; Accomplishment, 26; Attention, 63; Composure, 144; Focus, 315; Indulgence, 398; Learning, 441; Meditation, 505
Baggett, Byrd: American Motivational Speaker, Writer; Vision, 739
Baha'u'llah Mirza Hussayn 'Ali Nuri: 1817-1892, Iranian Mystic, Founder of Baha'i Faith; Appearance, 50; Disclosure, 239; Faith, 297; Moderation, 517; Oneness, 524; Possibility, 558
Bailey, Pearl Mae: 1918-1990, African-American Entertainer, Writer; Disclosure, 241; Fault, 302; Introspection, 430; Partnership, 542; Value, 732
Baizhang Huaihai: 749-814, Chinese Chan Master; Attachment, 61; Differentiation, 228; Liberation, 450; Practice, 566; Reality, 585; Spirituality, 669; Truth, 720
Baker, (Freda) Josephine Carson: 1906-1975, African-American Entertainer; Age, 46
Baldwin, Christina: 1946-, American Writer; Change, 115; Compassion, 140; Focus, 317; Perspective, 552
Baldwin, Faith: 1893-1978, American Writer, Poet; Character, 121
Baldwin, James Arthur: 1924-1987, African-American Writer, Dramatist, Poet, Civil Rights Activist; Art, 58; Avoidance, 78; Belief, 96; Change, 114; Commitment, 130; Conformity, 155; Cost, 173; Daring, 192; Death, 198; Delusion, 212; Engagement, 258; Example, 279; Fear, 305; Hate, 359; Identity, 382; Introspection, 430; Liberation, 454; Life, 457; Logos, 477; Meaning, 500; Possibility, 560; Presence, 575; Questioning, 584; Reciprocity, 593; Sensibility, 638; Shadow, 645; Sincerity, 657; Survival, 693; Wealth, 747; Zeal, 768
Baldwin, Roger: Courage, 177
Balfour, Francis Maitland: 1851-1882, British Zoologist; Giving, 329
Ball, Lucille Desirée: 1911-1989, American Comedienne, Producer; Limitation, 465; Love-Agape, 485
Balzac, Honoré de: 1799-1850, French Writer; Compassion, 137; Criticism, 184; Determination, 225; Goodness, 339; Jealousy, 432; Passion, 545; Power, 563; Truth, 721; Worry, 763
Bambara, Toni Cade (Miltona Mirkin Cade): 1939-, African-American Writer, Educator, Essayist; Dreams, 255; Logos, 477; Reality, 588; Self, 632; Truth, 725
Bankei: 1622-1693, Japanese Zen Master; Composure, 144; Conflict, 150; Death, 195; Delusion, 210; Differentiation, 229; Equanimity, 270; Responsibility, 614; Skill, 658; Truth, 721; Wealth, 745
Bankhead, Tallulah Brockman: 1903-1968, American Actress; Individuality, 396; Sex, 641
Banneker, Benjamin: 1731-1806, African-American Astronomer, Mathematician, Naturalist, Poet; Communication, 131
Baqli, Ruzbihan: d. 1209, Persian Sufi Writer; Music, 518
Baraka, Imamu Amiri (Everett LeRoi Jones): 1934-, African-American Writer, Poet, Dramatist, Critic; Expectation, 282; Music, 520
Barker, Raymond Charles: American Metaphysician, Writer; Appearance, 51; Congruence, 158; Dependence, 215; Manifestation, 496; Unconscious, 727
Barnum, Phineas Taylor: 1810-1891, American Showman, Writer; Commitment, 128; Diligence, 233; Wealth, 746
Barr, Donald: 1921-, American Educator, Writer; Discipline, 237
Barrett, William: 1914-, British Philosopher; Worry, 764
Barrie, James Matthew: 1860-1937, Scottish Dramatist, Writer; Death, 195; Dreams, 251; Focus, 315; Happiness, 353, 438; Love-Eros, 488; Music, 519; Reciprocity, 591; Thinking, 702; Work, 758
Barrymore, Ethel Mae Blythe: 1879-1959, American Actress; Breakthrough, 99; Diversity, 247; Zeal, 767
Barrymore, John Sidney Blythe: 1882-1942, American Actor; Age, 45; Happiness, 354
Barthes, Roland Gérard: 1915-1980, French Literary Critic; Determination, 227
Bartholomew: 1st Century CE, Christian Apostle, Saint; Insight, 416; Introspection, 428; Listening, 468
Barton, Bruce Fairchild: 1886-1967, American Advertising Executive; Actualization, 33; Change, 113; Cost, 173; Indulgence, 399; Solitude, 664
Baruch, Bernard Mannes: 1870-1965, American Financier, Statesman, Writer; Affirmation, 42; Age, 45; Comparison, 135; Expression, 291; Failure, 293; Introspection, 429; Solitude, 663; Success, 682

Barzun, Jacques Martin: 1907-2005, American Educator, Literary/Social Critic; Art, 57; Idea, 380; Learning, 444; Lila, 460
Basho. *See* Matsuo Basho
Basinger, Kim (Kimila Ann): 1953-, American Actress; Insight, 419
Bassui Zenji: 1327-1387, Japanese Zen Master; Attention, 63; Continuity, 166; Indulgence, 398; Mind, 513
Bateson, (Mary) Catherine: 1939-, American Scholar, Writer, Anthropologist; Change, 115; Compassion, 140; Exploration, 289; Goal, 337; Meaning, 500; Relationship, 599
Bateson, Gregory: 1904-1980, British/American Naturalist, Anthropologist; Meaning, 499; Wonder, 755
Bath, Gerald Horton: Imagination, 386
Baudelaire, Charles Pierre: 1821-1867, French Poet, Translator, Critic; Deferment, 205; Indulgence, 398; Inspiration, 420; Little, 472; Zeal, 766
Baum, (Hedwig) Vicki: 1888-1960, Austrian/American Writer; Health, 367
Beal, Frances M.: 1898-1953, African-American Civil Rights Activist; Commitment, 129
Beals, Melba Pattillo: 1943-, African-American Journalist, Writer; Differentiation, 231; Survival, 693
Beard, Rebecca: b. 1885, American Physician, Spiritual Healer; Health, 366; Indulgence, 399; Insight, 418; Listening, 468; Love-Agape, 484; Regret, 595
Bearden, Romare Howard: 1912-1988, African-American Artist; Art, 57; Connection, 161; Impermanence, 389; Spirituality, 671
Beaumarchais, Pierre-Augustin Caron de: 1732-1799, French Dramatist, Essayist, Watchmaker, Spy; Jealousy, 431; Love-Agape, 483; Love-Eros, 488
Beauvoir, Simone de: 1908-1986, French Philosopher, Feminist, Writer; Acceptance, 24; Love-Eros, 491; Truth, 724
Beck, Charlotte Joko: American Zen Teacher; Attention, 68; Avoidance, 78; Feeling, 310; Guilt, 348; Meditation, 508; Opportunity, 534; Practice, 568; Relationship, 600; Seeking, 627; Truth, 725
Becker, May Lamberton: 1873-1958, American Editor, Literary Critic, Writer; Age, 45
Beckett, Samuel: 1906-1989, Irish Dramatist, Writer, Poet; Insanity, 412; Suffering, 689
Beckley, John J.: 1757-1807, English-American Bureaucrat; Preparation, 569
Beecher, Henry Ward: 1813-1887, American Cleric, Lecturer, Editor; Affirmation, 41; Character, 120; Defeat, 202; Determination, 225; Discipline, 236; Diversity, 246; Forgiveness, 318; Humor, 375; Influence, 401; Insanity, 411; Learning, 441; Logos, 475; Oneness, 524; Release, 605; Strength, 676; Suffering, 686; Tact, 697; Today, 711; Wealth, 746; Worry, 763
Beerbohm, Max (Henry Maximilian): 1872-1956, English Satirist, Cartoonist, Critic, Essayist; Insanity, 411
Beethoven, Ludwig van: 1770-1827, German Composer; Music, 518
Bell, Alexander Graham: 1847-1922, Scottish/American Inventor, Educator; Opportunity, 533; Power, 563; Preparation, 570
Bell, Ivern: Zeal, 768
Belles, Krista: Adversity, 40
Bellin, Gita: Australian Teacher; Actualization, 35; Cause, 106; Change, 115; Collaboration, 127; Feeling, 310; Focus, 317; Influence, 406; Insecurity, 415; Presence, 578; Release, 608; Success, 684
Belloc, (Joseph) Hilaire Pierre René: 1870-1953, English Writer, Poet, Essayist; Friendship, 325; Identity, 381
Bellow, Saul C.: 1915-2005, Canadian/American Scholar, Writer, 1976 Nobel Laureate; Art, 58; Being, 89; Humor, 376; Memory, 510; Openness, 531; Spirituality, 671; Value, 732; Wonder, 755
Ben Kafif, Muhammad: Faith, 299
ben Shea, Noah: American Poet, Philosopher, Scholar; Partnership, 543
ben Sira, Joshua: 2nd BCE, Jewish Scribe, Writer; Acceptance, 22; Cost, 172; Enjoyment, 260; Goal, 333; Greed, 340; Openness, 529; Tact, 696; Wisdom, 748; Worry, 762
Benedict, Ruth Fulton: 1887-1948, American Anthropologist, Biographer, Poet; Commitment, 129; Individuality, 395; Legacy, 447; Perspective, 550; Trust, 719
Ben-Gurion, David: 1886-1973, 1st Israeli Prime Minister; Connection, 160; Possibility, 559
Bennett, (Enoch) Arnold: 1867-1931, English Writer, Dramatist, Journalist; Attention, 64; Determination, 226; Inspiration, 421; Time, 707
Bennett, Robert Foster: 1933-, African-American Educator, Archaeologist, Cleric; Choice, 124
Bennett, William John: 1943-, American Educator, Writer; Happiness, 355; Work, 761
Benson, Arthur Christopher: 1862-1925, English Writer, Essayist; Actualization, 32; Decision, 200; Limitation, 463; Renewal, 610; Solution, 666; Wonder, 753
Benson, Ezra Taft: 1899-1994, American Mormon President; Goal, 336
Benson, Robert Hugh: 1871-1914, English Catholic Prelate, Writer; Responsibility, 615
Benton-Banai, Eddie: American Ojibway Educator, Midewiwin Priest, Poet, Activist; Autonomy, 76
Bercovitz, Zachary T.: 1895-1984, American Physician, Writer; Health, 367
Berdyaev, Nikolai Aleksandrovitch: 1874-1948, Russian Philosopher; Fear, 304; Giving, 330; Liberation, 452; Renewal, 610; Sex, 640; Conscience, 165
Berger, John Peter: 1926-, British Writer, Art Critic; Spontaneity, 675
Bergson, Henri Louis: 1859-1941, French Philosopher, Writer, 1928 Nobel Laureate; Cause, 104; Growth, 345; Thinking, 702; Transformation, 715; Vision, 736; Insight, 417
Bering, Frank: Age, 46
Berkeley, George: 1685-1753, Irish Prelate, Philosopher, Scholar; Manifestation, 494
Berlin, Irving (Israel Baline): 1888-1989, Russian/American Lyricist; Attitude, 70
Berlin, Isaiah: 1909-1997, Latvian/British Philosopher; Diversity, 248; Goal, 336; Liberation, 453
Berlioz, (Louis) Hector: 1803-1869, French Composer; Humility, 373; Music, 519; Zeal, 765
Bernal, John Desmond: 1901-1971, Irish Physicist; Life, 457
Bernanos, (Paul Louis) Georges: 1888-1948, French Writer; Expectation, 281; Fear, 304
Bernard de Chartres: c. 1060-c. 1130, French Philosopher; Legacy, 446
Bernard de Clairvaux: 1091-1153, French Cistercian Abbot, Theologian, Mystic, Saint; Diligence, 232; Meditation, 504
Bernhardt, Sarah Henriette Rosin: 1844-1923, French Actress, Writer; Success, 682
Bernstein, Robert Root: 1953-, American Writer; Creativity, 182
Berra, Yogi (Lawrence Peter): 1925-, American Baseball Player, Coach; Determination, 227
Berry, John: Greed, 341
Berry, Patricia: Fault, 302
Berry, Wendell Erdman: 1934-, American Poet, Essayist; Comparison, 135; Enjoyment, 262; Shadow, 645

Berryman, John: 1914-1972, American Poet; Direction, 235
Besant, Annie Wood: 1847-1933, British Social Reformer, Theosophist; Adversity, 38; Exploration, 287; Giving, 329; Thinking, 702; Today, 711
Bethune, Mary McLeod: 1875-1955, African-American Educator, Reformer; Vision, 737
Better, Cathy Drinkwater: 1952-, American Writer, Poet; Choice, 124
Bevan, Aneurin 'Nye': 1897-1960, Welsh Politician, Miner, Orator; Moderation, 517
Bhagavad Gita: 400 BCE, Sanskrit Poem in *Mahabharata*, Sacred Hindu Text; Action, 28; Actualization, 31; Attachment, 60; Belief, 90; Centering, 108; Composure, 143; Death, 193; Desire, 218; Enjoyment, 260; Equanimity, 268; Faith, 297; Focus, 314; Forgiveness, 318; Goal, 333; Grief, 342; Integrity, 422; Journey, 433; Liberation, 449; Meditation, 503; Mind, 511; Polarity, 553; Practice, 566; Silence, 647; Spirituality, 669; Strength, 676
Bible, The: c. 367 CE, Christian Sacred Text; Action, 28; Actualization, 31; Affirmation, 41; Appreciation, 52; Belief, 90; Cause, 102; Celebration, 107; Commitment, 128; Compassion, 136; Continuity, 166; Criticism, 183; Diligence, 232; Direction, 234; Disclosure, 238; Engagement, 257; Expression, 290; Faith, 297; Feeling, 306; Friendship, 322; Grief, 342; Hate, 358; Having, 360; Health, 363; Impermanence, 388; Innocence, 409; Journey, 433; Logos, 474; Love-Agape, 482; Manifestation, 494; Paradox, 538; Possibility, 557; Reciprocity, 589, 590; Restraint, 618; Revenge, 622; Seeking, 624; Silence, 647; Submission, 680; Suffering, 685; Teaching, 698; Transformation, 715; Truth, 720; Vision, 735; Wealth, 744; Worry, 762; Zeal, 765
Bierce, Ambrose Gwinett: 1842-c. 1914, American Journalist, Writer; Indulgence, 399; Insanity, 411
Billings, Josh (Henry Wheeler Shaw): 1818-1885, American Humorist; Conscience, 165; Determination, 225; Diligence, 233; Experience, 284; Happiness, 352; Health, 365; Revenge, 622; Worry, 763
Bishop, Billy (William Avery): 1894-1956, Canadian Aviator; Daring, 191
Black Elk (Hehaka Sepa): 1864-1950, Native American, Oglala Sioux Shaman; Attention, 64; Dreams, 251; Influence, 402; Oneness, 525; Reality, 586
Blair, Gary Ryan: Deferment, 207; Ethics, 274; Failure, 296
Blair, Lawrence: Synthesis, 695
Blake, William: 1757-1827, English Poet, Engraver, Painter, Mystic; Desire, 219; Disclosure, 239; Enlightenment, 264; Friendship, 323; Imagination, 384; Inaction, 391; Life, 455; Little, 471; Oneness, 523; Openness, 529; Passion, 545; Perspective, 549; Polarity, 554; Possibility, 557; Restraint, 618; Self-Reliance, 634; Spontaneity, 674; Truth, 721; Vision, 736
Blanchard, Kenneth Hartley: 1939-, American Management Educator, Writer; Expedience, 283; Influence, 405
Blandi, Tom: Attitude, 72
Blanton, Smiley: 1882-1966, American Psychiatrist; Success, 682
Blasis, Celeste de: 1946-, American Writer; Acceptance, 25
Blavatsky, Helen Petrovna: 1831-1891, Russian Writer, Translator, Co-Founder of Theosophy; Congruence, 156; Daring, 190
Blinn, Henry Clay: 1824-1905, American Shaker Elder; Individuality, 394
Bloch, Arthur McBride: 1938-, American Scientist, Writer; Action, 30
BlueStone, G.: American Artist, Writer; Balance, 82; Distraction, 245; Oneness, 528; Release, 608
Blum, Ralph H.: 1932-, American Writer; Adversity, 40; Submission, 681
Bodhidharma: 440-533, Indian Prince, 28th Buddhist Master, 1st Zen Patriarch; Appearance, 49; Attachment, 60; Breakthrough, 98; Delusion, 208; Enlightenment, 263; Journey, 433; Meaning, 497; Mind, 511; Suffering, 686; Vision, 735; Wisdom, 749
Boese, Paul: Forgiveness, 321
Boethius, Anicius Manlius Severinus: 475-524, Roman Statesman, Scholar, Philosopher; Introspection, 428; Music, 518; Perspective, 549
Bohm, David: 1917-1992, American Physicist; Manifestation, 496; Meaning, 499; Oneness, 527; Reality, 587
Bohr, Niels Henrik David: 1885-1962, Danish Nuclear Physicist; Polarity, 555; Truth, 723
Boileau-Despréaux, Nicolas: 1636-1711, French Poet, Satirist, Critic; Eloquence, 256
Bok, Derek Curtis: 1930-, American Educator; Learning, 444
Bonaparte, Napoléon: 1769-1821, French Militarist, Emperor; Action, 29; Conformity, 152; Conviction, 170; Decision, 200; Deferment, 205; Dispatch, 242; Initiative, 408; Insecurity, 413; Self-Reliance, 634; Strength, 676
Bonhoeffer, Dietrich: 1906-1945, German Lutheran Theologian; Action, 29; Decision, 201; Optimism, 537; Responsibility, 616; Time, 708
Bonstetten, Karl (Charles Victor) von: 1745-1832, Swiss Writer; Age, 44
Book of Declarations of Virtues: Khemetic Sacred Text; Autonomy, 73
Book of Khakheper-Ra-Soneb: Khemetic Sacred Text; Strength, 676
Book of Kheti: Khemetic Text; Legacy, 446
Book of Khun-Anup (The Eloquent Peasant): Khemetic Text; Diligence, 232; Reciprocity, 589
Book of Songs: Khemetic Text; Celebration, 107; Continuity, 166
Book of the Craft of Dying, The: Medieval Christian Text; Death, 194
Book of the Huainan Masters: 2nd Century BCE, Daoist Text; Autonomy, 73; Equanimity, 268
Boone, John Allen: b. 1882, American Writer; Collaboration, 126; Innocence, 410; Relationship, 597
Boone, Louis Eugene: 1941-, American Marketing Educator, Writer; Daring, 192
Boorman, John: 1933-, British Film Producer, Director, Screenwriter; Passion, 546
Boorstein, Sylvia: American Jewish Buddhist Teacher; Mind, 515
Boorstin, Daniel: 1914-2004, American Historian; Creativity, 181; Delusion, 212
Boren, James Harlan: 1925-, American Writer; Inaction, 392
Borge (Rosenbaum), Victor: 1909-2000, Danish/American Entertainer; Humor, 376
Borges, Jorge Luis: 1899-1986, Argentinian Writer, Poet, Librarian; Breakthrough, 99; Continuity, 168; Deferment, 206; Dreams, 253; Impermanance, 389; Love-Eros, 490; Time, 708; Value, 732
Borland, Hal (Harold Glen): 1900-1978, American Writer; Limitation, 465
Borysenko, Joan: 1945-, American Psychologist, Biologist; Forgiveness, 321; Health, 370; Life, 457; Meditation, 508; Optimism, 537; Suffering, 691
Bossuet, Jacques Benigne: 1627-1704, French Prelate; Fear, 303
Bottome, Phyllis (Forbes-Dennis): 1884-1963, British Writer; Actualization, 33; Adversity, 39; Autonomy, 75; Flexibility, 312; Influence, 403
Boulez, Pierre: 1925-, French Composer; Imagination, 386

Bourassa, (Jean) Robert: 1933-1996, French-Canadian Premier, Politician; Wealth, 747
Bovee, Christian Nestell: 1820-1904, American Lawyer, Writer; Compassion, 137; Delusion, 210; Example, 279; Focus, 315; Inspiration, 420; Moderation, 517; Passion, 545; Possibility, 558; Trust, 718; Wealth, 746; Zeal, 766
Bowen, John Wesley Edward: 1855-1933, African-American Educator, Cleric; Disclosure, 240
Bowie, David (David Robert Hayward-Jones): 1947-, British Rock Singer; Creativity, 182
Bradley, Marian Zimmer: 1930-1999, American Writer, Teacher; Attitude, 71
Bradley, Omar Nelson: 1893-1981, American Militarist; Courage, 176; Decision, 201
Bradshaw, John: 1933-, American Counselor, Writer; Choice, 124; Innocence, 410
Bradstreet, Anne Dudley: c. 1612-1672, English/American Poet; Opportunity, 532; Polarity, 554
Brahmananda, Swami (Rakhal Chandra Ghosh): 1863-1923, Indian Guru, Ramakrishna Mission President; Polarity, 554; Practice, 567; Work, 758
Brand, Stewart: 1938-, American Publisher, Environmentalist; Power, 565
Brande, Dorothea: 1893-1948, American Writer; Failure, 294
Branden, Nathaniel: 1930-, Canadian/American Psychotherapist, Writer; Integrity, 426
Breathnach, Sarah Ban: American Writer; Art, 59; Dreams, 255; Equanimity, 271; Expectation, 282
Brecht, (Eugen) Bertolt Friedrich: 1898-1956, German Dramatist, Poet; Art, 57; Death, 197; Renewal, 611; Synthesis, 694
Brennan, Barbara: American Healer, Teacher; Health, 371
Brice, Fanny (Fania Borach): 1891-1951, American Comedienne, Singer; Sincerity, 656
Briffault, Robert Stephen: 1876-1948, French/English Surgeon, Social Anthropologist, Writer; Ethics, 273; Goal, 335
Briggs, Dean: 1968-, American Cleric, Writer; Work, 761
Briggs, Shirley Ann: 1918-, American Writer; Evil, 277; Individuality, 396
Brillat-Savarin, Jean Anthelme: 1755-1826, French Politician, Gourmand, Writer; Health, 365
Brilliant, Ashleigh Ellwood: 1933-, British Writer, Cartoonist, Publisher, Educator; Haste, 357; Love-Eros, 492
Broch, Hermann: 1886-1951, Austrian/American Writer; Death, 196
Brodsky, Joseph (Jozif Alexandrovich): 1940-1996, Russian/American Poet, Educator; Love-Eros, 493; Reality, 588
Bronowski, Jacob: 1908-1974, British Scientist, Writer; Conformity, 154; Questioning, 583
Brontë, Anne: 1820-1849, English Writer, Poet; Skill, 659
Brontë, Charlotte: 1816-1855, English Writer; Action, 29; Criticism, 185; Happiness, 352
Brooks, David: 1961-, Canadian/American Columnist, Editor; Haste, 357
Brooks, Gwendolyn Elizabeth: 1917-2000, African-American Poet, Writer; Connection, 161; Presence, 575
Brooks, Mel (Melvin Kaminsky): 1926-, American Actor, Director; Decision, 201; Lila, 461; Love-Eros, 492; Presence, 576
Brooks, Phillips: 1835-1893, American Episcopal Cleric; Appreciation, 53; Character, 120; Complacency, 141; Distraction, 244; Focus, 315; Forgiveness, 319; Giving, 329; Humility, 373; Relativity, 602
Brooks, Van Wyck: 1886-1963, American Writer, Critic; Attitude, 70
Brossard, Chandler: 1922-1993, American Writer; Identity, 382
Brothers, Joyce Diane Bauer: 1927-, American Psychologist, Columnist; Affirmation, 43; Attitude, 71; Equanimity, 271; Forgiveness, 320; Insecurity, 415; Insight, 419; Listening, 469; Success, 684
Brotherton, J.: 1927-, American Psychologist; Having, 362
Broughton, James Richard: 1913-1999, American Writer; Limitation, 465; Sex, 641
Broun, (Matthew) Heywood Campbell: 1888-1939, American Journalist; Character, 121; Conviction, 171; Sex, 640
Brown, H. Jackson, Jr.: 1940-, American Writer; Diversity, 249; Love-Eros, 493; Opportunity, 534
Brown, Les (Johill Harvey): 1945-, African-American Motivational Speaker, Writer; Defeat, 203; Focus, 317; Goal, 337; Imagination, 386; Possibility, 561; Revenge, 623; Today, 712
Brown, Norman Oliver: 1913-2002, American Philosopher; Death, 198; Unconscious, 727
Brown, P.: Friendship, 326
Brown, Rita Mae: 1944-, American Writer, Poet, Lesbian-Feminist; Cost, 173; Creativity, 182; Enjoyment, 262; Indulgence, 399; Integrity, 426; Love-Eros, 493; Suffering, 691
Brown, William Wells: 1815-1884, Ex-slave, 1st African-American Novelist; Cause, 103
Browne, Thomas: 1605-1682, English Physician, Writer, Antiquary; Compassion, 136; Criticism, 184; Evil, 275; Faith, 297; Music, 518; Oneness, 523; Solitude, 662; Tolerance, 713; Wealth, 745; Wonder, 752
Browning, Elizabeth Barrett: 1806-1861, English Poet; Goal, 334; Individuality, 393; Integrity, 423; Love-Eros, 488; Renewal, 609; Today, 711; Wonder, 753
Browning, Robert: 1812-1889, English Poet; Deferment, 205; Feeling, 307; Goal, 334; Possibility, 558; Simplicity, 652; Truth, 722
Browning, Ron: Psychologist; Transformation, 717
Bruce, Lenny (Leonard Alfred Schneider): 1923-1966, American Comedian; Belief, 96; Reality, 587
Bruno, Giordano: 1548-1600, Italian Philosopher; Beginning, 84; Oneness, 523; Truth, 721
Brunton, Paul: 1898-1981, English Writer, Journalist; Attitude, 71; Breakthrough, 99; Composure, 146; Continuity, 168; Delusion, 211; Happiness, 354; Meditation, 506; Mind, 515; Partnership, 541; Responsibility, 616; Retreat, 621; Seeking, 626; Solitude, 664; Spirituality, 671; Value, 732; Worry, 764
Bryan, William Jennings: 1860-1925, American Lawyer; Actualization, 32; Choice, 122; Confidence, 148
Buber, Martin: 1878-1965, Austrian/Israeli Theologian; Actualization, 33; Connection, 160; Humor, 375; Individuality, 395; Lila, 459; Power, 564; Relationship, 597
Buck, Glen: Having, 362
Buck, Pearl Comfort Sydenstricker: 1892-1973, American Writer, Dramatist, 1938 Nobel Laureate; Adversity, 39; Decision, 201; Discipline, 237; Disclosure, 240; Dreams, 253; Failure, 294; Feeling, 308; Grief, 343; Growth, 346; Loneliness, 479; Partnership, 541; Possibility, 559; Renewal, 610; Responsibility, 616; Solitude, 664; Tact, 697
Buckner, Thomas A.: 1941-, American Opera Singer, Composer, Producer; Optimism, 537
Buddha (Siddhartha Gautama): c. 563-483 BCE, Indian Prince, Mystic, Founder of Buddhism; Action, 28; Actualization, 31; Adversity, 36; Anger, 47; Attachment, 60; Attention, 62; Autonomy, 73; Avoidance, 77; Being, 86; Belief, 90; Cause, 102; Death, 193; Delusion, 208; Dependence, 214; Desire, 218; Detachment, 222; Determination, 224; Differentiation, 228; Enlightenment, 263; Equanimity, 267; Exploration, 287; Fault, 300; Feeling, 306; Forgiveness, 318; Giving, 327; Happiness, 351; Hate, 358; Having, 360; Health, 363;

Impermanence, 387; Influence, 400; Learning, 440; Liberation, 449; Little, 470; Love-Agape, 482; Manifestation, 494; Meditation, 503; Mind, 511; Moderation, 516; Passion, 544; Perspective, 549; Possibility, 557; Presence, 571; Questioning, 581; Reality, 585; Reciprocity, 589; Release, 604; Responsibility, 614; Restraint, 618; Seeking, 624; Self, 629; Self-Reliance, 633; Sensibility, 636; Solitude, 661; Spirituality, 669; Suffering, 685; Truth, 720; Wisdom, 748; Wonder, 752; Work, 757; Zeal, 765

Buechner, Frederick: 1926-, American Cleric, Writer; Compassion, 139; Disclosure, 241; Forgiveness, 320; Influence, 404; Zeal, 768

Bukovsky, Vladimir: 1942-, Soviet Scientist, Writer, Dissident; Struggle, 679

Bulwer-Lytton, Edward: 1803-1873, English Writer, Politician; Communication, 131; Compassion, 137; Continuity, 167; Delusion, 210; Dreams, 251; Friendship, 323; Goal, 334; Ingenuity, 407; Patience, 548; Teaching, 698; Zeal, 766

Bunan: 1603-1676, Japanese Gatekeeper, Zen Master; Avoidance, 77; Criticism, 184; Death, 194; Equanimity, 269; Oneness, 523; Reciprocity, 590

Buñuel Portolés, Luis: 1900-1983, Spanish/Mexican Film Director; Memory, 510

Buonarotti, Michelangelo: 1475-1564, Italian Sculptor, Painter, Architect; Delusion, 209; Goal, 333; Little, 471

Burbank, Luther: 1849-1926, American Botanist, Inventor; Conformity, 153; Journey, 434; Self-Reliance, 634; Thinking, 702

Burchill, Julie: 1960-, British Writer, Journalist; Death, 199

Burgess (Wilson), (John) Anthony: 1917-1993, British Writer; Ethics, 274

Burgin, George Brown: 1856-1944, British Writer; Insanity, 411

Burgy, Don: 1937-, American Artist; Art, 58

Burke, Edmund: 1729-1797, Irish-British Statesman, Philosopher; Conflict, 150; Fault, 301; Imagination, 384; Inaction, 391; Power, 562; Prudence, 580; Skill, 658; Wonder, 753

Burnett, Carol Creighton: 1933-, American Entertainer; Adversity, 40; Dreams, 254

Burns, George (Nathan Birnbaum): 1896-1996, American Comedian; Age, 46; Failure, 294; Relationship, 597

Burns, Robert: 1759-1796, Scottish Poet; Oppression, 535

Burr, Aaron: 1756-1836, US Vice President; Deferment, 205

Burroughs, John: 1837-1921, American Naturalist, Writer; Cost, 172; Failure, 293; Imagination, 384; Manifestation, 494; Opportunity, 533; Renewal, 610; Sensibility, 637

Burroughs, William Seward: 1914-1997, American Writer; Value, 732; War, 742

Burstyn, Ellen Macrae (Edna Rae Gillooly): 1932- , American Actress; Solitude, 665

Buscaglia, Leo (Leonardo Felice): 1924-1998, American Educator, Writer; Change, 114; Compassion, 139; Connection, 161; Daring, 192; Death, 198; Expectation, 281; Giving, 331; Having, 362; Influence, 404; Integrity, 425; Loneliness, 479; Love-Agape, 485; Love-Eros, 492; Presence, 575; Reciprocity, 593; Relationship, 598; Renewal, 611; Self, 631; Worry, 764

Butler, Samuel: 1835-1902, English Writer, Painter, Philosopher, Scholar; Change, 112; Chaos, 116; Conviction, 171; Direction, 234; Disclosure, 240; Faith, 297; Feeling, 307; Humor, 375; Life, 456; Little, 472; Love-Eros, 488; Polarity, 554; Release, 605; Spontaneity, 674; Tact, 697; Vice, 734

Butterworth, Eric: 1916-2003, Canadian/American Unity Cleric, Writer; Attitude, 71; Change, 114; Determination, 227; Growth, 346; Impermanence, 389; Spirituality, 672

Buxton, Thomas Fowell: 1786-1845, English Reformer, Abolitionist, Philanthropist; Accomplishment, 26

Byrd, Richard Edward: 1931-, American Writer; Possibility, 561; Skill, 660

Byron, George Gordon, Lord: 1788-1824, English Poet, Satirist; Adversity, 37; Conscience, 164; Health, 365; Humor, 375; Imagination, 384; Inaction, 391; Indulgence, 398; Little, 471; Logos, 475; Passion, 545; Sensibility, 636

Cabell, James Branch: 1879-1958, American Writer, Poet, Genealogist, Historian; Goodness, 339; Optimism, 537; Sensibility, 637

Cabot, Richard Clarke: 1868-1939, American Physician; Work, 759

Caddy, Eileen: British Mystic, Co-Founder of Findhorn Community; Action, 30; Actualization, 35; Inaction, 392; Perspective, 552; Presence, 578; Release, 608; Renewal, 612

Caecus, Appius Claudius: 4th-3rd Century BCE, Roman Censor, Writer; Autonomy, 73

Cage, John Milton: 1912-1992, American Composer, Musician; Attention, 65; Connection, 160; Idea, 380; Life, 457; Today, 712

Cain, Herman (Robert Gleason): 1945-, African-American Entrepreneur; Success, 684

Calderón de la Barca, Pedro: 1600-1681, Spanish Dramatist; Goodness, 339; Life, 455

Calwell, Arthur: 1894-1973, Australian Politician; Defeat, 202

Câmara, Hélder Pessoa: 1909-1999, Brazilian Catholic Prelate, Activist, Writer; Journey, 435

Cambridge, Richard Owen: 1717-1802, English Poet; Meditation, 505

Cameron, Julia: American Artist, Poet, Dramatist, Journalist, Writer; Art, 59; Collaboration, 127; Dreams, 255; Grief, 343; Growth, 347

Campbell, Joseph: 1904-1987, American Mythologist, Educator, Writer; Actualization, 33; Art, 57; Belief, 96; Breakthrough, 99; Compassion, 138; Continuity, 168; Death, 197; Dreams, 253; Exploration, 288; Individuality, 396; Journey, 435; Meditation, 506; Oneness, 526; Passion, 546; Release, 606; Shadow, 645

Campbell, Patrick, Mrs. (Beatrice Stella Tanner): 1865-1940, English Actress; Sex, 640

Campbell, Thomas: 1777-1844, Scottish Poet, Songwriter, Journalist; Perspective, 549

Camus, Albert: 1913-1960, Algerian-French Writer, Essayist, Dramatist, 1957 Nobel Laureate; Appreciation, 54; Art, 57; Autonomy, 76; Beginning, 85; Collaboration, 127; Conformity, 154; Experience, 286; Friendship, 326; Happiness, 354; Idea, 380; Introspection, 429; Life, 457; Meaning, 499; Music, 520; Openness, 531; Presence, 575; Renewal, 611; Seeking, 627; Suffering, 689; Wonder, 755

Canetti, Elias: 1905-1994, Bulgarian Philosopher, Writer, 1981 Nobel Laureate; Beginning, 85; Belief, 96; Exploration, 288

Cantor, Eddie (Edward Israel Itskowitz): 1892-1964, American Entertainer; Haste, 357

Capp, Andy: Cartoon character created by Reg Smythe; Indulgence, 399

Capra, Fritjof: 1939-, Austrian Physicist, Theorist, Writer; Engagement, 259; Work, 760

Caretto, Carlo: 1910-1988, Italian Recluse, Writer; Humility, 373; Openness, 531

Carey, Sandra: Wisdom, 751

Carlson, Richard: American Psychologist, Writer; Criticism, 187

Carlyle, Thomas: 1795-1881, Scottish Historian, Biographer, Critic, Essayist; Action, 29; Belief, 91; Choice, 122; Conflict, 150; Congruence, 156; Evil, 276; Expedience, 283; Fear, 303; Feeling, 306; Goal, 333; Growth, 344; Humor, 374; Idea,

378; Inaction, 392; Influence, 401; Journey, 434; Limitation, 463; Love-Eros, 488; Music, 518; Possibility, 557; Renewal, 609; Responsibility, 614; Silence, 648; Synthesis, 694; Wonder, 753
Carnegie, Andrew: 1835-1919, Scottish/American Industrialist, Philanthropist; Autonomy, 74; Communication, 131; Focus, 315; Integrity, 424
Carnegie, Dale: 1888-1955, American Writer, Motivational Trainer; Acceptance, 24; Appreciation, 54; Communication, 132; Conflict, 150; Criticism, 186; Daring, 191; Deferment, 206; Determination, 226; Fear, 304; Friendship, 325; Habit, 350; Happiness, 354; Hate, 359; Having, 361; Ingenuity, 407; Legacy, 447; Little, 473; Thinking, 704; Today, 711; War, 742; Worry, 764; Zeal, 767
Carpenter, Edward: 1844-1929, English Writer, Poet, Social Activist; Autonomy, 74; Breakthrough, 99; Congruence, 157; Self, 630; Unconscious, 726
Carr, Emily: 1871-1945, Canadian Painter, Writer; Communication, 132
Carrel, Alexis (Marie Joseph Auguste Billiard): 1873-1944, French/American Surgeon, 1912 Nobel Laureate; Insight, 417; Restraint, 619; Spirituality, 670; Suffering, 687
Carroll, Lewis (Charles Lutwidge Dodgson): 1832-1898, English Writer, Photographer, Mathematician; Beginning, 84; Meaning, 497
Carruthers, Thomas Neely, Jr.: 1928-, American Lawyer; Teaching, 700
Carson, Johnny (John William): 1925-2005, American TV Host; Success, 684
Carson, Rachel Louise: 1907-1964, American Marine Biologist, Writer; Feeling, 309; Wonder, 755
Carter, (Eleanor) Rosalynn Smith: 1927-, American First Lady; Confidence, 148
Carter, Jimmy (James Earl, Jr.): 1924-, 39th US President, 2002 Nobel Laureate; Balance, 81
Carter-Scott, Cherie Untermeyer: 1949-, American Trainer, Designer; Growth, 347; Introspection, 430; Learning, 445; Possibility, 561
Cartier, Francis A: Synthesis, 695
Cartier-Bresson, Henri: 1908-2004, French Photographer; Success, 683
Carver, George Washington: 1864-1943, African-American Agronomist, Inventor; Communication, 132; Experience, 285; Failure, 293; Hate, 358; Opportunity, 533; Success, 682; Wonder, 753
Cary, (Arthur) Joyce: 1888-1957, British Writer; Feeling, 308; Solitude, 664; Struggle, 679
Casals, Pablo (Pau Carlos Salvador Defilló de Casals): 1876-1973, Spanish Musician, Composer, Conductor; Age, 45; Presence, 573
Casey, M. Kathleen (Kathleen Casey Theisen): American Sociologist; Acceptance, 25; Suffering, 692
Cassavetes, John: 1929-1989, American Film Director; Age, 46; Expression, 291
Castaneda, Carlos: 1931-1998, Brazilian/American Anthropologist, Writer; Attachment, 61; Choice, 124; Journey, 436; Learning, 444; Opportunity, 534; Perspective, 551; Release, 607; Sensibility, 638
Castillejo, Irene Claremont de: 1885-1967, British Jungian Analyst, Writer, Poet; Balance, 81; Belief, 94; Feeling, 308; Individuality, 395; Influence, 403; Insecurity, 414; Love-Eros, 489; Oneness, 526; Passion, 546; Polarity, 555; Power, 564; Shadow, 645
Castro Ruiz, Fidel Alejandro: 1927-, Cuban Leader; Little, 473
Cather, Willa Sibert: 1873-1947, American Writer, Journalist; Insecurity, 414; Love-Agape, 484; Memory, 509; Wonder, 754
Catherine of Siena (Caterina Benincasa): 1347-1380, Italian Dominican Nun, Mystic, Saint; Journey, 434; Revenge, 622
Catherwood, Mary Hartwell: 1847-1901, American Writer; Friendship, 324
Catti-Brie: Fictional character created by R. A. Salvatore, 1959-; Revenge, 627
Catullus, Gaius Valerius: 84-54 BCE, Roman Poet; Love-Eros, 487
Cavafy, Constantine (Konstantinos Petrou Kavafis): 1863-1933, Greek-Egyptian Poet; Beginning, 84
Cayce, Edgar: 1877-1945, American Seer; Balance, 80; Cause, 104; Dreams, 252; Giving, 330; Health, 366; Memory, 509; Reality, 586; Thinking, 703
Cedrone, Karen: Disclosure, 241
Cela Trulock, Camilo José: 1916-2002, Spanish Writer, 1989 Nobel Laureate; Expression, 291
Celine, Louis (Louis-Ferdinand Destouches): 1894–1961, French Writer, Physician; Death, 196; Experience, 286
Cervantes Saavedra, Miguel de: 1547-1616, Spanish Writer, Dramatist; Actualization, 32; Conflict, 149; Courage, 175; Deferment, 204; Diligence, 232; Experience, 284; Friendship, 322; Insanity, 411; Loquacity, 480; Restraint, 618; Sincerity, 655
Cézanne, Paul: 1839-1906, French Painter; Diversity, 247
Chagall, Marc: 1887-1985, Russian/French Artist; Reality, 587
Chamberlain, (Arthur) Nevill: 1869-1940, British Politician; War, 741
Chamfort, Sébastien Roch Nicolas: 1741-1794, French Dramatist; Affirmation, 41; Humor, 374; Love-Eros, 488; Success, 682
Chance, Paul Bradley: 1941-, American Writer; Diversity, 249
Chandler, Kyle: 1966-, American Actor; Opportunity, 534
Chang, Larry (Laurence Anthony): 1949-, Chinese-Jamaican Artist, Activist; Adversity, 40; Attention, 67; Deferment, 207; Desire, 221; Diversity, 249; Loneliness, 479; Opportunity, 534; Presence, 577; Synthesis, 695
Channing, William Ellery: 1789-1842, American Cleric; Adversity, 37; Creativity, 178; Example, 279; Growth, 344; Liberation, 451; Limitation, 463; Optimism, 536; Thinking, 701; Time, 706
Channing, William Henry: 1810-1884, American Cleric, Reformer, Writer; Congruence, 156
Chapin, Edwin Hubbel: 1814-1880, American Universalist Cleric; Criticism, 185; Forgiveness, 319; Individuality, 393; Revenge, 622
Chapman, Beth Neilsen: 1956-, American Singer, Songwriter; Grief, 343
Charron, Pierre: 1541-1603, French Philosopher, Theologian; Giving, 328
Chartier, Alain (Émile Auguste): 1868-1951, French Philosopher; Appearance, 50; Idea, 379; Reciprocity, 591
Chase, Alexander: 1926-, American Journalist, Editor; Guilt, 348
Chaucer, Geoffrey: c. 1340-1400, English Poet, Public Servant, Courtier; Love-Eros, 487
Chaudhuri, Haridas: 1913-1975, Indian Philosopher, Educator, Humanist; Oneness, 527; Possibility, 560; Wonder, 755
Chávez, César: 1927-1993, Mexican-American Labor Leader, Activist; Focus, 316; Giving, 332; Struggle, 679
Cheever, John William: 1912-1982, American Writer; Opportunity, 534
Chekhov, Anton Pavlovich: 1860-1904, Russian Physician, Dramatist, Writer; Continuity, 167; Loquacity, 481; Means, 502
Cher (Cherilyn Sarkisian): 1946-, American Singer, Actress; Friendship, 326; Love-Eros, 493

Chesterfield, Lord (Philip Dormer Stanhope): 1694-1773, English Statesman, Writer; Accomplishment, 26; Commitment, 128; Dispatch, 242; Experience, 284; Focus, 315; Forgiveness, 318; Humility, 373; Learning, 441; Preparation, 569; Time, 706; Today, 711; Value, 730
Chesterton, Gilbert Keith: 1874-1936, English Writer, Poet, Critic; Appearance, 50; Appreciation, 53; Attitude, 70; Change, 113; Chaos, 117; Courage, 175; Delusion, 211; Faith, 298; Focus, 315; Humility, 373; Humor, 375; Insanity, 412; Introspection, 429; Lila, 459; Love-Eros, 488; Perspective, 550; Sensibility, 637; Simplicity, 653; Wonder, 754
Chestnutt, Charles Waddell: 1858-1932, African-American Writer; Adversity, 38; Polarity, 554; Possibility, 558
Chevalier, Maurice Auguste: 1888-1972, French Entertainer; Age, 45; Deferment, 206
Chevrier, Marie-Pierre: Experience, 286; Responsibility, 617
Chew, Geoffrey Foucar: 1924-, American Physicist; Oneness, 527
Chiang Kai-Shek, Madame (Soong Mei-Ling): 1898-2003, Chinese Reformer, Educator, Sociologist; Actualization, 33; Character, 121
Chidvilasananda, Swami Gurumayi (Malti Shetty): 1955-, Indian Guru, Siddha Yoga Leader; Goodness, 339; Oneness, 528; Simplicity, 654
Child, Julia Carolyn McWilliams: 1912-2004, American Chef, Writer, Television Presenter; Enjoyment, 262; Indulgence, 399
Child, Lydia Maria: 1802-1880, American Writer, Editor, Abolitionist; Reciprocity, 591
Childress, Alice Herndon: 1920-1994, African-American Dramatist, Writer; Compassion, 138; Individuality, 396
Chilo of Sparta (Chilon): fl. 560 BCE, Greek Sage; Ethics, 272
Chin, Staceyann: 1973-, Jamaican Poet, Performer; Faith, 299
Chinmoy, Kumar Ghose, Sri: 1931-, Indian/American Writer, Composer, Musician; Seeking, 627
Chisholm, Shirley Anita St. Hill: 1924-2005, Barbadian-American Legislator, Educator; Action, 30
Cho, Margaret: 1968-, Korean-American Comedian; Loneliness, 479
Chödrön, Pema (Deirdre Bloomfield Brown): 1936-, American Buddhist Nun, Writer; Actualization, 34; Compassion, 140; Dependence, 215; Distraction, 245; Equanimity, 271; Experience, 286; Fear, 305; Feeling, 309; Guilt, 348; Laziness, 439; Limitation, 466; Polarity, 556; Practice, 568; Questioning, 584; Release, 607; Revenge, 623; Struggle, 679; Teaching, 700; Transformation, 716; War, 743
Chögyam Trungpa: 1939-1987, Tibetan Buddhist Leader, Writer, Translator; Attention, 67; Chaos, 118; Engagement, 259; Liberation, 454; Limitation, 466; Meditation, 507; Presence, 577; Spirituality, 672; Wonder, 756
Cholomondeley, Mary: 1859-1925, British Writer; Restraint, 619
Chomsky, (Avram) Noam: 1928-American Linguist, Educator, Social Critic; Choice, 124
Chopin, Kate O'Flaherty: 1851-1904, American Writer; Beginning, 84; Music, 519
Chopra, Deepak: 1947-, Indian/American Physician, Ayurvedic Practitioner, Writer; Acceptance, 25; Appearance, 51; Attention, 67; Attitude, 72; Autonomy, 76; Being, 89; Cause, 106; Centering, 110; Chaos, 118; Composure, 146; Connection, 163; Continuity, 169; Death, 199; Delusion, 213; Desire, 221; Feeling, 310; Flexibility, 313; Focus, 317; Giving, 332; Habit, 350; Health, 370; Impermanence, 390; Influence, 406; Innocence, 410; Insight, 419; Inspiration, 421; Journey, 436; Limitation, 467; Love-Agape, 486; Manifestation, 496; Meaning, 501; Meditation, 508; Mind, 515; Oneness, 528; Optimism, 537; Partnership, 543; Possibility, 561; Presence, 577; Reality, 588; Reciprocity, 594; Renewal, 612; Responsibility, 617; Self, 632; Sensibility, 639; Shadow, 646; Silence, 650; Spirituality, 673; Struggle, 679; Suffering, 691; Thinking, 705; Time, 709; Value, 733; War, 743
Christie, Agatha Mary Clarissa: 1890-1976, English Crime Writer, Dramatist; Evil, 276; Laziness, 439; Life, 457
Christina of Sweden: 1629-1689, Swedish Queen, Scholar, Writer; Growth, 344
Chrysler, Walter Percy: 1875-1940, American Industrialist; Zeal, 766
Chrysostom, John: 345-407, Syrian Catholic Prelate, Saint; Jealousy, 431; Polarity, 553
Churchill, Charles: 1731-1764, English Poet, Political Writer, Cleric; Health, 365
Churchill, Jennie Jerome: 1854-1921, American/English Editor, Dramatist; Acceptance, 24; Friendship, 324
Churchill, Winston Spencer: 1874-1965, English Prime Minister, Historian, 1953 Nobel Laureate; Adversity, 38; Beginning, 84; Change, 113; Conflict, 150; Courage, 175; Deferment, 206; Determination, 226; Giving, 330; Idea, 379; Ingenuity, 407; Inspiration, 421; Logos, 475; Loquacity, 481; Opportunity, 533; Optimism, 537; Perspective, 550; Responsibility, 615; Revenge, 623; Solitude, 663; Solution, 667; Submission, 680; Success, 682; Suffering, 687; Today, 711; Truth, 723; Vision, 737; Worry, 763
Cicero, Marcus Tullius: 106-43 BCE, Roman Orator, Statesman, Essayist; Accomplishment, 26; Age, 44; Appreciation, 52; Character, 119; Confidence, 147; Creativity, 178; Criticism, 183; Direction, 234; Eloquence, 256; Example, 278; Failure, 292; Friendship, 322; Giving, 327; Goal, 333; Goodness, 338; Health, 363; Introspection, 428; Legacy, 446; Lila, 458; Loquacity, 480; Moderation, 516; Power, 562; Relationship, 596; Solitude, 661; Spirituality, 669; Teaching, 698; Zeal, 765
Cioran, Emil Michel: 1911-1995, Romanian/French Philosopher, Writer; Appearance, 51; Chaos, 117; Daring, 191; Insanity, 412; Liberation, 453; Love-Eros, 491; Meaning, 499; Possibility, 560; Solitude, 665
Cirlot, Juan-Eduardo: 1916-1972, Spanish Poet, Writer; Journey, 435
Clark, Frank A.: 1911-,; Criticism, 187; Giving, 331; Humor, 376; Influence, 404; Little, 473
Clark, Joe Louis: 1939-, African-American Educator; Defeat, 203
Clark, Karen Kaiser: American Lecturer, Consultant, Educator, Writer; Change, 115
Clark, Septima Poinsette: 1898-1987, African-American Civil Rights Activist; Chaos, 117
Clarke, Arthur Charles: 1917-, English Writer; Belief, 96; Possibility, 560; Wonder, 756
Clarke, John Henrik: 1915-1998, African-American Historian, Educator, Writer; Legacy, 447
Cleaver, (Leroy) Eldridge: 1935-1998, African American Political Activist, Writer; Hate, 359; Love-Agape, 486; Relationship, 599; Respect, 613; Sincerity, 657; Solution, 668
Clift, (Edward) Montgomery: 1920-1966, American Actor; Failure, 295
Clinton, George: 1940-, American Rock Musician, Songwriter; Liberation, 454
Cloud of Unknowing, The: Medieval Text by anonymous English Monk; Shadow, 644
Cobbett, William: 1762-1835, English Politician, Reformer, Writer, Farmer; Mind, 513; Wealth, 745
Cocteau, Jean Maurice Eugène Clément: 1889-1963, French Dramatist, Poet, Screenwriter, Director; Delusion, 211;

Direction, 235; Insanity, 412; Love-Eros, 489; Presence, 574; Tact, 697; Wonder, 754
Coelho, Paulo: c. 1947-, Brazilian Writer; Breakthrough, 101; Daring, 192; Defeat, 203; Feeling, 310; Spirituality, 673; Suffering, 691
Cohen, Alan: 1950-, American Writer; Habit, 350; Humor, 377; Journey, 437; Love-Agape, 486; Relationship, 600; Wonder, 756
Cohen, Andrew: 1955-, American Spiritual Teacher, Writer; Breakthrough, 101; Deferment, 207
Cohen, Kenneth S.: 1952-, American Qigong Master, Health Educator; Anger, 48; Health, 371
Cohen, Morris Raphael: 1880-1947, American Philosopher; Wisdom, 750
Cohn-Bendit, Daniel Marc: 1945-, French Political Activist, Writer; Change, 115
Cole, Johnnetta Betsch: 1936-, African-American Educator; Questioning, 584
Coleman, Ornette: 1930-, African-American Saxophonist; Creativity, 181; Seeking, 627
Colemon, Johnnie (Lucile): 1921-, African-American Cleric; Actualization, 34; Cause, 106
Coleridge, Samuel Taylor: 1772-1834, English Poet, Philosopher, Critic; Feeling, 306; Imagination, 384; Little, 471; Wisdom, 749
Colette, Sidonie Gabrielle: 1873-1954, French Writer; Appreciation, 53; Choice, 123; Inspiration, 421; Solitude, 663; Zeal, 766
Cole-Whittaker, Terry: 1939-, American Cleric, Writer; Influence, 405
Collenbach: Friendship, 326
Collier, Jeremy: 1650-1726, English Cleric, Writer; Opportunity, 532
Collier, Robert J.: 1876-1918, American Writer, Publisher; Desire, 220; Expedience, 283; Success, 682; Vision, 737
Colman, George, the Younger: 1762-1836, English Dramatist; Appreciation, 53
Colton, Charles Caleb: 1780-1832, English Cleric, Satirist; Death, 195; Deferment, 205; Dependence, 214; Friendship, 323; Happiness, 352; Loquacity, 481; Polarity, 554; Presence, 572; Prudence, 580; Solitude, 662; Time, 706
Conant, James Bryant: 1893-1978, American Chemist, Educator; Daring, 191
Confucius. *See* Kongfuzi
Conner, Randy P.: American Educator, Writer; Breakthrough, 101
Connolly, Cyril Vernon: 1903-1974, English Literary Editor, Writer, Critic; Art, 57; Attention, 65; Composure, 146; Depression, 217; Friendship, 326; Hate, 359; Passion, 546; Sensibility, 638; Truth, 724
Conrad, Joseph (Jozef Teodor Korzeniowski): 1857-1924, Polish/British Writer, Explorer; Accomplishment, 27; Autonomy, 74; Evil, 276; Integrity, 424; Logos, 475; Loneliness, 478; Solitude, 663; Trust, 718; Work, 758
Conran, Shirley Ida: 1932-, English Designer, Journalist; Laziness, 439
Cooley, Charles Horton: 1864-1929, American Sociologist; Chaos, 117; Collaboration, 126; Creativity, 179; Prudence, 580; Self, 631; Sincerity, 656; Skill, 659; Struggle, 678
Coolidge, (John) Calvin: 1872-1933, 30th US President; Determination, 226; Dispatch, 242; Giving, 330
Cooper, Joan California: 1966-, African-American Writer; Time, 709
Cooper, Vernon: b. 1905, Native American Lumbee Healer; Haste, 357; Wisdom, 751
Cosby, Bill (William Henry): 1937-, African-American Actor; Desire, 221; Humor, 377; Presence, 576
Cossman, Eli Joseph: 1918-2002, American Writer; Attitude, 71
Coubert, Jo: Self, 632
Coughlin, (Robert) Lawrence: 1929-2001, American Legislator; Loquacity, 481
Course in Miracles, A. *See* Schucman, Helen
Cousineau, Phil: 1952-, American Writer, Film Director; Journey, 437
Cousins, Norman: 1915-1990, American Editor, Humanitarian, Author; Cause, 105; Connection, 161; Conscience, 165; Death, 198; Expectation, 281; Faith, 299; Feeling, 309; Growth, 346; Health, 368; Humor, 376; Optimism, 537; Renewal, 611; Spirituality, 671; Time, 708
Covey, Stephen Richards: 1932-, American Management Educator, Writer; Accomplishment, 27; Action, 30; Adversity, 40; Avoidance, 78; Balance, 81; Breakthrough, 100; Cause, 106; Change, 115; Choice, 124; Collaboration, 127; Commitment, 130; Communication, 133; Connection, 162; Creativity, 181; Criticism, 187; Discipline, 237; Disclosure, 241; Engagement, 259; Example, 279; Expectation, 282; Failure, 295; Fault, 302; Feeling, 309; Focus, 317; Goal, 337; Habit, 350; Happiness, 355; Imagination, 386; Influence, 405; Initiative, 408; Insecurity, 415; Integrity, 426; Legacy, 448; Liberation, 454; Limitation, 466; Listening, 469; Love-Agape, 486; Perspective, 551; Power, 565; Reciprocity, 593; Relationship, 598; Renewal, 612; Respect, 613; Responsibility, 617; Self-Reliance, 635; Sincerity, 657; Solution, 668; Spirituality, 672; Teaching, 700; Trust, 719; Understanding, 729; Value, 733; Vision, 739; Wealth, 747; Wisdom, 751
Cowan, Thomas: Action, 30
Cowper, William: 1731-1800, English Poet, Hymn Writer; Actualization, 32; Conscience, 164; Diversity, 246; Insecurity, 413; Insight, 416; Liberation, 450; Wisdom, 749
Cox (Arquette), Courteney Bass: 1964-, American Actress; Partnership, 543
Cox, Harvey Gallagher, Jr.: 1929-, American Theologian, Writer; Responsibility, 616
Craig, Jenny (Genevieve Marie Guidroz): 1932-, American Weight Management Executive; Practice, 568
Crane, Frank: 1861-1928, American Cleric, Journalist; Habit, 350; Practice, 567; Solution, 666; Thinking, 702; Trust, 718
Crane, George W.: American Poet, Journalist; Appreciation, 54; Openness, 531
Cranston, Toller: 1949-, Canadian Skater; Individuality, 397
Crawshaw, Ralph: 1921-, American Psychiatrist; Openness, 531
Crazy Horse (Tashunca-uitco): 1842-1877, Native American Oglala Chief; Vision, 736
Crichton, (John) Michael: 1942-, American Writer, Filmmaker; Exploration, 289
Crisp, Quentin (Dennis Pratt): 1908-1999, British Writer; Conformity, 154; Individuality, 396; Love-Eros, 491; Oppression, 535; Relationship, 598; Sex, 641; Sincerity, 657; Tact, 697
Cronenberg, David: 1943-, Canadian Film Producer, Director; Insanity, 412
Cronkite, Walter Leland, Jr.: 1916-, American TV Journalist; Commitment, 130
Crossman, Richard Howard Stafford: 1907-1974, English Writer; Idea, 380
Crow, (Fred) Trammell: 1914-, American Real Estate Developer; Insecurity, 415
Crowfoot (Isapo-muxika/Astoxkomi/Kyiah-sta-a): 1830-1890, Native American Blackfoot Warrior, Leader; Impermanence, 389
Crowley, Mary C.: 1915-, American Writer; Love-Agape, 485

Crummel, Alexander: 1819-1898, African-American Cleric, Scholar; Accomplishment, 26
Csikszentmihalyi, Mihaly: 1934-, Italian/American Scholar, Educator; Accomplishment, 27; Action, 30; Actualization, 34; Adversity, 40; Attention, 66; Balance, 81; Breakthrough, 100; Chaos, 118; Communication, 133; Congruence, 158; Dance, 189; Dreams, 254; Eloquence, 256; Enjoyment, 262; Flexibility, 313; Goal, 337; Happiness, 355; Legacy, 448; Lila, 461; Memory, 510; Music, 520; Partnership, 542; Restraint, 619; Self-Reliance, 635; Sensibility, 639; Sex, 642; Skill, 660; Struggle, 679; Suffering, 690
Cumberland, Richard: 1631-1718, English Philosopher, Cleric, Translator; Action, 29
cummings, e. e.: 1894-1962, American Poet, Painter; Affirmation, 42; Individuality, 395; Integrity, 424; Spontaneity, 675
Cummins, Anna: Communication, 133
Curie, Marie Sklodowska: 1867-1934, Polish/French Physicist, 1911 Nobel Laureate; Determination, 226; Fear, 304
Cyprian (Thacius Caecillus Cyprianus): 200-258, Carthaginian Prelate; Criticism, 183; Integrity, 422; Jealousy, 431
d'Hulst, Maurice le Sage d'Hauteroche: 1841-1896, French Catholic Prelate; Grief, 343
da Vinci, Leonardo: 1452-1519, Italian Painter, Sculptor, Architect, Scientist; Art, 55; Autonomy, 74; Commitment, 128; Criticism, 184; Death, 194; Determination, 224; Goodness, 338; Inaction, 391; Little, 471; Memory, 509; Patience, 547; Perspective, 549; Polarity, 554; Time, 706
Dadd, Debra Lynn: 1955-, American Consumer Advocate; Influence, 406
Dadistan-I-Dinik: Zoroastrian Sacred Text; Reciprocity, 589
Dahui: 677-744, Chinese Chan Master; Enlightenment, 263; Self, 629
Dahui Zonggao (Ta Hui): 1089-1163, Chinese Chan Master; Mind, 513; Spontaneity, 674
Daikaku (Tao Lung): 1213-1279, Chinese Chan Monk; Determination, 224; Introspection, 428; Practice, 566; Self, 630
Dainin Katagiri: 1928-1990, Japanese Zen Abbot; Lila, 461; Loneliness, 479
Daito (Myocho): 1282-1337, Japanese Rinzai Zen Master, Founder of Daitokuji Temple; Breakthrough, 98; Mind, 513
Dajian Huineng: 638-713, Chinese 6th Chan Patriarch, Southern School Founder; Attachment, 61; Enlightenment, 263; Meditation, 503; Vision, 735
Dalai Lama (Tentsin Gyatso): 1935-, Tibetan Spiritual Leader, 14th Dalai Lama, Writer; Appreciation, 54; Belief, 97; Compassion, 139; Cost, 173; Daring, 192; Death, 198; Deferment, 207; Distraction, 245; Happiness, 355; Hate, 359; Meaning, 500; Sex, 642; Spirituality, 672; Suffering, 690; Tolerance, 714
Damei Fachang: 752-839, Chinese Chan Master; Focus, 314
Dana, Charles Anderson: 1819-1897, American Editor, Reformer; Truth, 722
Dana, John Cotton: 1856-1929, American Librarian; Teaching, 699
D'Angelo, Anthony J.: Criticism, 187
Danner, Margaret Essie: 1915-1984, African-American Poet, Writer; Idea, 380
Dante. *See* Alighieri, Dante
Daode Jing (Tao Te Ching): Ancient Taoist Sacred Text; Action, 28; Beginning, 83; Change, 111; Detachment, 222; Failure, 292; Flexibility, 311; Having, 360; Inaction, 391; Indulgence, 398; Paradox, 538; Patience, 547; Preparation, 569; Self, 629; Simplicity, 651; Strength, 676; Truth, 720
Darin, Leslie: Historian; Appreciation, 54
Dark, Eleanor: 1901-1985, Australian Writer; Silence, 649
Darrow, Clarence Seward: 1857-1938, American Lawyer, Reformer, Writer; Humor, 375; Questioning, 582
Darwin, Charles Robert: 1809-1882, English Naturalist, Writer; Discipline, 236; Flexibility, 312; Openness, 529; Survival, 693; Value, 731
Dattatreya, Mahatma: c. 1100 BCE, Indian Guru; Appearance, 49; Discipline, 236; Equanimity, 267; Introspection, 427; Learning, 440; Mind, 511; Self, 629; Sex, 640
Daumal, René: 1908-1944, French Writer; Seeking, 626; Vision, 738
Davidson, Sara: 1947-, American Writer; Humor, 377
Davies, (William) Robertson: 1913-1995, Canadian Writer, Journalist; Conviction, 171; Delusion, 212; Imagination, 386; Tact, 697
Davies, Paul Charles William: 1946-, British Physicist, Writer; Time, 709
Davies, Raymond Douglas: 1944-, British Rock Musician; Hate, 359
Davies, William Henry: 1871-1940, Welsh Poet, Writer, Tramp; Appreciation, 53; Feeling, 307
Davis, Angela Yvonne: 1944-, African-American Political Activist, Writer; Art, 59; Liberation, 454
Davis, Bette (Ruth Elizabeth): 1908-1989, American Film Actress; Possibility, 560
Davis, Bruce: 1950-, American Psychologist, Writer; Silence, 650
Davis, Geena (Virginia Elizabeth): 1957-, American Actress; Insecurity, 415
Davis, Miles Dewey: 1926-1991, African-American Jazz Musician; Failure, 295; Individuality, 396
Davis, Ossie B. (Raiford Chapman): 1917-2005, African-American Actor, Director; Art, 58; Relationship, 598
Davis, Sammy, Jr.: 1925-1990, African-American Entertainer, Singer; Diligence, 233
Davy, Humphrey: 1778-1829, English Chemist, Inventor; Failure, 292; Little, 471; Logos, 474
Davy, Kent A.: Self, 632
Daw Aung San Suu Kyi: 1945-, Burmese Political Activist, 1991 Nobel Laureate; Fear, 305
De Angelis, Barbara: 1951-, American Writer; Journey, 437; Love-Agape, 486; Love-Eros, 493; Silence, 650
de Azevedo, Kathleen: 1955-, Brazilian/American Poet; Growth, 347
de Bono, Edward: 1933-, British Physician, Writer; Creativity, 181; Flexibility, 313; Focus, 317; Idea, 380; Perspective, 552
de Buffon, George-Louis Leclerc: 1707-1788, French Naturalist; Ingenuity, 407; Patience, 548
de Bussy-Rabutin, Roger: 1618-1693, French Militarist, Writer; Having, 361; Love-Eros, 487
de Caussade, Jean-Pierre: 1675-1751, French Jesuit Priest, Writer; Greed, 341; Humility, 373; Means, 502; Practice, 567; Presence, 572
de Chazal, Malcolm: 1902-1981, French Writer; Liberation, 453
de Choiseul, Étienne-François: 1719-1785, French Statesman, Diplomat; Disclosure, 239
de Crescenzo, Luciano: 1928-, Italian Writer, Scriptwriter, Director, Photographer, Cartoonist; Collaboration, 127
de Gaulle, Charles André Joseph Marie: 1890-1970, French Militarist, President; Action, 29; Daring, 191; Determination, 226; Focus, 316
de Guibert, Joseph Hippolyte: 1802-1886, French Cardinal; Inspiration, 420
de Klerk, Fredrik Willem: 1936-, South African President; Continuity, 169
de la Cruz, Juana Inés: 1651-1695, Mexican Nun, Poet, Feminist; Enjoyment, 261; Fault, 301

de la Mare, Walter John: 1873-1956, English Poet; Imagination, 385
de L'Enclos, (Anne) Ninon: 1623-1706, French Courtesan; Love-Eros, 487; Passion, 544; Spontaneity, 674
de Maistre, Joseph: 1753-1821, French Diplomat, Political Philosopher; Power, 562
de Mille, Agnes George: 1908-1993, American Choreographer; Chaos, 117; Dance, 189; Passion, 546
De Quincey, Thomas: 1785-1859, English Essayist; Paradox, 538; Solitude, 662
De Rapin-Thoyras, Paul: 1661-1725, French Militarist, Historian; Adversity, 37; Strength, 676
de Sable, Madame (Madeleine de Souvre): 1599-1678, French Epigrammatist; Appearance, 49; Criticism, 184; Delusion, 209; Disclosure, 239; Example, 278; Idea, 378; Listening, 468; Loquacity, 480; Love-Eros, 487; Sincerity, 655; Understanding, 728; Vice, 734; Wealth, 745; Wisdom, 749
de Sales, Francis (François Boisy de Sales): 1567-1622, French Prelate, Patron Saint of Writers; Ability, 21; Adversity, 37; Change, 111; Composure, 144; Evil, 275; Fault, 301; Integrity, 423; Patience, 547; Spirituality, 670
de Sevigne, Madame (Marie de Rabutin-Chantal): 1626-1696, French Writer; Love-Eros, 487
de Sica, Vittorio: 1901-1974, Italian Actor; Ethics, 273
de Staël, Madame (Germaine Necker): 1766-1817, French-Swiss Writer, Critic; Being, 87; Conscience, 164; Forgiveness, 318; Giving, 328; Love-Agape, 483; Tolerance, 713; Zeal, 765
de Vries, Peter: 1910-1993, American Writer; Greed, 341; Love-Eros, 491; Partnership, 542
de Waal, Esther: British Scholar; Relationship, 600
Dean, James Byron: 1931-1955, American Actor; Attitude, 71; Flexibility, 313
Debray, (Jules) Régis: 1940- , French Philosopher, Statesman; Death, 199
Debs, Eugene Victor: 1855-1926, American Labor Leader; Conformity, 153; Oneness, 524
Dee, Ruby (Ruby Ann Wallace): 1923-, African-American Actress; Questioning, 584
Deikman, Arthur Joseph: 1929-, American Psychiatrist, Writer; Attention, 66; Meditation, 507
Delille, Jacques: 1738-1813, French Abbot, Poet, Translator; Relationship, 596
Delsarte, François Alexandre Nicolas Chéri: 1811-1871, French Singing Teacher; Art, 55
Demarco, Richard: 1930-, British Artist; Art, 58
Demartini, Hugo: 1931-, Czech Artist; Legacy, 448
deMello, Anthony: 1931-1987, Indian Jesuit Priest, Writer; Attention, 66; Cost, 173; Daring, 192; Journey, 436; Limitation, 466; Silence, 650; Wisdom, 751
Deming, William Edwards: 1900-1993, American Statistician, Management Consultant; Change, 113; Learning, 443
Democritus Junior (Robert Burton): 1577-1640, English Cleric, Mathematician, Astrologer; Composure, 144; Humor, 374
Democritus of Abdera: c. 460-c. 400 BCE, Greek Philosopher; Cause, 102; Happiness, 351; Idea, 378; Loquacity, 480; Sex, 640
Demosthenes: c. 384-322 BCE BCE, Athenian Statesman, Orator; Delusion, 208; Giving, 327; Opportunity, 532
Deneuve, Catherine (Dorleac): 1943-, French Actress, Film Producer; Opportunity, 534
Deng Ming-Dao: Contemporary Taoist Master, Writer; Balance, 82; Centering, 110; Commitment, 130; Delusion, 213; Meditation, 508; Openness, 531; Practice, 568; Silence, 650
Deng Xiaoping: 1904-1997, Chinese Leader; Practice, 568
Denmark, Leila Daughtry: 1898-, American Physician; Lila, 460; Work, 760
Denver, John (Henry John Deutschendorf, Jr.): 1943-1997, American Singer, Songwriter, Political Activist; Influence, 406; Music, 520; Oneness, 528
Descartes, René: 1596-1650, French Philosopher, Mathematician; Communication, 131; Dreams, 250; Questioning, 581; Thinking, 701
Devi, Sri Saradamani, 567; 1853-1920, Indian Guru; Adversity, 38; Fault, 301; Mind, 514; Power, 563; Solitude, 663
Devlin, Bernadette: 1947-, Irish Activist, Politician; Cost, 173
Devlin, Patrick Arthur, Lord: 1905-1992, British Lawyer, Writer; Diversity, 248
Dewar, James: 1842-1923, Scottish Chemist, Physicist; Openness, 530
Dewey, John: 1859-1952, American Educator, Philosopher, Reformer; Ability, 21; Change, 112; Confidence, 148; Delusion, 210; Failure, 293; Goal, 334; Learning, 442; Meaning, 498; Opportunity, 533
Dhammapada: Ancient Buddhist Sacred Text; Action, 28; Actualization, 31; Anger, 47; Attachment, 60; Attention, 62; Autonomy, 73; Avoidance, 77; Belief, 90; Desire, 218; Enlightenment, 263; Equanimity, 267; Fault, 300; Giving, 327; Hate, 358; Having, 360; Impermanence, 387; Little, 470; Manifestation, 494; Meditation, 503; Mind, 511; Passion, 544; Reciprocity, 589; Restraint, 618; Seeking, 624; Solitude, 661; Suffering, 685; Truth, 720; Wisdom, 748
Diallo, Yaya: 1946-, Mali Musician, Healer; Dance, 189; Silence, 650
Dickens, Charles: 1812-1870, English Writer; Appearance, 50; Appreciation, 53; Attention, 63; Criticism, 184; Discipline, 236; Feeling, 307; Giving, 328; Influence, 401; Preparation, 570; Relativity, 602; Worry, 763
Dickinson, Emily Elizabeth: 1830-1886, American Poet; Continuity, 167; Expectation, 281; Insanity, 411; Life, 456; Logos, 475; Openness, 530; Solitude, 663; Wonder, 753; Zeal, 766
Diderot, Denis: 1713-1784, French Philosopher, Encyclopaedist, Writer, Dramatist; Insight, 416; Liberation, 450; Passion, 544; Questioning, 581; Reciprocity, 590
Didion, Joan: 1934-, American Essayist, Writer; Affirmation, 43; Character, 121; Cost, 173; Having, 362; Jealousy, 432; Respect, 613
Dietrich, Marlene (Maria Magdalen von Losch): 1901-1992, German-American Actress, Singer; Forgiveness, 319; Friendship, 325; Love-Eros, 490
Dillard, Annie Doak: 1945-, American Writer; Greed, 341; Mind, 515; Presence, 577; Time, 709; Today, 712
DiManno, Rosie: Canadian Columnist; Conformity, 155
Dimnet, Ernest: 1866-1954, French Cleric; Friendship, 325
Dinesen, Isak (Karen Blixen): 1885-1962, Danish/South African Writer; Adversity, 39; Dreams, 252; Health, 366; Little, 473; Suffering, 688; Time, 708; Worry, 764
Dionysius the Elder: 430-367 BCE, Greek Leader, Tyrant of Syracuse; Silence, 647
Diop, Birago Ismael: 1906-1989, Senegalese Poet, Writer; Character, 121; Listening, 469
Dior, Christian: 1905-1957, French Couturier; Zeal, 768
Disney, Walter Elias: 1901-1966, American Cartoonist, Filmmaker; Confidence, 148; Determination, 227; Dreams, 253; Faith, 299; Goal, 336; Lila, 460
Disraeli, Benjamin: 1804-1881, British Prime Minister, Writer; Actualization, 32; Adversity, 37; Cause, 103; Change, 112; Criticism, 184; Determination, 225; Expectation, 281; Feeling, 307; Learning, 441; Little, 471; Passion, 545; Preparation, 570; Tact, 697; Wealth, 745; Worry, 763; Zeal, 766

Dix, Dorothy (Elizabeth Meriwether Gilmer): 1861-1951, American Journalist; Jealousy, 432; Worry, 763
Dixon, Jack: Change, 115
Dixon, W. Macneile: Compassion, 140
Doctorow, Edgar Laurence: 1931-, American Writer; Insanity, 412
Dodge, Jim: Acceptance, 25
Dodrupchen: Tibetan Buddhist Master; Preparation, 570
Dogen, Eihei: 1200-1253, Japanese Zen Master, Philosopher, Poet, Painter, Soto School Founder; Delusion, 209; Depression, 216; Desire, 219; Enlightenment, 264; Greed, 341; Impermanence, 388; Journey, 433; Liberation, 450; Meditation, 504; Oneness, 523; Practice, 566; Presence, 572; Retreat, 620; Seeking, 625; Self, 629; Tact, 696; Truth, 721; Understanding, 728
Dongshan Liangjie: 807–869, Chinese Chan Master, Caodong School Founder; Self, 629; Wonder, 752
Donne, John: 1572-1631, English Poet, Cleric; Death, 194; Delusion, 209; Love-Eros, 487; Oneness, 523; Self-Reliance, 633
Dorfsman, Louis: 1918-, American Art Director; Creativity, 181
Dorsett, Tony (Anthony Drew): 1954-, American Footballer; Decision, 201
Dorsey, Issan Tommy: 1933-1990, American Female Impersonator, Zen Abbot; Death, 198; Journey, 436
Dossey, Larry: 1940-, American Physician, Writer; Death, 199; Health, 369; Journey, 436; Oneness, 528; Suffering, 691
Dostoevsky, Fyodor Mikhailovich: 1821-1881, Russian Writer; Communication, 131; Compassion, 137; Connection, 159; Cost, 172; Disclosure, 239; Feeling, 307; Initiative, 408; Insecurity, 413; Integrity, 423; Love-Agape, 483; Oneness, 524; Perspective, 550; Respect, 613; Work, 758
Douglas, (George) Norman: 1868-1952, British Diplomat, Writer; Deferment, 206; Diversity, 247; Enjoyment, 261; Time, 707
Douglass, Frederick: 1817-1895, African-American Abolitionist, Writer; Ability, 21; Accomplishment, 26; Conflict, 150; Integrity, 423; Learning, 441; Liberation, 451; Limitation, 463; Struggle, 678
Dowd, Maureen Brigid: 1952-, American Columnist; Value, 733
Dowling, Leslie H.: 1844-1911, American Physician, Preacher, Mystic; Connection, 159; Thinking, 702
Downs, Hugh Malcolm: 1921-, American Broadcaster; Attitude, 71
Doyle, Arthur Conan: 1859-1930, Scottish Writer; Possibility, 559
Drew, Charles Richard: 1904-1950, African-American Surgeon, Inventor; Struggle, 679
Drucker, Peter Ferdinand: 1909-2005, Austrian/American Political Economist, Writer; Commitment, 130; Decision, 201; Integrity, 425; Preparation, 570
Drummond, Henry: 1851-1897, Scottish Educator, Writer; Influence, 402; Learning, 442; Love-Agape, 483; Practice, 567
Dryden, John: 1631-1700, English Poet, Satirist, Dramatist, Critic; Conscience, 164; Habit, 349; Health, 364; Love-Agape, 482; Sensibility, 636; Today, 710
D'Souza, Fr. Alfred: Deferment, 207
Du Bois, William Edward Burghardt: 1868-1963, African-American Educator, Writer, Political Activist; Action, 29; Art, 56; Continuity, 168; Liberation, 451; Power, 563; Strength, 677; Work, 759
du Gard, Roger Martin: 1881-1958, French Writer; Questioning, 583
Dubois, Charles Wayne: 1922-, American Social Worker, Columnist; Release, 606
Dubos, René Jules: 1901-1982, American Bacteriologist, Philosopher; Wonder, 754; 1901-1982, American Bacteriologist, Philosopher; Continuity, 168; Health, 367; Solution, 667; Success, 683; Value, 732
Dubuffet, Jean Philippe Arthur: 1901-1985, French Sculptor, Printmaker; Thinking, 704
Duhamel, Georges: 1884-1966, French Physician, Writer; Desire, 220; Idea, 380; Partnership, 541; Spirituality, 671
Dumas, Alexandre (père): 1802-1870, French Writer, Dramatist; Learning, 441; Relativity, 602
Dunbar, Paul Laurence: 1873-1906, African-American Poet; Expression, 291
Dunham, Katherine Mary: 1910-, African-American Dancer, Choreographer, Anthropologist; Dance, 189; Goal, 336; Strength, 677
Dunning, Albert Elijah: 1844-1923, American Cleric, Editor; Opportunity, 533
Durant, William James: 1885-1982, American Historian, Critic, Writer; Daring, 191; Inaction, 392; Learning, 443; Loquacity, 481; Release, 605; Wisdom, 750
Durckheim, Karlfried Graf: 1896-1988, German Psychologist, Philosopher; Age, 46; Being, 88; Dance, 188; Death, 197; Delusion, 211; Enlightenment, 265; Flexibility, 312; Practice, 567; Responsibility, 616; Seeking, 626; Silence, 649; Sincerity, 656; Suffering, 688
Durrell, Lawrence George: 1912-1990, British Poet, Writer; Hate, 359; Humor, 376; Jealousy, 432; Love-Eros, 491; Meaning, 499; Synthesis, 695
Dürrenmatt, Friedrich: 1921-1990, Swiss Dramatist, Writer; Paradox, 539
Dyer, Wayne Walter: 1940-, American Psychologist, Writer; Criticism, 187; Limitation, 467; Loneliness, 479; Patience, 548; Presence, 577; Relationship, 599; Vision, 739; Wealth, 747; Work, 760
Dylan, Bob (Robert Allen Zimmerman): 1941-, American Popular Musician, Songwriter; Memory, 510; Renewal, 612; Success, 684
Dyson, Michael Eric: 1958-, African-American Scholar, Writer; Attention, 68; Faith, 299
Earhart, Amelia Mary: 1898-1937, American Aviatrix; Courage, 176; Daring, 191; Exploration, 288; Zeal, 767
Eastman, Max Forrester: 1883-1969, American Poet; Enjoyment, 261; Growth, 345
Easton, Elliot: 1953-, American Pop Guitarist; Work, 761
Easwaran, Eknath: 1911-1999, Indian/American Writer, Translator, Teacher; Breakthrough, 100; Connection, 160; Direction, 235; Example, 279; Focus, 316; Love-Agape, 485; Mind, 515; Patience, 548
Eckhart, Meister Johannes: 1260-1327, German Dominican Priest, Theologian, Mystic; Actualization, 31; Appearance, 49; Beginning, 83; Composure, 144; Differentiation, 229; Enlightenment, 264; Expression, 290; Goodness, 338; Grief, 342; Growth, 344; Introspection, 428; Limitation, 462; Meditation, 504; Oneness, 523; Presence, 572; Reciprocity, 590; Release, 605; Retreat, 620; Self, 630; Silence, 648; Solitude, 661; Spirituality, 669; Suffering, 686; Transformation, 715
Eco, Umberto: 1932-, Italian Scholar, Educator, Critic, Writer; Solitude, 665
Eddy, Mary Baker: 1821-1910, American Theologian, Founder of Christian Science; Evil, 276; Health, 365
Edelman, Marion Wright: 1939-, African American Civil Rights Activist, Writer; Disclosure, 241; Engagement, 259; Giving, 332; Listening, 469; Little, 473

Edison, Thomas Alva: 1847-1931, American Inventor, Industrialist; Complacency, 141; Conformity, 153; Creativity, 179; Defeat, 202; Determination, 225; Failure, 293; Health, 365; Legacy, 447; Opportunity, 533; Possibility, 558; War, 741
Edwards, Betty: 1926-, American Art Educator, Writer; Influence, 404; Vision, 738
Edwards, Harry, Jr.: 1942-, African-American Athlete, Sociologist; Dreams, 255
Edwards, Tryon: 1809-1894, American Theologian; Attention, 63; Conviction, 170; Deferment, 205; Feeling, 307; Happiness, 352; Memory, 509; Time, 707; Wealth, 745
Ehrmann, Max: 1872-1945, German-American Lawyer, Poet; Affirmation, 42; Comparison, 135; Composure, 145; Connection, 159; Delusion, 211; Insecurity, 414; Listening, 468; Oneness, 525; Sincerity, 656
Einstein, Albert: 1879-1955, German/American Mathematical Physicist, 1921 Nobel Laureate; Adversity, 38; Attitude, 70; Belief, 94; Compassion, 138; Conformity, 153; Creativity, 179; Determination, 226; Dreams, 252; Ethics, 273; Example, 279; Expression, 291; Failure, 293; Giving, 330; Imagination, 385; Learning, 442; Legacy, 447; Liberation, 452; Life, 456; Loquacity, 481; Meaning, 498; Oneness, 525; Opportunity, 533; Paradox, 538; Polarity, 555; Questioning, 583; Reality, 586; Simplicity, 653; Solitude, 663; Solution, 667; Teaching, 699; Tolerance, 714; Value, 731; Vision, 737; War, 741; Wonder, 754
Eisenhower, Dwight David: 1890-1969, American Militarist, 34th US President; Choice, 123; Focus, 316; Humor, 376; Moderation, 517; Responsibility, 616; War, 742
El Saadawi, Nawal: 1931-, Egyptian Psychiatrist, Feminist, Dissident, Writer; Beginning, 85
Elgin, Duane: 1943-, American Writer, Activist; Collaboration, 127; Compassion, 140; Death, 199; Simplicity, 654
Eliade, Mircea: 1907-1986, Romanian Scholar, Writer; Differentiation, 230; Diversity, 248; Health, 368; Transformation, 716
Eliot, George (Mary Ann Evans): 1819-1880, English Writer, Poet; Action, 29; Being, 87; Belief, 92; Cause, 103; Choice, 122; Collaboration, 125; Desire, 219; Failure, 292; Feeling, 307; Friendship, 324; Growth, 345; Influence, 401; Inspiration, 420; Introspection, 428; Loquacity, 481; Music, 519; Openness, 529; Possibility, 558; Sensibility, 637; Silence, 648; Tolerance, 713
Eliot, Thomas Stearns: 1885-1965, American/British Poet, Dramatist, Critic; Beginning, 84; Centering, 109; Daring, 191; Eloquence, 256; Exploration, 288; Loneliness, 478; Music, 519; Paradox, 538; Shadow, 645; Time, 708
Elizondo, Virgil P.: 1935-, Mexican-American Priest, Theologian; Identity, 382
Ellerbee, Linda Jane: 1944-, American Journalist; Dependence, 215
Ellington, Duke (Edward Kennedy): 1899-1974, African American Jazz Composer, Musician; Art, 57; Choice, 123; Friendship, 325; Introspection, 429; Love-Agape, 485; Optimism, 537; Renewal, 611; Revenge, 623; Transformation, 716; Worry, 764
Elliot, Jim (Philip James): 1927-1956, American Christian Missionary; Reciprocity, 593
Ellis, (Henry) Havelock: 1859-1939, English Physician, Sexologist, Essayist; Conformity, 153; Dance, 188; Dreams, 251; Forgiveness, 319; Insecurity, 414; Jealousy, 432; Limitation, 463; Polarity, 554; Sex, 640; Shadow, 644; Solitude, 663; Struggle, 678; War, 741
Ellison, Harlan Jay: 1934-, American Writer; Love-Eros, 492
Ellison, Ralph Waldo: 1914-1994, African-American Writer; Beginning, 85; Commitment, 130; Connection, 161; Diversity, 248; Growth, 346; Imagination, 386; Introspection, 429; Limitation, 465; Logos, 477; Synthesis, 695
Emerson, Ralph Waldo: 1803-1882, American Poet, Essayist; Action, 29; Actualization, 32; Adversity, 37; Age, 44; Anger, 48; Attitude, 69; Autonomy, 74; Balance, 80; Beginning, 84; Being, 87; Belief, 92; Breakthrough, 99; Cause, 103; Character, 119; Composure, 144; Conformity, 152; Congruence, 156; Conviction, 170; Cost, 172; Courage, 175; Creativity, 178; Daring, 190; Decision, 200; Defeat, 202; Deferment, 205; Delusion, 210; Dependence, 214; Desire, 219; Diligence, 233; Direction, 234; Eloquence, 256; Enjoyment, 261; Experience, 284; Exploration, 287; Fear, 303; Feeling, 307; Friendship, 323; Giving, 328; Goal, 334; Growth, 344; Having, 361; Health, 365; Humility, 373; Humor, 375; Idea, 379; Imagination, 384; Impermanence, 389; Individuality, 393; Influence, 401; Ingenuity, 407; Insecurity, 413; Insight, 417; Integrity, 423; Jealousy, 432; Learning, 441; Liberation, 451; Life, 455; Lila, 458; Little, 471; Logos, 475; Loquacity, 481; Love-Agape, 483; Manifestation, 494; Moderation, 517; Oneness, 524; Opportunity, 532; Partnership, 540; Passion, 545; Perspective, 549; Polarity, 554; Power, 563; Presence, 572; Prudence, 580; Reciprocity, 591; Release, 605; Seeking, 625; Self-Reliance, 634; Shadow, 644; Silence, 648; Simplicity, 652; Sincerity, 655; Skill, 658; Solution, 666; Spontaneity, 674; Success, 682; Thinking, 702; Time, 706, 711; Trust, 718; Truth, 722; Value, 731; Vision, 736; Wisdom, 749; Wonder, 753; Work, 758; Worry, 763; Zeal, 766
Emery, Stewart: 1941-, American Writer, EST Trainer; Limitation, 467; Relationship, 599
Emmanuel: Channeled Information by Pat Rodegast; Flexibility, 313; Growth, 347; Influence, 406; Journey, 437; Release, 608; Submission, 681; Truth, 725; Vice, 734
Empedocles: c. 490-c.430 BCE, Greek Philosopher; Belief, 90
Endymion: Tact, 696
Ennis, Robert: Enlightenment, 266; Humor, 377; Release, 608
Epictetus: 50-120, Greek Stoic Philosopher; Acceptance, 23; Actualization, 31; Appreciation, 52; Attention, 62; Autonomy, 73; Commitment, 128; Dependence, 214; Desire, 218; Dispatch, 242; Equanimity, 268; Fault, 300; Fear, 303; Forgiveness, 318; Goal, 333; Greed, 341; Happiness, 351; Having, 360; Idea, 378; Integrity, 422; Learning, 440; Liberation, 449; Limitation, 462; Loquacity, 480; Meaning, 497; Perspective, 549; Solitude, 661; Truth, 720; Worry, 762
Epicurus: 341-270 BCE, Greek Philosopher; Appreciation, 52; Death, 193; Friendship, 322; Having, 360; Little, 470; Moderation, 516; Simplicity, 651; Today, 710; Wealth, 744; Worry, 762
Epstein, Joseph: 1937-, American Writer, Essayist, Critic; Choice, 124
Erasmus, Desiderius: 1466-1536, Dutch Humanist, Theologian; Idea, 378; Integrity, 422; Introspection, 428; War, 740
Erhard, Werner: 1935-, American Trainer, Founder of EST; Acceptance, 25; Focus, 317; Oneness, 527; Reality, 588
Erickson, Milton: 1901-1980, American Psychiatrist, Psychologist, Hypnotherapist; Criticism, 186
Ertz, Susan: 1894-1985, English Writer; Zeal, 767
Esar, Evan: 1899-1995, American Humorist; Life, 457
Escher, Maurits Cornelis: 1898-1972, Dutch Graphic Artist; Lila, 460; Polarity, 555
Estes, Clarissa Pinkola: 1943-, American Psychoanalyst, Ethnologist, Writer; Logos, 477; Skill, 660
Euripides: c. 485-406 BCE, Greek Dramatist, Poet; Acceptance, 22; Balance, 79; Change, 111; Character, 119; Courage, 174; Criticism, 183; Direction, 234; Focus, 314; Friendship, 322; Grief, 342; Learning, 440; Love-Agape, 482; Optimism, 536; Simplicity, 651; Success, 682; Wealth, 744

Evans, Bergen Baldwin: 1904-1978, American Lexicographer; Insanity, 412; Wisdom, 751
Evans, Mari E.: 1923-, African-American Poet; Limitation, 465; Logos, 477; Partnership, 542
Everett, Douglas: Dreams, 255
Evert, Christine Marie: 1954-, American Tennis Player; Confidence, 148
Faber, Frederick William: 1814-1863, English Priest, Hymn-writer; Belief, 92; Compassion, 137; Forgiveness, 319; Friendship, 324; Relativity, 602; Skill, 659
Fairbairn, Ann (Dorothy Tait): 1902-1972, American Writer, Journalist; Oppression, 535
Fairbanks, Charles Bullard: 1827-1859; Strength, 676
Fanon, Frantz Omar: 1925-1961, Martiniquan Psychoanalyst, Social Theorist; Death, 198; Engagement, 258; Passion, 546
Faraday, Ann: 1935-, American Psychologist, Dream Researcher; Dreams, 254
Faraday, Michael: 1791-1867, English Chemist, Physicist; Flexibility, 312
Farcet, Gilles: 1959-, French Writer; Relationship, 600
Farrakhan, Louis Abdul (Louis Eugene Walcott): 1934-, African-American Islamic Leader; Belief, 97; Disclosure, 241; Ethics, 274; Growth, 347
Farrell, Joseph: 1841-1885, Irish Priest, Educator, Writer; Equanimity, 270; Fault, 301
Faulkner, William Cuthbert: 1897-1962, American Writer, Nobel Laureate; Comparison, 135; Grief, 343; Suffering, 688
Fayan Wenyi: 885-958, Chinese Chan Master, Fayan School Founder; Criticism, 184; Learning, 441; Limitation, 462
Feather, William: 1889-1981, American Publisher, Writer; Deferment, 206; Determination, 226; Haste, 356; Idea, 380; Inspiration, 421; Success, 683; Today, 711
Feild, Reshad: 1934-, British Singer, Sufi Teacher; Presence, 576
Fellini, Federico: 1920-, Italian Film Director; Passion, 546; Spontaneity, 675
Fénelon, François de Salignac de la Mothe: 1651-1715, French Theologian; Fault, 301; Loquacity, 480; Simplicity, 652; Vision, 736
Fenyang Shanzhao: 947-1024, Chinese Chan Buddhist Master; Attention, 63; Being, 87; Delusion, 209; Detachment, 223; Insight, 416
Ferguson, Marilyn: 1938-, American Writer, Mind Researcher; Art, 58; Attention, 67; Attitude, 72; Change, 115; Chaos, 118; Conformity, 155; Daring, 192; Depression, 217; Detachment, 223; Direction, 235; Distraction, 245; Ethics, 274; Failure, 295; Fear, 305; Habit, 350; Having, 362; Health, 369; Insight, 419; Journey, 436; Learning, 445; Liberation, 454; Limitation, 466; Logos, 477; Meaning, 500; Meditation, 507; Paradox, 539; Reciprocity, 594; Relationship, 599; Responsibility, 617; Simplicity, 654; Skill, 660; Suffering, 691; Teaching, 700; Thinking, 705; Transformation, 717; Understanding, 729; Value, 733; War, 743
Ferrini, Paul: American Writer, Counselor; Failure, 296
Ferrucci, Piero: 1946-, Italian Psychologist; Acceptance, 25; Art, 59; Cause, 106; Chaos, 118; Enlightenment, 266; Submission, 681
Feuerstein, Georg: 1947-, German/American Yogi, Scholar; Shadow, 646; Spirituality, 673; Transformation, 717
Feynman, Richard Phillips: 1918-1988, American Physicist; Balance, 81
Ficino, Marsilio: 1433-1499, Italian Philosopher; Being, 87; Goal, 333; Sensibility, 636
Fielding, Henry: 1707-1754, English Writer, Dramatist, Journalist; Equanimity, 270; Feeling, 306; Prudence, 580; Wealth, 745
Fields, William Claude: 1880-1946, American Comedian; Attitude, 70; Sex, 640
Fierstein, Harvey Forbes: 1954, American Dramatist, Actor, Gay Activist; Commitment, 130; Identity, 383
Findhorn Community, The: Scottish New Age Community; Autonomy, 76; Oneness, 528
Finley, James: 1943-, American Writer; Meaning, 500
Fisher, Dorothy Canfield: 1879-1958, American Writer; Dependence, 214; Goal, 335
Fitzgerald, Ella: 1917-1996, African-American Jazz Singer; Direction, 235; Inspiration, 421
Fitzgerald, Francis Scott: 1896-1940, American Writer; Actualization, 33; Determination, 226; Openness, 530; Perspective, 551; Equanimity, 271
Flandrau, Charles Macomb: 1871-1938, American Writer; Presence, 573
Flaubert, Gustave: 1812-1880, French Writer; Loquacity, 481; Love-Eros, 488
Fletcher, John: 1579-1625, English Dramatist; Action, 29; Relationship, 596
Floyd, Doug: Conformity, 155
Fontaine, Jean de la: 1621-1695, French Poet, Fabulist; Death, 195; Passion, 544; Patience, 547; Self-Reliance, 633
Forbes, Bertie Charles: 1880-1954, Scottish Journalist; Commitment, 129; Confidence, 148; Goal, 335; Jealousy, 432; Simplicity, 653; Trust, 718
Forbes, Malcolm Stevenson: 1919-1990, American Publisher; Happiness, 355; Openness, 531; Regret, 595; Revenge, 623; Teaching, 700; Value, 732; Zeal, 768
Ford, Gerald Rudolph, Jr.: 1913-, 38th US President; Success, 683
Ford, Henry: 1863-1947, American Industrialist, Inventor, Philanthropist; Ability, 21; Attitude, 70; Character, 120; Collaboration, 126; Complacency, 142; Failure, 293; Fault, 301; Giving, 329; Insecurity, 414; Learning, 442; Little, 472; Passion, 545; Possibility, 559; Preparation, 570; Presence, 573; Success, 682; Thinking, 703; Today, 711; Work, 758
Foreman, George Edward: 1949-, African-American Boxer; Dreams, 255
Forster, Edward Morgan: 1879-1970, English Writer, Essayist, Literary Critic; Belief, 94; Creativity, 179; Death, 196; Dependence, 214; Faith, 298; Feeling, 308; Influence, 403; Logos, 476
Fortunato, John: Journey, 437; Submission, 681
Fosdick, Henry Emerson: 1878-1969, American Cleric, Writer; Direction, 235; Discipline, 237; Focus, 316; Possibility, 559; Spirituality, 670; Wonder, 754; Work, 759
Foster, Jodie (Alicia Christian): 1962- , American Actress; Conformity, 155
Foster, Luella: U. S. Peace Corps Volunteer; Lila, 461
Foucault, Michel: 1926-1984, French Philosopher; Thinking, 704
Fox, Emmet: 1886-1951, Irish/American Metaphysician, Unity Cleric; Choice, 123; Forgiveness, 319; Love-Agape, 484; Presence, 574; Suffering, 688
Fox, Matthew Timothy: 1940-, American Episcopal Priest, Educator; Art, 59; Attention, 67; Belief, 97; Distraction, 245; Legacy, 448; Release, 607; Sex, 643; Work, 760
Fox, Michael Wilson: 1937-, British/American Veterinarian, Ethologist, Conservationist; Attitude, 72; Cause, 106; Connection, 162; Evil, 277; Innocence, 410; Oneness, 527; Openness, 531; Reciprocity, 594
Frame, Janet Paterson: 1924-, New Zealander Poet, Writer; Time, 709
France, Anatole (Jacques Anatole François Thibault): 1844-1924, French Writer, Critic; Accomplishment, 27; Change, 112; Delusion, 210; Dreams, 251; Equanimity, 270;

Expression, 290; Idea, 379; Imagination, 384; Learning, 442; Seeking, 626; Simplicity, 653; Success, 682; Suffering, 687; Teaching, 699; Thinking, 702; Zeal, 766
Francis of Assisi (Giovanni Bernardone): c. 1181-1226, Italian Monk, Founder of the Franciscan Order, Saint; Belief, 90; Example, 278; Forgiveness, 318; Humility, 372; Liberation, 450; Meditation, 504; Possibility, 557; Seeking, 625; Shadow, 644; Silence, 647; Wealth, 745
Francis, Brendan: Confidence, 148; Decision, 201; Fear, 305; Inspiration, 421; Loneliness, 479; Relativity, 603; Skill, 660; Today, 712
Franck, Frederick Sigfred: 1909-, Dutch Physician, Artist, Writer; Art, 57; Belief, 96; Centering, 109; Identity, 382; Logos, 476; Questioning, 583; Spirituality, 671; Value, 732; Vision, 738; Wonder, 755
Frank, Anne (Annelies Marie): 1929-1945, Dutch Jewish Diarist; Character, 121; Engagement, 258; Giving, 332
Frank, Lawrence Kelso: 1890-1968, American Psychologist; Release, 606
Frankl, Viktor Emil: 1905-1998, Austrian Psychotherapist, Concentration Camp Survivor; Attitude, 71; Change, 114; Cost, 173; Decision, 201; Goal, 336; Happiness, 354; Individuality, 396; Love-Agape, 485; Meaning, 499; Success, 683; Suffering, 689; Work, 760
Franklin, Benjamin: 1706-1790, American Statesman, Scientist, Inventor, Writer; Action, 29; Adversity, 37; Cost, 172; Deferment, 205; Diligence, 232; Example, 278; Expectation, 280; Expedience, 283; Failure, 292; Friendship, 323; Health, 364; Humility, 373; Insanity, 411; Introspection, 428; Laziness, 438; Lila, 458; Little, 471; Passion, 544; Patience, 547; Relationship, 596; Self-Reliance, 633; Skill, 658; Tact, 697; Time, 706; Value, 731; War, 740; Wealth, 745; Wisdom, 749; Worry, 763
Fredericks, James L.: Friendship, 326
Freud, Anna: 1895-1982, Austrian/British Psychoanalyst; Creativity, 180; Self-Reliance, 635
Freud, Sigmund: 1856-1939, Austrian Physicist, Founder of Psychoanalysis; Affirmation, 42; Belief, 92; Connection, 159; Continuity, 167; Delusion, 210; Dreams, 251; Insight, 417; Logos, 475; Love-Eros, 488; Relativity, 602; Self, 630; Sincerity, 656; Struggle, 678; Value, 731
Fripp, Robert: 1946-, British Rock Musician; Journey, 436; Listening, 469
Fritz, Robert: 1943-, American Management Consultant; Creativity, 182; Limitation, 467; Vision, 739
Fromm, Erich: 1900-1980, German/American Psychoanalyst, Writer; Art, 57; Conformity, 154; Conscience, 165; Cost, 173; Courage, 177; Criticism, 186; Delusion, 211; Dependence, 215; Dreams, 253; Ethics, 273; Giving, 331; Goal, 336; Greed, 341; Haste, 357; Having, 362; Individuality, 396; Insanity, 412; Insecurity, 415; Integrity, 425; Loneliness, 479; Love-Agape, 485; Love-Eros, 490; Meaning, 498; Power, 564; Reciprocity, 592; Relationship, 597; Self, 631; Time, 708
Frost, David Paradine: 1939-, English TV Host, Writer; Success, 684
Frost, Robert Lee: 1874-1963, American Poet; Acceptance, 24; Composure, 145; Continuity, 168; Determination, 226; Equanimity, 271; Exploration, 288; Happiness, 353; Insanity, 412; Limitation, 464; Love-Agape, 484; Love-Eros, 488; Release, 605; Work, 759; Worry, 763; Zeal, 766
Froude, James Anthony: 1818-1894, English Historian, Scholar; Character, 120
Fry (Harris), Christopher: 1907-2005, English Verse Dramatist, Theatre Director, Translator; Imagination, 385; Relativity, 603; Understanding, 729
Frye, (Herman) Northrop: 1912-1991, Canadian Scholar, Critic; Diversity, 248
Fugard, (Harold) Athol Lannigan: 1932-, South African Dramatist; Suffering, 690
Fulghum, Robert: 1937-, American Writer; Balance, 81; Celebration, 107; Chaos, 118; Engagement, 259; Imagination, 386; Meaning, 500
Fuller, (Richard) Buckminster: 1895-1983, American Architect, Engineer; Belief, 95; Collaboration, 126; Faith, 298; Innocence, 410; Integrity, 424; Oneness, 526; Transformation, 716; War, 742; Wealth, 746
Fuller, (Sarah) Margaret: 1810-1850, American Writer; Partnership, 540; Relationship, 596; Work, 758
Fuller, Millard: 1935-, American Lawyer; Actualization, 34
Fuller, Thomas: 1608-1661, English Cleric, Antiquary; Acceptance, 23; Appearance, 49; Appreciation, 53; Comparison, 134; Deferment, 205; Determination, 224; Friendship, 323; Health, 364; Insecurity, 413; Patience, 547; Reciprocity, 590; Self-Reliance, 633; Value, 730; Zeal, 765
Fuyan Qingyuan: 1067-1120, Chinese Chan Master; Differentiation, 228; Meaning, 497; Seeking, 625; Understanding, 728
Gabor, Dennis: 1900-1979, English Physicist; Creativity, 180
Gabriol, Solomon Ben Yehuda Ibn: c. 1020-1057, Spanish Jewish Poet, Philosopher; Composure, 144; Loquacity, 480; Openness, 529; Questioning, 581
Gaiman, Neil: 1960-, British/American Writer; Impermanence, 390
Gaines, Ernest James: 1933-, African-American Writer; Cost, 173; Questioning, 584
Gaines, William Albert: 1971-, African-American Football Player; Acceptance, 25
Gaither, Gloria: 1942-, American Writer, Lyricist; Goal, 337; Today, 712
Galbraith, John Kenneth: 1908-, American Diplomat, Economist, Writer; Conformity, 154
Galilei, Galileo: 1564-1642, Italian Mathematician, Astronomer, Physicist, Inventor; Belief, 91; Learning, 441; Teaching, 698
Gallagher, Tess (Theresa Jeanette Bond): 1943-, American Screenwriter, Educator, Poet; Connection, 163
Gampopa Sonam Rinchen: 1079-1153, Tibetan Physician, Buddhist Patriarch, Founder of the Kagyu School; Attachment, 61
Gandhi, Indira Priyadarshini Nehru: 1917-1984, Indian Prime Minister; Balance, 81
Gandhi, Mahatma (Mohandas Karamchand): 1869-1948, Indian Spiritual Leader; Anger, 48; Apprearance, 50; Belief, 93; Change, 113; Character, 121; Collaboration, 126; Comparison, 134; Composure, 145; Connection, 159; Conscience, 165; Detachment, 223; Differentiation, 230; Disclosure, 240; Evil, 276; Example, 279; Faith, 298; Fear, 304; Feeling, 307; Forgiveness, 319; Friendship, 325; Giving, 330; Goal, 335; Happiness, 353; Haste, 356; Hate, 358; Health, 366; Humility, 373; Influence, 402; Integrity, 424; Laziness, 439; Liberation, 451; Limitation, 463; Little, 472; Love-Agape, 484; Manifestation, 495; Music, 519; Optimism, 537; Power, 563; Presence, 573; Responsibility, 615; Restraint, 619; Revenge, 623; Seeking, 626; Self-Reliance, 634; Silence, 648; Solution, 666; Spirituality, 670; Strength, 677; Struggle, 678; Thinking, 703; Tolerance, 714; Truth, 723; Understanding, 729; War, 741; Wealth, 746; Wisdom, 750; Work, 759; Zeal, 766
García Márquez, Gabriel José: 1928-, Colombian Journalist, Writer, 1982 Nobel Laureate; Memory, 510; Sex, 642
Gardner, John C.: 1933-1982, American Scholar, Writer; Synthesis, 695

Gardner, John William: 1912-2002, American Social Reformer; Continuity, 169; Creativity, 180; Opportunity, 534; Possibility, 560; Questioning, 583; War, 742
Garrison, William Lloyd: 1805-1879, American Abolitionist, Journalist; Oneness, 524
Garvey, Amy Jacques: 1896-1973, Jamaican Pan-African Activist; Liberation, 453
Garvey, Marcus Mosiah: 1887-1940, Jamaican Pan-African Leader, Writer; Autonomy, 75; Collaboration, 126; Comparison, 135; Dependence, 214; Determination, 226; Feeling, 308; Hate, 358; Identity, 381; Initiative, 408; Legacy, 447; Liberation, 452; Limitation, 464; Mind, 514; Opportunity, 534; Power, 564; Self-Reliance, 635; Sincerity, 656; Spirituality, 671
Gary, Romain (Kacew): 1914-1980, French Diplomat, Writer; Humor, 376
Gary, Willie E.: 1947-, African-American Lawyer; Decision, 201
Gates, Bill (William Henry): 1955-, American Entrepreneur; Cause, 106; Chaos, 118; Commitment, 130; Creativity, 182; Failure, 296
Gates, Henry Louis, Jr.: 1950-, African-American Scholar, Educator, Critic; Connection, 163
Gatlin, June: African-American Cleric; Release, 608
Gatty, Margaret Scott: 1809-1873, English Botanist, Artist, Writer; Conflict, 150
Gauguin, (Eugène Henri) Paul: 1848-1903, French Painter; Renewal, 610; Trust, 718; Vision, 736
Gautier, (Pierre Jules) Théophile: 1811-1872, French Writer, Poet, Dramatist; Love-Eros, 488
Gawain, Shakti: 1948-, American Therapist, Writer; Actualization, 34; Anger, 48; Avoidance, 78; Balance, 82; Change, 115; Daring, 192; Happiness, 355; Health, 371; Individuality, 397; Influence, 406; Ingenuity, 407; Insight, 419; Integrity, 426; Manifestation, 496; Partnership, 543; Presence, 577; Relationship, 600; Shadow, 646; Trust, 719
Gay, John: 1685-1732, English Poet, Dramatist, Librettist; Dependence, 214; Humor, 374
Gaye, Marvin Penze: 1939-1984, African-American Singer, Songwriter; Art, 59; Composure, 146; Music, 520; Sex, 643
Gebser, (Hans) Jean: 1905-1973, German/Swiss Philosopher, Poet; Cause, 105; Feeling, 308; Growth, 346; Meaning, 499; Presence, 575
Gellert, Christian Furchtegott: 1715-1769, German Poet, Dramatist, Hymn Writer; Zeal, 765
George, David Lloyd: 1863-1945, British Preacher, Prime Minister; Daring, 191
George, Henry: 1839-1897, American Economist, Editor, Lecturer; Desire, 219; Influence, 402
Gerima, Haile: 1946-, Ethiopian/American Dramatist, Filmmaker; Insight, 419
Gerould, Kathleen Fullerton: 1879-1944, American Writer; Influence, 403
Ghalib, Mirza Asadullah Khan: 1797-1869, Indian Sufi Mystic, Poet; Reality, 586
Ghosananda, Samdech Preah Maha: 1929-, Cambodian Buddhist Patriarch, Activist; Revenge, 623
Giamatti, (Angelo) Bartlett: 1938-1989, American Scholar, Educator, Administrator; Teaching, 700
Gibb, Jack Rex: 1914-, Canadian/American Psychologist; Daring, 191
Gibbon, Edward: 1737-1794, English Historian, Politician; Change, 112; Opportunity, 532; Solitude, 662
Gibran, Khalil: 1883-1931, Lebanese Poet, Mystic, Painter; Appearance, 50; Appreciation, 53; Attitude, 70; Balance, 80; Belief, 94; Choice, 123; Communication, 132; Continuity, 168; Criticism, 185; Death, 196; Differentiation, 230; Disclosure, 240; Dreams, 252; Enjoyment, 261; Ethics, 273; Expression, 291; Faith, 298; Fault, 302; Feeling, 308; Friendship, 325; Giving, 331; Growth, 345; Having, 361; Health, 366; Insight, 418; Introspection, 429; Learning, 443; Liberation, 452; Limitation, 464; Loneliness, 478; Loquacity, 481; Love-Agape, 484; Love-Eros, 489; Music, 519; Paradox, 538; Partnership, 541; Polarity, 555; Questioning, 583; Relationship, 597; Relativity, 603; Release, 605; Sensibility, 637; Simplicity, 653; Solitude, 664; Spirituality, 670; Suffering, 688; Tact, 697; Teaching, 699; Time, 708; Today, 711; Truth, 723; Wisdom, 750; Work, 759
Giddings, Paula Jane: 1947-, African-American Writer, Educator; Conviction, 171
Gide, André Paul Guillaume: 1869-1951, French Writer, Critic, Dramatist, Poet, 1947 Nobel Laureate; Acceptance, 24; Comparison, 134; Compassion, 137; Conflict, 150; Conformity, 153; Criticism, 185; Daring, 191; Desire, 220; Exploration, 288; Expression, 290; Feeling, 307; Having, 361; Individuality, 394; Integrity, 424; Paradox, 538; Patience, 548; Possibility, 559; Presence, 573; Release, 605; Responsibility, 615; Self-Reliance, 635; Solitude, 663; Spontaneity, 675; Struggle, 678; Truth, 723; War, 741
Gifford, Patrice: 1942-, American Anthropologist, Writer; Revenge, 627
Gilder, George Franklin: 1939-, American Writer, Speechwriter; Wealth, 747
Gilgamesh, Epic of: c. 2100 BCE, Mesopotamian Text; Collaboration, 125
Ginsberg, (Irwin) Allen: 1926-1997, American Poet; Inaction, 392
Ginsberg, Louis: 1895-1976, American Writer; Giving, 331
Giovanni, (Yolande Cornelia) Nikki: 1943-, African-American Poet, Writer, Educator, Political Activist; Failure, 295; Identity, 383; Life, 457; Listening, 469; Love-Eros, 493; Respect, 613; Truth, 725
Girzaitis, Loretta: 1920-, American Writer; Compassion, 138
Gish, Lillian Diana: 1896-1993, American Actress; Happiness, 354
Gissing, George Robert: 1857-1903, English Writer; Desire, 219; Expectation, 281; Wealth, 746; Wonder, 753
Gizan: 1802-1878, Chinese Chan Master, Poet; Impermanence, 389
Glasgow, Arnold H.: American Psychologist; Complacency, 142; Goal, 337; Humor, 377; Laziness, 439; Passion, 546; Worry, 764
Glasgow, Ellen Anderson Gholson: 1873-1945, American Writer; Attitude, 70; Idea, 379; Limitation, 464
Godard, Jean-Luc: 1930-, French Film Producer, Director; Ethics, 274; Truth, 725
Goddard, Neville: 1905-1972, Barbadian/American Spiritual Teacher; Cause, 105; Complacency, 142; Discipline, 237; Focus, 316; Forgiveness, 319; Imagination, 385; Manifestation, 496; Power, 564; Renewal, 611; Trust, 719
Goddard, Robert Hutchings: 1882-1945, American Physicist; Possibility, 559
Godin, André: d. 1997, Religious Psychologist; Expectation, 282
Godwin, Gail Kathleen: 1937-, American Writer; Dreams, 255; Teaching, 700
Goethe, Johann von: 1749-1832, German Poet, Novelist, Dramatist, Philosopher, Scientist; Action, 29; Art, 55; Autonomy, 74; Belief, 91; Celebration, 107; Chaos, 116; Character, 119; Commitment, 128; Complacency, 141; Connection, 159; Continuity, 167; Criticism, 184; Deferment, 205; Dreams, 250; Experience, 284; Fault, 301; Focus, 315; Having, 361; Humor, 374; Idea, 378; Individuality, 393; Indulgence, 398; Influence, 401;

Ingenuity, 407; Insight, 416; Legacy, 446; Limitation, 463; Love-Eros, 488; Passion, 545; Power, 562; Presence, 572; Relationship, 596; Relativity, 602; Renewal, 609; Respect, 613; Self-Reliance, 634; Shadow, 644; Solitude, 662; Thinking, 701; Time, 706; Today, 711; Trust, 718; Value, 731; Worry, 763; Zeal, 765
Golas, Thaddeus: 1924-1997, American Writer, Editor; Attention, 65; Change, 114; Enjoyment, 262; Enlightenment, 266; Perspective, 551; Sex, 641; Submission, 681
Goldberg, Natalie: American Writer, Teacher; Acceptance, 25; Beginning, 85; Complacency, 142; Diversity, 249; Influence, 406; Limitation, 467; Loneliness, 479; Perspective, 552; Presence, 578; Questioning, 584; Skill, 660; Synthesis, 695; Trust, 719
Goldberg, Whoopi (Caryn E. Johnson): 1955-, African-American Actress, Comedian; Actualization, 35; Perspective, 552
Golden, Marita: 1950-, African-American Writer, Educator; Art, 59
Goldman, Emma: 1869-1940, Lithuanian/American Anarchist, Feminist, Writer; Dreams, 251; Jealousy, 432; Love-Eros, 488; Means, 502
Goldsmith, Joel: 1892-1964, American Spiritual Teacher, Healer; Appearance, 50; Cause, 105; Liberation, 452; Wealth, 746
Goldsmith, Oliver: c. 1728-1774, Irish Dramatist, Poet, Writer; Affirmation, 41; Belief, 91; Expectation, 280; Failure, 292
Goldstein, Joseph: 1944-, American Theravada Buddhist Teacher, Writer; Attention, 67; Meditation, 507
Goldstone, Adele: American Caterer; Limitation, 467
Goldwyn, Samuel (Schmuel Gelbfisz): 1882-1974, Polish/American Film Producer; Indulgence, 399; Opportunity, 534; Zeal, 767
Gombrowicz, Witold: 1904-1969, Polish Writer; Identity, 381
Gomes, Peter: 1942-, African American Cleric; Adversity, 40; Spirituality, 672
Goodman, Ellen Holtz: 1941-, American Columnist; Action, 30; Focus, 317; Retreat, 621; Value, 733
Goodman, Paul: 1911-1972, American Writer, Social Critic; Commitment, 130; Creativity, 180; Teaching, 700
Gordimer, Nadine: 1923-, South African Jewish Writer, 1991 Nobel Laureate; Reality, 587; Retreat, 621; Time, 709
Gordon, Rabbi Julius: Love-Agape, 486
Gordon, Winifred: Courage, 177
Gorky, Maxim (Alexei Maximovich Peshkov): 1868-1936, Russian Writer, Dramatist, Revolutionary; Appreciation, 53; Power, 563
Gorz, André: 1924-, Austrian Writer, Political Theorist; Health, 368
Govinda, Lama Anagarika Brahmacari: 1898-1985, German-Indian Buddhist Lama, Scholar, Writer; Breakthrough, 99; Courage, 176; Transformation, 716
Goya y Lucientes, Francisco José de: 1746-1828, Spanish Painter; Imagination, 384
Gracián y Morales, Baltasar: 1601-1658, Spanish Jesuit Writer, Philosopher; Ability, 21; Acceptance, 23; Appreciation, 52; Choice, 122; Dependence, 214; Disclosure, 239; Focus, 315; Friendship, 323; Giving, 328; Humility, 372; Lila, 458; Little, 471; Suffering, 686; Understanding, 728; Value, 730; Wisdom, 749
Graham, Billy (William Franklin): 1918-, American Evangelist; Compassion, 138; Humor, 377
Graham, Martha: 1894-1991, American Dancer, Teacher, Choreographer; Dance, 188; Individuality, 395; Insanity, 412; Practice, 567
Grant, Cary (Archibald Alexander Leach): 1904-1986, English/American Film Actor; Responsibility, 616
Grant, Ulysses Simpson: 1822-1885, American General, 18th US President; War, 740
Grass, Günter Wilhelm: 1927-, German Writer; Change, 114
Graves, Robert von Ranke: 1895-1985, British Poet, Writer, Critic; Love-Eros, 490
Grayson, David (Ray Stannard Baker): 1870-1946, American Journalist, Writer; Criticism, 185; Having, 361; Inaction, 392; Regret, 595
Greenberg, Sidney: 1917-, American Rabbi, Writer; Adversity, 39
Greenburg, Dan: 1936-, American Writer; Love-Eros, 493
Greene, Graham Henry: 1904-1991, English Writer, Dramatist; Breakthrough, 99; Chaos, 117; Conformity, 154; Trust, 719
Gregory, Isabella Augusta: 1852-1932, Irish Dramatist, Writer, Translator; Learning, 442
Grenfell, Wilfred: 1865-1940, British Physician, Missionary; Giving, 329; Logos, 475
Gretzky, Wayne: 1961-, Canadian Hockey Player; Action, 30
Griggs, Edward Howard: 1868-1951, American Scholar, Educator, Writer; Breakthrough, 99; Determination, 226
Grimes, Martha: American Writer, Educator; Ability, 21
Grof, Christina Valier: Transpersonal Psychologist; Solution, 668; Spirituality, 673
Grof, Stanislav: 1931-, Czech Psychiatrist, Educator, Writer; Attention, 66; Oneness, 527; Solution, 668; War, 743
Gropius, Walter: 1888-1969, German/American Architect, Educator; Art, 56; Continuity, 168; Openness, 530; Work, 759
Guardini, Romano: 1885-1968, Italian/German Catholic Priest, Theologian; Oneness, 526
Guerard, Albert Joseph: 1914-2000, American Writer; Questioning, 584
Guest, Edgar Albert: 1881-1959, English/American Journalist, Poet; Affirmation, 42; Choice, 123; Integrity, 424
Guevara de la Serna, Che (Ernesto Rafael): 1928-1967, Argentinian/Cuban Physician, Revolutionary, Militarist; Cause, 104; Transformation, 715
Guicciardini, Francesco: 1483-1540, Italian Historian; Fear, 303
Guishan Lingyou: 771-854, Chinese Chan Master, Guiyang School Founder; Being, 87; Dispatch, 242; Habit, 349; Impermanence, 388; Influence, 400
Gunabhadra Tripitaka: fl. 424-454, Indian Buddhist Scholar, Translator; Enlightenment, 263; Equanimity, 268; Reality, 585
Gurdjieff, George Ivanovitch: 1877-1949, Greek-Armenian Teacher, Writer; Attention, 64; Belief, 93; Giving, 330; Growth, 345; Relativity, 602; Struggle, 678; Suffering, 687
Guthrie, Thomas: 1803-1873, Scottish Cleric, Philanthropist; Giving, 328
Hadfield, J. A.: Power, 565
Haecker, Theodor: 1879-1945, German Philosopher, Translator; Differentiation, 230
Hafiz, Shamseddin: 1320-1390, Persian Sufi Mystic, Poet; Art, 55; Humility, 372; Journey, 434; Limitation, 462; Music, 518; Spontaneity, 674
Hagen, Steve: 1945-, American Soto Zen Priest, Teacher; Attention, 67; Differentiation, 231; Distraction, 245; Ethics, 274; Journey, 436; Meaning, 501, 508; Oneness, 528; Relativity, 603; Sensibility, 639; Truth, 725
Hajwiri, Hazrat Ali Bin Usman: 1009-1072, Afghani Sufi Saint; Presence, 571
Hakuin Ekaku: 1686-1769, Japanese Zen Master, Artist, Writer; Enlightenment, 264; Meditation, 505; Seeking, 625
Haley, Alexander Murray Palmer: 1921-1992, African-American Journalist, Writer; Legacy, 447

Halifax, Joan Squire: 1942-, American Anthropologist, Writer; Seeking, 627
Hall, Nor: Psychotherapist, Scholar, Poet; Shadow, 646
Hall, Robert: Spirituality, 673; Suffering, 692
Halle, Louis Joseph: 1910-1998, American Writer; Sensibility, 638
Hamilton, Alexander: 1755-1804, American Statesman; Focus, 315
Hamilton, Edith: 1867-1963, American Translator, Scholar, Writer; Learning, 442
Hamilton, Hugh: Death, 199
Hammarskjöld, Dag Hjalmar Agne Carl: 1905-1961, Swedish Diplomat, International Administrator; Autonomy, 75; Breakthrough, 100; Centering, 109; Conviction, 171; Death, 197; Focus, 316; Forgiveness, 319; Friendship, 326; Growth, 346; Humility, 373; Integrity, 425; Introspection, 429; Journey, 435; Limitation, 465; Presence, 574; Release, 606; Responsibility, 616; Silence, 649; Submission, 681; Today, 712
Hammerstein, Oscar, II: 1846-1919, German-American Composer, Impresario; Dreams, 251
Han Suyin (Elizabeth Chow): 1917-, Chinese/British Physician, Writer; Solitude, 665; Truth, 725
Hannibal Barca: c. 252-183 BCE, Carthaginian Militarist; Determination, 224
Hansberry, Lorraine Vivian: 1930-1965, African-American Dramatist, Civil Rights Activist; Creativity, 181; Influence, 405; Loneliness, 479
Hansen, Fritjof: War, 743
Hansen, Karl-Heinz: 1927-, German Politician; Legacy, 447
Hanshan 'Cold Mountain': fl. 730-850, Chinese Taoist Mystic, Poet; Age, 44; Composure, 143; Impermanence, 388; Retreat, 620
Hanshan Deqing (Han-Shan Te-Ching): 1546-1623, Chinese Chan Master, Scholar, Poet; Adversity, 37; Attention, 63; Autonomy, 74; Conflict, 149; Differentiation, 229; Greed, 341; Little, 471; Vision, 736; Work, 757
Harburg, Edgar Yipsel: 1896-1981, American Lyricist; Music, 520
Harding, Vincent G.: 1931-, African-American Educator, Historian; Vision, 739
Hardy, Godfrey Harold: 1877-1947, English Mathematician, Writer; Conformity, 153
Harris, Horace: Having, 362
Harris, Sydney Justin: 1917-1986, American Journalist; Change, 114; Ethics, 274; Introspection, 430; Learning, 444; Perspective, 551; Regret, 595; Suffering, 689; Worry, 764
Harvey (Aurandt), Paul: 1918-, American Broadcaster, Writer; Equanimity, 271
Haskins, Caryl Parker: 1908-2001, American Scientist, Writer; Truth, 724
Haskins, Henry Stanley, b. 1875: Acceptance, 24; Attitude, 70; Insight, 418; Possibility, 559; Tolerance, 714; Zeal, 767
Hastings, Robert Jean: 1924-, American Baptist Cleric, Educator, Writer; Journey, 435
Hathaway, Katharine Butler: 1890-1942, American Writer; Commitment, 129; Decision, 201; Experience, 286; Growth, 345; Insight, 418; Possibility, 559; Revenge, 623; Understanding, 729
Havel, Václav: 1936-, Czech President, Poet, Writer, Dramatist; Beginning, 85; Breakthrough, 101; Expectation, 282; Humor, 377; Identity, 383; Meaning, 500
Hawken, Paul: American Environmentalist, Entrepreneur; Wealth, 747
Hawking, Stephen: 1942-, British Theoretical Physicist, Mathematician; Limitation, 467
Hawthorne, Nathaniel: 1804-1864, American Writer; Appearance, 50; Death, 195; Happiness, 352; Individuality, 393; Limitation, 463; Logos, 475; Moderation, 517; Sincerity, 655
Hay, Louise L.: 1926-, American Writer, Publisher, Educator, Religious Science Cleric; Affirmation, 43; Individuality, 396; Openness, 531
Hayakawa, Samuel Ichiye; Delusion, 212; 1906-1992, Japanese-American Educator; Conformity, 154; Introspection, 429
Hayes (Brown), Helen: 1900-1993, American Actress; Age, 46; Faith, 299; Growth, 346; Love-Agape, 485; Solitude, 664
Hayes, Frederick O'R.: American Bureaucrat; Change, 115
Hazlitt, William: 1778-1830, English Writer, Critic; Adversity, 37; Affirmation, 41; Confidence, 148; Conflict, 150; Death, 195; Deferment, 205; Disclosure, 239; Faith, 297; Feeling, 306; Hate, 358; Jealousy, 431; Limitation, 463; Passion, 545; Respect, 613; Self-Reliance, 634; Silence, 648; Simplicity, 652; Skill, 658; War, 740
Hazrat Ali: 599-661, 4th Islamic Khalif, 1st Shia Imam, Writer; Action, 28; Disclosure, 238; Evil, 275; Health, 364; Impermanence, 388; Preparation, 569; Prudence, 579; Value, 730
Head, Bessie: 1937-1986, South African Writer; Disclosure, 241; Example, 279
Heatter, Gabriel: 1890-1972, American Radio Performer; Time, 708
Hecaton of Rhodes: Early 1st Century BCE, Greek Philosopher; Love-Agape, 482
Heckbert, John: Inaction, 392
Hefner, Hugh Marston: 1926-, American Publisher; Solution, 667
Hegel, Georg Wilhelm: 1770-1831, German Philosopher; Liberation, 450; Meaning, 497
Heidegger, Martin: 1889-1976, German Philosopher; Art, 56
Hein, Piet: 1905-1996, Danish Inventor, Poet; Art, 57; Sex, 641; Wisdom, 751
Heinlein, Robert Anson: 1907-1988, American Science Fiction Writer; Jealousy, 432; Love-Eros, 491; Wonder, 755
Heisenberg, Werner Karl: 1901-1976, German Theoretical Physicist; Failure, 294; Humor, 376; Vision, 738
Hellman, Lillian: 1905-1984, American Dramatist, Screenwriter; Avoidance, 77; Communication, 133; Confidence, 148; Conscience, 165; Decision, 201; Greed, 341; Legacy, 447; Responsibility, 616
Hello, Ernest: 1828-1885, French Writer; Communication, 131; Giving, 329; Hate, 358
Helps, Arthur: 1813-1875, English Writer; Possibility, 558; Release, 605
Hemingway, Ernest Miller: 1899-1961, American Writer, 1954 Nobel Laureate; Action, 29; Adversity, 39; Cost, 173; Courage, 176; Ethics, 273; Listening, 469; War, 742
Hemingway, Mary Welsh: 1908-1986, American Writer; Worry, 764
Hendrix, Jimi (James Marshall): 1942-1970, American Rock Musician, Songwriter; Conformity, 155; Death, 199; Integrity, 426; Power, 565
Henley, William Ernest: 1849-1903, English Writer; Autonomy, 74
Henri, Robert: 1865-1929, American Painter; Art, 56
Henry, Joseph: 1797-1878, American Physicist; Creativity, 178
Henry, Patrick: 1736-1799, American Revolutionary, Lawyer, Orator, Statesman; Disclosure, 239
Hepburn, Katharine Houghton: 1909-2003, American Actress; Conformity, 154; Cost, 173; Dance, 189; Discipline, 237; Fault, 302; Love-Eros, 491; Music, 520; Work, 760
Hepburn, Katharine Houghton, (mère): 1878-1951, American Suffragist, Birth Control Advocate; Enjoyment, 261

Heppenstall, Rayner: 1911-1981, British Writer; Identity, 382
Heraclitus: c. 540-c. 480 BCE, Greek Philosopher; Being, 86; Change, 111; Character, 119; Conflict, 149; Diversity, 246; Dreams, 250; Expectation, 280; Flexibility, 311; Lila, 458; Oneness, 521; Polarity, 553; Relativity, 601; Self-Reliance, 633
Herbert, George: 1593-1633, English Poet, Cleric; Disclosure, 238; Expectation, 280; Focus, 314; Forgiveness, 318; Journey, 434; Logos, 474; Revenge, 622; Worry, 762
Hermes Trismegistus: Khemetic Magus, Egyptian God Thoth, Greek God of Law & Letters; Action, 28; Balance, 79; Cause, 102; Dance, 188; Differentiation, 228; Mind, 511; Oneness, 521; Polarity, 553; Preparation, 569; Reality, 585; Reciprocity, 589; Thinking, 701; Transformation, 715; Wisdom, 748
Herodotus: c. 485-c. 425 BCE, Greek Historian; Courage, 174; Daring, 190; Haste, 356; Lila, 458; War, 740
Herrick, Robert: 1591-1674, English Poet, Cleric; Exploration, 287; Greed, 341
Heschel, Abraham Joshua: 1907-1972, Polish/American Theologian, Rabbi, Writer; Being, 89; Learning, 444; Respect, 613; Wonder, 755
Hesiod: fl. c. 700 BCE, Greek Poet; Accomplishment, 26; Evil, 275
Hesse, Herman: 1877-1962, German-Swiss Writer, Poet, Essayist, Literary Critic, 1946 Nobel Laureate; Centering, 109; Communication, 132; Death, 196; Happiness, 353; Idea, 379; Individuality, 394; Perspective, 550; Reality, 586; Reciprocity, 592; Relationship, 597; Renewal, 610; Sensibility, 637; Submission, 680; Suffering, 687; Wisdom, 750
Heywood, John: c. 1497-c. 1580, English Dramatist, Epigrammatist; Possibility, 557
Hildebrand, Joel: 1881-1983, American Writer; Solitude, 663
Hill, Napoleon: 1883-1970, American Motivational Writer; Conscience, 165; Deferment, 206; Desire, 220; Failure, 294; Habit, 350; Imagination, 385; Little, 473; Mind, 514; Simplicity, 653
Hillel, the Elder: c. 60 BCE-c. 10 CE, Babylonian Rabbi, Talmudic Scholar; Reciprocity, 590; Self, 629; Wealth, 744
Hillesum, Etty: 1914-1943, Dutch Jewish Diarist; Reality, 587; Self-Reliance, 635; Strength, 677; Zeal, 768
Hillman, James: 1926-, American Writer; Being, 89; Insight, 418; Truth, 725
Hilton, James: 1900-1954, British/American Writer, Screenwriter; Value, 732
Himes, Chester Bomar: 1909-1984, African-American Writer; Goal, 336; Meaning, 499; Strength, 677
Hippocrates: c. 460-357 BCE, Greek Physician; Health, 363
Hirsch, Samson Raphael: 1808-1888, German Rabbi, Theologian; Impermanence, 389
Hitlin, Joan: Sculptor; Initiative, 408
Hixon, Lex (Nur al-Jerrahi): 1942-1995, American Philosopher, Sufi Master; Complacency, 142; Learning, 445; Meaning, 500; Solution, 668; Spirituality, 672; Teaching, 700
Hoagland, Edward Morley: 1932-, American Writer; Equanimity, 271; Optimism, 537
Hobbes, John Oliver (Pearl Mary-Teresa Richards Craigie): 1867-1906, American/English Writer, Dramatist; Delusion, 211; Goal, 334; Happiness, 353
Hobbes, Thomas: 1588-1679, English Political Philosopher; Composure, 144; Conscience, 164; Idea, 378; Prudence, 580
Hodgson, Ralph: 1871-1962, English Writer; Faith, 298
Hoff, Benjamin: 1946-, American Writer; Innocence, 410
Hoffer, Eric: 1902-1983, American Writer, Philosopher, Longshoreman; Belief, 95; Compassion, 138; Conflict, 151; Conformity, 154; Criticism, 186; Deferment, 207; Delusion, 211; Desire, 221; Enjoyment, 262; Expectation, 281; Failure, 294; Ingenuity, 407; Learning, 443; Liberation, 453; Moderation, 517; Openness, 530; Opportunity, 534; Questioning, 583; Trust, 719
Hoffman, Ernst Theodor Amadeus: 1776-1822, German Writer, Composer, Artist; Music, 518
Hoffman, Hans: 1880-1966, German/American Painter; Simplicity, 653
Hogan, Eve Eschner: 1961-, American Relationship Adviser; Partnership, 543
Holbach, Paul Henri Dietrich: 1723-1789, French Philosopher; Belief, 91
Holiday, Billie (Eleanora Fagan Gough): 1915-1959, African-American Jazz Singer; Creativity, 181; Indulgence, 399
Holland, Isabelle Christian: 1920-2002, American Writer; Forgiveness, 320; Guilt, 348
Holmes, Ernest Shurtleff: 1887-1960, American Metaphysician, Founder of Religious Science; Actualization, 33; Autonomy, 75; Belief, 94; Cause, 105; Centering, 109; Change, 113; Choice, 123; Creativity, 179; Criticism, 186; Diversity, 248; Expectation, 281; Experience, 285; Forgiveness, 319; Health, 367; Identity, 381; Limitation, 464; Logos, 476; Manifestation, 495; Mind, 514; Oneness, 526; Power, 564; Reciprocity, 592; Solution, 667; Submission, 680; Thinking, 704; Vice, 734; Vision, 737; Zeal, 767
Holmes, John Andrew: Compassion, 140
Holmes, Oliver Wendell: 1809-1894, American Physician, Poet, Writer; Actualization, 32; Age, 45; Direction, 234; Goal, 334; Growth, 345; Insight, 417; Listening, 468; Logos, 475; Music, 519; Passion, 545; Tact, 697; Truth, 722; Wealth, 746; Wisdom, 749
Holmes, Oliver Wendell, Jr.: 1841-1935, American Jurist, Judge; Conformity, 153; Engagement, 258; Enjoyment, 261; Expression, 290; Focus, 315; Idea, 379; Meaning, 497; Power, 563; Questioning, 582; Zeal, 766
Holt, Victoria (Eleanor Hibbert): 1906-1993, English Writer; Equanimity, 271
Holtz, Lou: 1937-, American Football Coach; Action, 30; Revenge, 623
Homer: 8th Century BCE, Greek Epic Poet; Collaboration, 125; Connection, 159; Continuity, 166; Courage, 174
Hong Zicheng: fl. 1596, Chinese Philosopher, Scholar; Actualization, 32; Appreciation, 52; Attitude, 69; Autonomy, 74; Avoidance, 77; Breakthrough, 98; Cause, 103; Chaos, 116; Character, 119; Conflict, 149; Deferment, 205; Determination, 224; Discipline, 236; Diversity, 246; Engagement, 257; Enlightenment, 264; Focus, 314; Giving, 328; Indulgence, 398; Innocence, 409; Insight, 416; Integrity, 423; Legacy, 446; Passion, 544; Practice, 567; Prudence, 580; Relativity, 601; Silence, 648; Simplicity, 652; Solution, 666; Tact, 697; Trust, 718
Hongzhi Zhengjue: 1091-1157, Chinese Chan Master; Centering, 108; Differentiation, 229; Enlightenment, 264; Growth, 344; Habit, 349; Meditation, 504; Wisdom, 749
Hoogterp, David: Relativity, 603
Hook, Sydney: 1902-1989, American Scholar, Editor, Educator; Value, 732
Hooker, Richard: 1554-1600, English Theologian, Cleric; Change, 111
hooks, bell (Gloria Jean Watkins): 1952-, African-American Theorist, Feminist, Writer; Discipline, 237; Love-Agape, 486; Memory, 510; Solitude, 665; Suffering, 692
Hoover, Herbert Clark: 1874-1964, 31st US President; Action, 29; Simplicity, 653
Hopper, Grace Murray: 1906-1922, American Militarist, Mathematician; Creativity, 180; Initiative, 408

Horace (Quintus Horatius Flaccus): 65-8 BCE, Roman Lyric Poet, Satirist; Acceptance, 22; Adversity, 36; Autonomy, 73; Beginning, 83; Celebration, 107; Change, 111; Composure, 143; Confidence, 147; Deferment, 204; Equanimity, 268; Exploration, 287; Fault, 300; Greed, 340; Humor, 374; Impermanence, 387; Liberation, 449; Little, 470; Moderation, 516; Power, 562; Strength, 676; Today, 710; War, 740
Horne, Lena Calhoun: 1917-, African-American Entertainer; Attitude, 71; Feeling, 309
Horner, Matina Souretis: 1929-, American Psychologist, Educator; Chaos, 118; Insight, 419; Loneliness, 479
Horney, Karen Clementine Theodore Danielsen: 1885-1962, German/American Psychotherapist; Health, 366; Sincerity, 656
Houston, Charles Hamilton: 1895-1950, African-American Lawyer, Educator; Character, 121
Houston, Jean: 1939-, American Psychologist, Dramatist, Writer; Humor, 377; Learning, 445; Meaning, 500; Possibility, 561; Suffering, 691
Hove, Chenjerai: 1956-, Zimbabwean Writer, Poet; Dreams, 255; Legacy, 448; Loneliness, 477; Reality, 588
Howard, Elizabeth Jane: 1923-, British Writer; Enjoyment, 262
Howard, Vernon Linwood: 1918-1992, American Writer, Dramatist; Affirmation, 43; Composure, 146; Conflict, 151; Congruence, 158; Expectation, 281; Happiness, 355; Health, 368; Identity, 382; Integrity, 425; Introspection, 430; Liberation, 454; Renewal, 611; Shadow, 645; Suffering, 690; Transformation, 716; Unconscious, 727
Howe, Edgar Watson: 1853-1937, American Editor, Writer; Skill, 659; Work, 758
Howell, Alice: Meaning, 501
Hoyt, Daniel Rexford: 1943-, American Management Educator; Communication, 133
Hozoin Gakuzengo Inye: Chaos, 116
Huainan Zi: 1st Century BCE, Chinese Chan Master; Acceptance, 22; Composure, 143; Silence, 647; Simplicity, 651; Transformation, 715
Huai-nan-tzu. *See* Huainan Zi
Huang Po. *See* Huangbo Xiyun
Huangbo Xiyun: 800-850, Chinese Chan Master; Engagement, 257; Enlightenment, 264; Meditation, 504; Mind, 512; Oneness, 522; Thinking, 701; Vision, 735
Huanglong Huinan: 1002-1069, Chinese Chan Master; Delusion, 209; Reality, 586; Seeking, 625
Hubbard, Barbara Marx: 1929-, American Futurist, Social Architect, Writer; Power, 565; Sex, 642
Hubbard, Elbert Green: 1856-1915, American Editor, Publisher, Writer; Appreciation, 53; Art, 55; Character, 120; Criticism, 185; Determination, 225; Diligence, 233; Disclosure, 240; Engagement, 258; Equanimity, 270; Failure, 293; Focus, 315; Friendship, 324; Giving, 329; Happiness, 353; Idea, 379; Lila, 459; Limitation, 463; Love-Agape, 483; Optimism, 536; Possibility, 558; Power, 563; Practice, 567; Reciprocity, 591; Self-Reliance, 634; Suffering, 687; War, 741; Work, 758
Hubbard, Lafayette Ronald: 1911-1986, American Science Fiction Writer, Founder of Scientology; Confidence, 148; Delusion, 212
Hughes, (James Mercer) Langston: 1902-1967, African-American Poet, Writer, Playwright; Deferment, 206; Dreams, 253; Humor, 376; Means, 502; Perspective, 551
Hugo, Victor Marie: 1802-1885, French Poet, Novelist, Dramatist, Politician; Being, 87; Dreams, 251; Goal, 334; Happiness, 352; Humor, 375; Idea, 379; Insecurity, 413; Love-Agape, 483; Love-Eros, 488; Meditation, 505; Music, 518; Practice, 567; Time, 706
Huihai Dazhu: 8th Century Chinese Chan Master; Distraction, 243; Liberation, 450; Mind, 512; Seeking, 624
Huizinga, Johannes: 1872-1945, Dutch Historian, Educator, Writer; Lila, 459
Hume, David: 1711-1776, Scottish Philosopher, Political Economist; Belief, 91; Flexibility, 312; Reciprocity, 590
Humphrey, Hubert Horatio: 1911-1978, US Vice-President, Writer; Sincerity, 657; Vision, 738
Huneker, James Gibbons: 1860-1921, American Musician, Critic; Conviction, 171
Hunt, (James Henry) Leigh: 1784-1859, English Writer, Poet, Literary Editor; Adversity, 37; Courage, 175; Feeling, 306; Giving, 328; Power, 562
Hunt, Haroldson Lafayette: 1889-1974, American Entrepreneur; Choice, 123
Hurley, Tom: Compassion, 140
Hurston, Zora Neale: 1891-1960, African-American Writer, Folklorist; Dreams, 252; Exploration, 288; Expression, 291; Giving, 331; Individuality, 395; Jealousy, 432; Love-Eros, 490; Meaning, 498; Passion, 546; Perspective, 550; Thinking, 704; Work, 759
Huston, John Marcellus: 1906-1987, American Film Director, Screenwriter, Actor; Inspiration, 421
Hutcheson, Don: Meaning, 501
Hutschnecker, Arnold A.: 1898-2000, Austrian/American Writer; Depression, 217
Huxley, Aldous Leonard: 1894-1963, English Writer, Poet, Critic; Attention, 64; Autonomy, 75; Balance, 81; Belief, 95; Change, 113; Congruence, 157; Enlightenment, 265; Evil, 277; Experience, 286; Flexibility, 312; Idea, 380; Indulgence, 399; Influence, 403; Insight, 418; Little, 473; Logos, 476; Music, 519; Reciprocity, 592; Regret, 595; Sex, 641; Silence, 649; Solitude, 664; Vision, 738; Wonder, 754; Zeal, 767
Huxley, Thomas Henry: 1825-1895, English Biologist, Scholar; Chaos, 116; Complacency, 141; Decision, 200; Discipline, 237; Disclosure, 239; Exploration, 287; Failure, 293; Idea, 379; Influence, 401; Learning, 441; Liberation, 451; Openness, 530; Possibility, 558; Power, 563; Questioning, 582; Responsibility, 614; Thinking, 702; Time, 707; Truth, 722; Value, 731
Huxtable, Ada Louise: 1921-, American Architectural Critic; Criticism, 187
I Ching. See *Yi Jing*
Iacocca, Lee (Lido Anthony): 1924-, American Executive; Action, 30; Idea, 380; Integrity, 425
Ibn 'Abbad of Ronda: 1332-1390, Spanish Sufi Master; Fault, 300
Ibsen, Henrik: 1828-1906, Norwegian Writer, Dramatist, Poet; Integrity, 423; Skill, 659
Icarus: Limitation, 462
Igjugarjuk: 20th Century Caribou Eskimo Shaman; Suffering, 692; Wisdom, 751
Ikkyu Sojun: 1394-1481, Japanese Zen Master, Poet; Adversity, 37; Breakthrough, 98; Flexibility, 312; Impermanence, 388; Truth, 721
Iles, George: 1852-1942, American Writer; Questioning, 582
Indra Devi: 1899-2002, Russian Yogi, Writer; Composure, 146
Inge, William Ralph: 1860-1954, English Prelate, Writer; Happiness, 353; Journey, 434; Truth, 722; Worry, 763
Ingersoll, Robert Greene: 1833-1899, American Lawyer, Militarist, Writer; Belief, 92; Conviction, 171; Giving, 329; Happiness, 352; Having, 361; Presence, 573; Tolerance, 713
Ionesco, Eugène: 1912-1994, Romanian Dramatist; Dreams, 254; Haste, 357; Imagination, 385; Oppression, 535; Paradox, 539; Questioning, 583; Thinking, 704; Wonder, 755

Irving, Washington: 1783-1859, American Writer, Diplomat; Adversity, 37; Change, 112; Determination, 225; Happiness, 352; Humor, 374; Mind, 513
Irwin, Theodore: 1907-, American Writer; Affirmation, 43
Israeli, Isaac: d. c. 932, Tunisian-Jewish Physician, Writer; Health, 364; Solitude, 661; Zeal, 765
Issa (Kobayashi Tataro): 1763-1827, Japanese Poet; Appreciation, 53; Impermanence, 388; Struggle, 678; Wonder, 753
Iswolsky, Helene: 1896-1975, German Educator; Insight, 418
Iyengar, Bellur Krishnamachar Sundararaja: 1918-, Indian Yogi, Writer; Music, 520
Jackson, (George) Holbrook: 1874-1948, English Writer, Editor, Essayist; Being, 88; Exploration, 288; Liberation, 452; Lila, 459; Regret, 595
Jackson, C. D.: Ingenuity, 407
Jackson, Jesse Louis: 1941-, African-American Cleric, Civil Rights Activist; Action, 30; Daring, 192; Defeat, 203; Determination, 227; Dreams, 255; Expectation, 282; Preparation, 570; Truth, 725
Jackson, Mahalia: 1911-1972, African-American Gospel Singer; Reciprocity, 593
Jackson, Phil: 1945-, American Basketball Coach; Action, 30
Jackson, Wes: 1936-, American Writer; Connection, 162
Jacobi, Jolande Székács: 1890-1973, Hungarian Jungian Analyst, Writer; Renewal, 610
Jagger, Mick (Michael Philip): 1943-, British Rock Musician; Goal, 337; Presence, 577
Jahnke, Roger: American Doctor of Oriental Medicine; Health, 371; Influence, 406; Little, 473; Oneness, 528
Jakes, Thomas Dexter: 1957-, African-American Evangelist, Producer, Writer; Success, 684; Suffering, 692; Survival, 693
Jakushitsu Genko Zenji: 1290-1368, Japanese Zen Master; Meditation, 505; Understanding, 728
James, Alice: 1847-1892, American Writer; Experience, 285
James, Henry: 1843-1916, American/British Writer, Critic; Ability, 21; Experience, 285; Goal, 334; Life, 456; Passion, 545; Skill, 659
James, William: 1842-1910, American Psychologist, Philosopher; Acceptance, 23; Action, 29; Actualization, 32; Affirmation, 42; Attention, 63; Attitude, 70; Belief, 92; Breakthrough, 99; Change, 112; Choice, 122; Communication, 131; Conviction, 171; Cost, 172; Daring, 191; Decision, 200; Delusion, 210; Differentiation, 229; Dispatch, 242; Experience, 285; Failure, 293; Faith, 297; Feeling, 307; Friendship, 324; Goal, 334; Habit, 349; Happiness, 352; Idea, 379; Indulgence, 399; Influence, 402; Ingenuity, 407; Insecurity, 414; Insight, 417; Little, 472; Manifestation, 494; Meaning, 497; Opportunity, 533; Optimism, 536; Possibility, 558; Power, 563; Reciprocity, 591; Renewal, 610; Self, 630; Silence, 648; Struggle, 678; Submission, 680; Tolerance, 714; Truth, 722; Value, 731; Vision, 736; Wealth, 746; Wisdom, 750
Jameson, Anna Brownell: 1794-1869, Irish Art Critic, Feminist, Writer; Goal, 333
Jamison, Judith: 1943-, African-American Dancer, Choreographer; Dance, 189; Innocence, 410
Jamison, Kaleel: Relationship, 600
Jampolsky, Gerald Gershan: 1925-, American Writer; Acceptance, 24; Attitude, 71; Forgiveness, 320; Giving, 331; Health, 368; Insight, 418; Practice, 568; Reciprocity, 593
Jarrett, Bede: 1881-1934, English Dominican Priest; Dreams, 252; Vision, 737
Jaurès, (Auguste Marie Joseph) Jean Léon: 1859-1914, French Political Leader; Teaching, 699
Jefferson, Thomas: 1743-1826, 3rd US President; Acceptance, 23; Attitude, 69; Belief, 91; Composure, 144; Conviction, 170; Deferment, 205; Diligence, 233; Disclosure, 239; Dreams, 250; Expectation, 280; Happiness, 351; Health, 365; Learning, 441; Liberation, 450; Questioning, 582; Tolerance, 713; War, 740; Work, 757
Jeffrey, Francis: 1773-1850, Scottish Jurist, Critic; Delusion, 210
Jeffries, (John) Richard: 1848-1887, English Nature Writer; Communication, 132; Idea, 379; Mind, 513
Jemison, Mae Carol: 1956-, African-American Physician, Astronaut; Possibility, 561
Jennings, Gary Gayne: 1928-1999, American Writer; Love-Eros, 492
Jensen, John: Haste, 357
Jerome (Eusebius Hieronymus): 345-420, Yugoslavian-Roman Prelate, Biblical Scholar, Translator, Saint; Actualization, 31; Disclosure, 238
Jerome, Jerome Klapka: 1859-1927, English Writer, Dramatist; Depression, 216; Laziness, 438; Work, 758
Jesus of Nazareth: c. 5-38, Jewish Prophet, Founder of Christianity; Avoidance, 77; Beginning, 83; Belief, 90; Compassion, 136; Criticism, 183; Disclosure, 238; Expression, 290; Flexibility, 311; Haste, 356; Health, 364; Identity, 381; Individuality, 393; Innocence, 409; Journey, 433; Presence, 571; Reciprocity, 590; Relativity, 601; Seeking, 624; Self, 629; Truth, 720; Worry, 762
Jewett, Sarah Orne: 1849-1909, American Writer; Tact, 697
Ji Aoi Isshi: Attention, 68; Impermanence, 390; Mind, 515
Jianzhi Sengcan: 526-606, Chinese Chan Master, 3rd Zen Patriarch; Attachment, 60; Criticism, 183; Dance, 188; Differentiation, 228; Distraction, 243; Engagement, 257; Meaning, 497; Oneness, 522; Openness, 529; Reality, 585; Suffering, 686; Truth, 720; Understanding, 728
Jimenéz Mantecón, Juan Ramón: 1881-1958, Spanish Poet, Educator, 1956 Nobel Laureate; Haste, 356
Joan of Arc (Jeanne d'Arc): c. 1412-1431, French Heroine, Saint; Conviction, 170
Joel, Billy (William Joseph Martin): 1949-, American Musican; Journey, 437
John of the Cross (Juan de Yepes): 1542-1591, Spanish Carmelite Monk, Mystic, Poet, Saint; Attachment, 61; Distraction, 244; Equanimity, 269; Paradox, 538; Shadow, 644
John Paul II (Karol Wojtyla): 1920-2005, Polish Pope; Balance, 81; Forgiveness, 320; Individuality, 396; Solitude, 665
John XXIII (Angelo Giuseppe Roncalli): 1881-1963, Italian Pope; Age, 45; Optimism, 537; Possibility, 559
John-Roger (Roger Delano Hinkins): 1934-, American Spiritual Leader, Writer; Integrity, 426; Openness, 531; Sincerity, 657
Johnson, Georgia Douglas: 1886-1967, African-American Musician, Composer, Poet; Actualization, 33; Self-Reliance, 635
Johnson, James Weldon: 1871-1938, African-American Writer, Activist; Evil, 276; Spirituality, 670
Johnson, John Harold: 1918-2005, African-American Publisher; Dreams, 254; Expectation, 281; Sensibility, 638; Success, 683
Johnson, Robert E.: African-American Entrepreneur; Attitude, 72
Johnson, Samuel: 1709-1784, English Lexicographer, Poet, Critic, Essayist; Attention, 63; Attitude, 69; Change, 112; Communication, 131; Compassion, 137; Confidence, 147; Cost, 172; Courage, 175; Decision, 200; Deferment, 205; Determination, 224; Distraction, 244; Equanimity, 270; Expectation, 280; Flexibility, 312; Forgiveness, 318; Friendship, 323; Grief, 343; Health, 364; Integrity, 423; Journey, 434; Laziness, 438; Little, 471; Love-Eros, 488; Memory, 509; Moderation, 517; Opportunity, 532; Optimism, 536; Perspective, 549; Preparation, 569; Presence,

572; Prudence, 580; Questioning, 581; Release, 605; Restraint, 618; Spontaneity, 674; Trust, 718; Wealth, 745
Johnson, Sonia: 1936-, American Feminist, Writer; Collaboration, 127
Johnson, Stewart B.: Comparison, 135
Johnson, Toby Edwin Clark: 1945-, American Psychotherapist, Writer, Editor; Age, 46; Forgiveness, 321; Polarity, 556; Reciprocity, 594; Sensibility, 639; Sex, 643; Solution, 668; Spirituality, 673; Suffering, 691; Time, 709; Vision, 739; Wonder, 756
Johnson, Wallace Edwards: 1901-1988, American Hotelier; Cause, 105
Jones, Bill T.: 1952-, African-American Dancer, Choreographer; Dance, 189; Identity, 383
Jones, Donald P.: Complacency, 142
Jones, James Earl: 1931-, African-American Actor; Actualization, 34; Expression, 291
Jones, James Ramon: 1921-1977, American Writer; Diversity, 248
Jones, Joshua Henry: 1886-1934, African-American Writer, Journalist; Responsibility, 615
Jones, Quincy Delight: 1933-, African-American Musician, Entrepreneur; Giving, 332
Jong, Erica Mann: c. 1933-c. 1966, American Writer; c. 1933-c. 1966, American Writer; Skill, 660; Courage, 177; Humor, 377; Introspection, 430; Jealousy, 432; Love-Eros, 493; Partnership, 542; Relativity, 603; Responsibility, 617; Survival, 693
Jonson, Ben: 1572-1637, English Dramatist, Poet; Adversity, 37; Belief, 91; Equanimity, 269; Friendship, 322; Little, 471
Joplin, Janis: 1943-1970, American Songwriter, Singer; Integrity, 426
Jordan, June Meyer: 1936-2002, Jamaican-American Poet, Essayist; Expectation, 282; Faith, 299
Jordan, Michael Jeffrey: 1963-, African-American Basketball Player, Actor; Commitment, 130; Expectation, 282; Failure, 296; Ingenuity, 407; Openness, 531
Josei Toda: 1900-1958, Japanese Educator; Enlightenment, 265; Fault, 302
Joseph, Chief (In-mut-too-yah-lat-lat): 1840-1904, Native-American Leader, Nez Perce Chief; Truth, 722
Joubert, Joseph: 1754-1824, French Moralist; Communication, 131; Direction, 234; Eloquence, 256; Imagination, 384; Patience, 548; Questioning, 582; Teaching, 698; Work, 757; Zeal, 765
Joubert, Piet (Petrus Jacobus): 1834-1900, Boer General, Statesman; Criticism, 185
Jourdain, Stephen: French Mystic; Attention, 68; Loneliness, 479
Jowett, John Henry: 1864-1923, British Cleric; Wealth, 746
Joy, William Brugh: 1939-, American Physician, Writer; Dreams, 255; Enlightenment, 266; Forgiveness, 321; Meditation, 507; Shadow, 646
Joyce, James Augustine Aloysius: 1882-1941, Irish Writer; Failure, 294; Presence, 574
Joyner, Florence Griffith: 1959-, African-American Athlete; Initiative, 408
Joyner-Kersee, Jackie: 1962-, African-American Athlete; Accomplishment, 27; Age, 46
Julian of Norwich: 1342-1416, English Anchorite, Mystic, Writer; Optimism, 536; Sensibility, 636; Suffering, 686; Vision, 736
Jung, Carl Gustav: 1875-1961, Swiss Psychologist, Psychiatrist; Acceptance, 24; Age, 45; Attention, 64; Avoidance, 77; Balance, 80; Being, 88; Belief, 93; Cause, 104; Change, 113; Commitment, 129; Conflict, 150; Congruence, 157; Connection, 160; Conscience, 165; Continuity, 168; Conviction, 171; Creativity, 179; Criticism, 185; Death, 196; Decision, 200; Dreams, 251; Enlightenment, 264; Equanimity, 271; Ethics, 273; Failure, 293; Feeling, 308; Habit, 350; Having, 361; Health, 366; Imagination, 385; Impermanence, 389; Inaction, 392; Individuality, 394; Influence, 403; Innocence, 410; Insanity, 412; Insecurity, 414; Insight, 417; Introspection, 429; Lila, 459; Love-Eros, 489; Manifestation, 495; Meaning, 498; Mind, 514; Oneness, 525; Partnership, 541; Passion, 545; Perspective, 550; Polarity, 555; Reciprocity, 591; Relationship, 597; Relativity, 602; Shadow, 645; Solution, 667; Suffering, 687; Unconscious, 726; Value, 731
Junius (Pen name of anonymous author): fl. 1769-1772; Evil, 275; Self-Reliance, 634
Just, Ernest Everett: 1883-1941, African-American Marine Biologist; Life, 456
Justice, (David) Blair: 1927-, American Psychologist, Writer; Health, 369
Juvenal (Decimus Junius Juvenalis): c. 50-c. 130, Roman Satiric Poet; Prudence, 579; Revenge, 622
Kabat-Zinn, Jon: American Biologist, Therapist, Writer; Diversity, 249; Experience, 286; Giving, 332; Meditation, 508; Perspective, 552; Preparation, 570; Release, 608; Self, 632
Kabbalah: Medieval Jewish Esoteric Text; Being, 87; Distraction, 243; Enjoyment, 260; Evil, 275; Experience, 284; Solitude, 661
Kabir: 1440-1518, Indian Sufi Master, Poet; Beginning, 83; Centering, 108; Dance, 188; Engagement, 257; Ethics, 272; Experience, 284; Music, 518; Oneness, 523; Seeking, 625; Sensibility, 636; Spirituality, 669; Truth, 721
Kafka, Franz: 1883-1924, Czech Writer; Belief, 94; Breakthrough, 99; Lila, 460; Limitation, 464; Little, 473; Solitude, 664; Spirituality, 670
Kaiser, Henry John: 1882-1967, American Industrialist; Adversity, 38; Skill, 659
Kakuzo Okakiwa: Flexibility, 313
Kalidasa: fl. 400-455, Indian Dramatist, Poet; Today, 710
Kama Sutra Vatsyayana: 250 CE, Indian Sex Manual; Sex, 640
Kamal: Hindu Devotee; Meditation, 508; Reality, 588
Kant, Immanuel: 1724-1804, German Idealist Philosopher; Meaning, 497; Wisdom, 749; Wonder, 752
Kaplan, Nochem: American Rabbi; Possibility, 561
Kapleau, Philip: 1909-2004, American Zen Master; Attention, 65; Engagement, 258
Karr, (Jean-Baptiste) Alphonse: 1808-1890, French Writer, Editor; Character, 120; Paradox, 538; Perspective, 549
Karsh, Yousuf: 1908-1995, Armenian/Canadian Photographer, Journalist; Accomplishment, 27; Hate, 359; Loneliness, 479
Kassorla, Irene C.: Autonomy, 76
Katherine, Anne: Limitation, 467
Kauffman, Stanley: 1916-, Book/Film/Drama Critic; Introspection, 430
Kaufman, Barry Neil: 1942-, American Writer; Congruence, 158; Sincerity, 657
Kaufman, Herbert: 1922-, American Writer; Determination, 227; Failure, 295
Kaunda, Kenneth David: 1924-, Zambian Leader; Reciprocity, 593
Kazantzakis, Nikos: 1885-1957, Greek Writer; Actualization, 33; Change, 113; Insanity, 412; Presence, 574
Kazuaki Tanahashi: 1933-, Japanese Artist, Writer, Translator; Laziness, 439
Keats, John: 1795-1821, English Romantic Poet; Chaos, 116; Failure, 292; Goal, 333; Identity, 384; Openness, 529; Sensibility, 636

Keen, Sam: 1931-, American Writer, Educator; Attention, 66; Delusion, 212; Dreams, 254; Love-Eros, 492; Practice, 568; Shadow, 645; War, 743; Wonder, 756
Kegon Sutra: Buddhist Sacred Text; Delusion, 208
Keller, Helen Adams: 1880-1968, American Writer, Educator; Adversity, 38; Attitude, 70; Character, 121; Collaboration, 126; Commitment, 129; Comparison, 135; Courage, 176; Determination, 226; Diligence, 233; Experience, 285; Feeling, 308; Focus, 316; Happiness, 353; Insecurity, 414; Learning, 442; Limitation, 464; Little, 472; Oneness, 525; Opportunity, 534; Optimism, 537; Perspective, 550; Polarity, 555; Prudence, 580; Suffering, 687; Tolerance, 714; Vision, 737; Wonder, 754; Zeal, 767
Kemp, Harry Hibbard: 1883-1960, American Writer, Poet; Dreams, 252
Kenich Ohmae: 1943-, Japanese Management Consultant; Delusion, 213
Kennedy, John Fitzgerald: 1917-1963, 35th US President; Adversity, 39; Art, 58; Cause, 106; Chaos, 117; Compassion, 138; Conformity, 155; Courage, 177; Disclosure, 241; Idea, 380; Inaction, 392; Influence, 404; Liberation, 454; Strength, 677; Tolerance, 714; Truth, 725; War, 742
Kennedy, Joseph Patrick: 1888-1969, American Entrepreneur; Determination, 226
Kennedy, Marilyn Moats: 1943-, American Writer; Decision, 201
Kennedy, Robert Francis: 1925-1968, American Legislator; Conflict, 151; Daring, 192; Influence, 404
Kerliy, James Leo: Individuality, 397
Kerouac, Jack (Jean-Louis Lebris de): 1922-1969, Québécois-American Writer, Poet; Compassion, 138; Conformity, 155; Continuity, 169; Dreams, 254; Presence, 575; Spontaneity, 675; Zeal, 768
Ketcham, Katherine: Congruence, 158
Kettering, Charles Franklin: 1876-1958, American Engineer, Inventor; Ability, 21; Change, 113; Continuity, 168; Dispatch, 242; Exploration, 288; Failure, 293; Haste, 356; Openness, 530; Solution, 667; Today, 711; Wonder, 754; Work, 759
Keyes, Kenneth Scofield: 1921-1995, American Writer; Happiness, 355; Having, 362; Learning, 444; Liberation, 454; Love-Eros, 492; Presence, 575; Reciprocity, 593
Keyes, Ralph Jeffrey: 1945-, American Writer; Distraction, 245; Haste, 357
Keynes, John Maynard: 1883-1946, British Economist; Idea, 379; Impermanence, 389
Keyserling, Hermann Alexander: 1880-1946, German Social Philosopher; Partnership, 541
Khan, (Ustad) Ali Akbar: 1922-, Indian Musician, Composer, Educator; Music, 520
Khan, Hazrat Inayat: 1882-1927, Indian Sufi Master, Musician; Appreciation, 53; Attention, 64; Change, 113; Communication, 132; Compassion, 138; Composure, 145; Congruence, 157; Connection, 160; Conviction, 171; Criticism, 185; Dance, 188; Differentiation, 230; Diversity, 247; Engagement, 258; Fault, 301; Feeling, 308; Friendship, 325; Giving, 330; Happiness, 354; Health, 366; Individuality, 395; Liberation, 452; Limitation, 464; Logos, 476; Love-Agape, 484; Music, 519; Oneness, 525; Openness, 530; Power, 564; Reality, 586; Release, 605; Responsibility, 615; Spirituality, 670; Suffering, 688; Tact, 697; Truth, 723; Vision, 737; Wisdom, 750; Wonder, 754
Khan, Vilayat Inayat: 1916-2004, Indian-British Sufi Master, Writer; Adversity, 39; Appearance, 51; Art, 58; Autonomy, 76; Balance, 81; Belief, 96; Cause, 106; Change, 114; Congruence, 158; Criticism, 187; Dance, 189; Depression, 217; Disclosure, 241; Enlightenment, 266; Exploration, 289; Fault, 302; Focus, 316; Forgiveness, 320; Individuality, 396; Influence, 404; Insight, 418; Integrity, 425; Liberation, 454; Lila, 461; Limitation, 465; Love-Agape, 485; Meditation, 507; Memory, 510; Perspective, 551; Polarity, 556; Possibility, 560; Presence, 575; Reality, 587; Release, 606; Renewal, 611; Solution, 667; Suffering, 689; Trust, 719; Truth, 725; Value, 732
Khrushchev, Nikita Sergevevich: 1894-1971, Russian Statesman, USSR Premier; Commitment, 129; Expedience, 283; Teaching, 699
Kieran, John Francis: 1892-1981, American Editor; Zeal, 767
Kierkegaard, Søren Aabye: 1813-1855, Danish Philosopher, Theologian; Adversity, 38; Belief, 92; Daring, 190; Enjoyment, 261; Haste, 356; Life, 456; Limitation, 463; Love-Agape, 483; Passion, 545; Patience, 548; Possibility, 558; Teaching, 699; Truth, 722; Understanding, 729
Kim, Tae Yun: 1946-, Korean Martial Artist, Founder of Jung SuWon; Appearance, 51; Appreciation, 54; Attention, 67; Attitude, 72; Cause, 106; Failure, 295; Greed, 341; Idea, 380; Manifestation, 496; Oneness, 528; Patience, 548; Polarity, 556; Preparation, 570; Presence, 577; Release, 607; Self, 632; Shadow, 646; Vision, 739
King, Billie Jean: 1943-, American Tennis Player; Daring, 192
King, Coretta Scott: 1927-2006, African-American Civil Rights Activist; Breakthrough, 100
King, Martin Luther, Jr.: 1929-1968, African-American Civil Rights Leader, Cleric, 1964 Nobel Laureate; Accomplishment, 27; Adversity, 40; Beginning, 85; Belief, 91; Breakthrough, 100; Collaboration, 127; Compassion, 139; Composure, 146; Conformity, 155; Connection, 162; Conscience, 165; Conviction, 171; Cost, 173; Courage, 177; Criticism, 187; Deferment, 207; Delusion, 212; Direction, 235; Engagement, 259; Ethics, 274; Evil, 277; Expectation, 282; Forgiveness, 320; Giving, 332; Guilt, 348; Hate, 359; Journey, 436; Legacy, 448; Liberation, 454; Limitation, 466; Love-Agape, 485; Means, 502; Oppression, 535; Solution, 667; Struggle, 679; Thinking, 705; Time, 709; Value, 733; War, 743; Work, 760
King, Yolanda Denise: 1955-, African-American Actress; Experience, 286
Kingsley, Charles: 1819-1875, English Writer, Poet, Lecturer, Cleric; Discipline, 237; Zeal, 766
Kingsolver, Barbara: 1955-, American Writer, Essayist; Expectation, 282; Memory, 510; Presence, 578; Renewal, 612; Sensibility, 639
Kingston, Maxine Hong: 1940-, Chinese-American Writer; Identity, 383; Paradox, 539
Kipling, (Joseph) Rudyard: 1865-1936, English Writer, Poet; Composure, 145; Dispatch, 242
Kissinger, Henry: 1923-, German/American Historian, Statesman; Chaos, 117; Reality, 587
Klee, Paul: 1879-1940, Swiss Painter, Engraver, Teacher; Art, 56
Kleiser, Glenville: 1868-1953, American Writer; Accomplishment, 27; Adversity, 38; Laziness, 439; Opportunity, 533; Practice, 567; Self-Reliance, 634; Thinking, 703; Today, 711; Vision, 737
Knaster, Mirka: American Alternative Health Educator, Writer; Dance, 189
Kneller, George: d. 1999, American Psychologist; Creativity, 181
Knight, Charlie: 1909-, Native American Ute Medicine Man; Journey, 435
Knowlton, Judith M.: Choice, 124; Renewal, 612
Koestler, Arthur: 1905-1983, Hungarian/British Writer; Cause, 105; Creativity, 180; Ingenuity, 407

Koller, Alice: 1924-, American Philosopher; Solitude, 665; Work, 760
Kongfuzi (Confucius): c. 551–c. 479 BCE, Chinese Philosopher, Educator, Political Theorist; Action, 28; Actualization, 31; Adversity, 36; Balance, 79; Change, 111; Comparison, 134; Congruence, 156; Courage, 174; Criticism, 183; Daring, 190; Death, 193; Determination, 224; Distraction, 243; Equanimity, 267; Ethics, 272; Example, 278; Expedience, 283; Experience, 284; Failure, 292; Flexibility, 311; Forgiveness, 318; Giving, 327; Goodness, 338; Haste, 356; Influence, 400; Introspection, 427; Journey, 433; Learning, 440; Logos, 474; Music, 518; Passion, 544; Preparation, 569; Prudence, 579; Reciprocity, 589; Retreat, 620; Self-Reliance, 633; Sincerity, 655; Solitude, 661; Truth, 720; Value, 730; Work, 757
Koo, Cameron: Australian Humorist; Criticism, 187; Presence, 578
Kornfield, Jack: 1945-, American Psychologist, Teacher, Writer; Appreciation, 54; Attention, 67; Forgiveness, 321; Giving, 332; Presence, 577; Suffering, 691
Kostelanetz, Andre: 1901-1980, American Conductor; Silence, 649
Kostelanetz, Richard Cory: 1940-, American Critic, Cultural Historian; Learning, 445
Kozlovsky, Daniel: 1937-, American Biologist; Limitation, 466
Kraus, Karl (1): 1868-1962, German Artist; Expression, 290; Unconscious, 726
Kraus, Karl (2): 1874-1936, Austrian Satirist, Critic, Poet; Deferment, 206; War, 741
Krimsky, Joseph Hayylm: 1883-1971, Russian/American Surgeon, Writer; Health, 366
Krishnamurti, Jiddu: 1895-1986, Indian Philosopher, Writer; Autonomy, 75; Beginning, 85; Belief, 95; Breakthrough, 99; Commitment, 129; Comparison, 135; Composure, 146; Criticism, 186; Death, 196; Delusion, 211; Desire, 220; Enlightenment, 265; Ethics, 273; Fear, 304; Innocence, 410; Insecurity, 414; Introspection, 429; Journey, 435; Learning, 443; Liberation, 453; Life, 457; Listening, 469; Meditation, 506; Passion, 546; Presence, 574; Relationship, 597; Renewal, 611; Seeking, 626; Sex, 641; Silence, 649; Solitude, 664; Solution, 667; Time, 708; Transformation, 716; Truth, 724; Understanding, 729
Kronenberger, Louis: 1904-1980, American Writer, Critic; Disclosure, 241; Haste, 357; Humor, 376
Krutch, Joseph Wood: 1893-1970, American Essayist; Love-Eros, 490
Kübler-Ross, Elisabeth: 1926-, Swiss-American Psychiatrist, Thanatologist; Adversity, 39; Appearance, 51; Choice, 123; Composure, 146; Impermanence, 390; Insight, 418; Responsibility, 616; Silence, 650; Suffering, 690; Today, 712
Kurosawa Akiro: 1910-1998, Japanese Filmmaker; Insanity, 412
Kurtz, Ernest: Congruence, 158
Kushner, Harold Samuel: 1935-, American Rabbi, Writer; Suffering, 691
Kushner, Malcolm L.: 1952-, American Writer; Complacency, 142; Humor, 377
Kyd, Thomas: 1558-1594, English Dramatist, Poet; Insanity, 411
La Bruyère, Jean de: 1645-1696, French Moralist, Satirist; Friendship, 323; Humility, 372; Solitude, 662; Time, 706; Truth, 721
Lagemann, John Kord: c. 1910-1969, American Journalist; Insight, 418
Laing, Ronald David: 1927-1989, Scottish Psychiatrist, Psychoanalyst, Poet; Attention, 65; Change, 114; Conflict, 151; Delusion, 212; Fear, 305; Guilt, 348; Identity, 382; Insanity, 412; Possibility, 561; Relationship, 598; Suffering, 690
Lamartine, Alphonse Marie-Louis de Prat de: 1790-1869, French Poet, Historian, Statesman; Continuity, 167; Flexibility, 312; Love-Agape, 483
Lamb, Charles: 1775-1834, English Essayist, Critic; Equanimity, 270; Goodness, 339; Inaction, 391; Thinking, 701
Lame Deer, John 'Fire' (Tacha Ushte): 1903-1976, Native American, Sioux Shaman, Activist; Diversity, 248; Meaning, 498; Vision, 738
L'Amour, Louis Dearborn: 1908-1988, American Writer; Affirmation, 43; Autonomy, 75; Beginning, 85; Complacency, 142; Deferment, 207; Learning, 444; Little, 473; Renewal, 611; Revenge, 623; Work, 760
Land, George Thomas Lock: 1933-, American Writer; Growth, 347
Landers, Ann (Esther Pauline Lederer): 1918-2002, American Advice Columnist; Adversity, 39; Confidence, 148; Defeat, 203; Determination, 227; Friendship, 326; Love-Eros, 492; Opportunity, 534
Landon, Michael (Eugene Maurice Orowitz): 1937-1991, American Actor, Producer, Director, Writer; Today, 712
Landowska, Wanda Aleksandra: 1877-1959, Polish Musician; Learning, 442
Langbridge, Frederick: 1849-1923, American Poet, Writer; Perspective, 550
Laozi (Lao Tse/Lao Tzu): 570-490 BCE, Chinese Philosopher, Founder of Daoism; Acceptance, 22; Action, 28; Balance, 79; Beginning, 83; Centering, 108; Change, 111; Comparison, 134; Compassion, 136; Composure, 143; Conformity, 152; Connection, 159; Death, 193; Desire, 218; Detachment, 222; Direction, 234; Distraction, 243; Equanimity, 267; Exploration, 287; Failure, 292; Flexibility, 311; Giving, 327; Goodness, 338; Greed, 340; Haste, 356; Having, 360; Humility, 372; Inaction, 391; Indulgence, 398; Ingenuity, 407; Innocence, 409; Integrity, 422; Introspection, 427; Journey, 433; Little, 470; Love-Agape, 482; Love-Eros, 487; Meditation, 503; Oneness, 521; Paradox, 538; Patience, 547; Perspective, 549; Polarity, 553; Practice, 566; Preparation, 569; Presence, 571; Release, 604; Self, 629; Silence, 647; Simplicity, 651; Solitude, 661; Solution, 666; Spontaneity, 674; Strength, 676; Submission, 680; Tact, 696; Teaching, 698; Trust, 718; Truth, 720; Vision, 735; Wealth, 744
Larson, Doug: Limitation, 467; Loquacity, 481; Possibility, 561
Lasorda, Tommy (Thomas Charles): 1927-, American Baseball Manager; Determination, 227
Lassalle, Ferdinand: 1825-1864, German Socialist Leader; Passion, 545
Law, Vernon Sanders: 1930-, American Baseball Pitcher; Experience, 286; Learning, 444
Law, William: 1686-1761 English Mystic, Writer; Attention, 63; Distraction, 244; Enlightenment, 264; Love-Agape, 483
Lawless, Emily: 1845-1913, Irish Writer; Legacy, 446
Lawrence, David Herbert: 1885-1930, English Writer, Poet, Critic; Belief, 94; Courage, 176; Creativity, 179; Depression, 217; Desire, 220; Dreams, 252; Equanimity, 271; Ethics, 273; Giving, 331; Goal, 335; Grief, 343; Insight, 418; Integrity, 424; Life, 456; Loquacity, 481; Passion, 546; Presence, 574; Sex, 640; Shadow, 645; Submission, 680; Thinking, 704; Truth, 723; Vision, 737
Lawrence, Jacob Armstead: 1917-2000, African-American Artist; Communication, 133
Lawrence, Thomas Edward: 1888-1935, British Militarist, Archaeologist, Translator; Dreams, 252
Lawrence-Ell, George: Identity, 383; Presence, 578
Le Corbusier (Charles Édouard Jeanneret): 1881-1965, French Architect; Presence, 573; Suffering, 688

Le Guin, Ursula Kroeber: 1929-, American Writer, Critic, Feminist; Conflict, 151; Depression, 217; Imagination, 386; Insanity, 412; Journey, 436; Love-Eros, 492; Perspective, 551; Polarity, 556; Presence, 576; Questioning, 584; Retreat, 621
Leach, Reginald Joseph: 1950-, American Ice Hockey Pro; Passion, 546; Success, 684
Leadbeater, Charles Webster: 1854-1934, British Cleric, Theosophist; Limitation, 463
Lear, Norman Milton: 1922-, American Television Producer; Little, 473
LeBoeuf, Michael: 1942-, American Writer; Worry, 764
Lebowitz, Frances Anne: 1951-, American Journalist; Love-Eros, 493
Lec, Stanislaw Jerzy: 1909-1996, Polish Poet; Belief, 96; Thinking, 704
Lee, (Nelle) Harper: 1926-, American Writer; Conscience, 165; Courage, 177
Lee, Bruce (Lee Jun Fan): 1940-1973, Chinese/American Martial Artist, Actor, Writer; Action, 30; Actualization, 34; Defeat, 203; Enlightenment, 266; Flexibility, 313; Goal, 337; Idea, 380; Simplicity, 654
Lee, Spike (Shelton Jackson): 1957-, African-American Filmmaker; Identity, 383
Leibniz, Gottfried Wilhelm: 1646-1716, German Philosopher; Being, 87; Love-Eros, 488
Lemley, Bill: Criticism, 187
L'Engle, Madeleine Camp Franklin: 1918-, American Writer; Age, 46; Art, 58; Belief, 96; Chaos, 117; Choice, 123; Criticism, 187; Faith, 299; Insecurity, 415; Inspiration, 421; Meaning, 499; Openness, 531; Paradox, 539; Skill, 660; Wonder, 756
Lennart, Isobel: 1915-1971, American Screenwriter; Spontaneity, 675
Lennon, John Winston: 1940-1980, English Singer, Songwriter; Belief, 97; Chaos, 118; Connection, 163; Imagination, 386; Life, 457; Lila, 461; Reality, 588; Suffering, 691
Leonard, George Burr: 1931-, American Educator, Writer; Dance, 189; Journey, 436; Learning, 444; Self, 632; Shadow, 645
Lerner, Harriet: 1944-, American Psychologist, Writer; Influence, 406; Relationship, 600
Lerner, Maxwell Alan: 1902-1992, American Writer, Educator; Breakthrough, 99; Indulgence, 399; Love-Eros, 490; Survival, 693; Time, 708
Lesage, Alain-René: 1668-1747, French Writer; Happiness, 351
LeShan, Lawrence Lee: 1920-, American Psychotherapist, Writer; Meditation, 507; Paradox, 539; Reality, 587
Lessing, Doris May: 1919-, British Writer; Learning, 444; Sensibility, 638; Skill, 660; Trust, 719
L'Estrange, Roger: 1616-1704, English Journalist, Pamphleteer, Translator; Mind, 513
Letterman, David: 1947-, American TV Host; Indulgence, 399
Levine, Michael: Introspection, 430; Love-Agape, 486; Opportunity, 534; Partnership, 543; Questioning, 584
Levine, Stephen: 1937-, American Counselor, Writer; Appearance, 51; Being, 89; Breakthrough, 101; Communication, 133; Death, 198; Grief, 343; Love-Agape, 486; Meditation, 507; Oneness, 527; Practice, 568
Lévi-Strauss, Claude Gustave: 1908-, French Anthropologist; Questioning, 583
Lew, Cindy: Giving, 332
Lewis, Charles Staples: 1898-1963, Irish-English Academic, Writer, Critic; Courage, 176; Creativity, 180; Ethics, 273; Friendship, 325; Grief, 343; Guilt, 348; Haste, 357; Identity, 381; Love-Eros, 490
Lewis, W. M.: Deferment, 207
Li Po (Li T'ai Pai): 701-762, Chinese Taoist Poet, Writer; Retreat, 620
Lichtenberg, Georg Christoph: 1742-1799, German Physicist, Satirist, Writer; Equanimity, 270; Idea, 378; Inspiration, 420; Practice, 567; Questioning, 582
Liebman, Joshua Loth: 1907-1948, American Rabbi, Writer; Composure, 146; Conscience, 165; Continuity, 169; Death, 197; Growth, 346; Skill, 660; Tolerance, 714
Lilly, John Cunningham: 1915-2001, American Biologist, Writer; Faith, 299; Insight, 418; Mind, 515; Truth, 725
Lin Yutang: 1895-1976, Chinese Writer, Dramatist, Translator; Acceptance, 24; Affirmation, 42; Age, 46; Appearance, 51; Appreciation, 54; Art, 56; Attachment, 61; Autonomy, 75; Balance, 81; Belief, 95; Cause, 105; Change, 113; Character, 121; Communication, 133; Compassion, 138; Complacency, 142; Composure, 145; Conformity, 154; Congruence, 157; Connection, 160; Continuity, 168; Courage, 176; Creativity, 180; Death, 196; Delusion, 211; Diligence, 233; Disclosure, 241; Dreams, 253; Enjoyment, 261; Expectation, 281; Experience, 286; Exploration, 288; Expression, 291; Failure, 294; Faith, 298; Feeling, 308; Focus, 316; Forgiveness, 319; Friendship, 325; Goodness, 339; Hate, 359; Having, 361; Health, 367; Humor, 376; Imagination, 385; Inaction, 392; Indulgence, 399, 403; Innocence, 410; Inspiration, 421; Integrity, 425; Jealousy, 432; Laziness, 439; Learning, 443; Liberation, 453; Lila, 460; Little, 473; Logos, 476; Love-Agape, 485; Mind, 514; Moderation, 517; Music, 520; Openness, 530; Paradox, 539; Partnership, 541; Passion, 546; Perspective, 551; Polarity, 555; Power, 564; Presence, 574; Questioning, 583; Reciprocity, 592; Restraint, 619; Sensibility, 637; Simplicity, 653; Sincerity, 656; Spontaneity, 675; Struggle, 679; Success, 683; Synthesis, 694; Teaching, 699; Truth, 724; War, 742; Wisdom, 751; Work, 760
Lincoln, Abraham: 1809-1865, 16th US President; Actualization, 32; Age, 45; Change, 112; Character, 120; Commitment, 128; Creativity, 178; Criticism, 184; Determination, 225; Equanimity, 270; Friendship, 324; Happiness, 352; Success, 682; War, 740
Lindbergh, Anne Morrow: 1906-2001, American Aviatrix, Poet, Writer; Centering, 109; Communication, 133; Continuity, 168; Flexibility, 312; Insecurity, 415; Little, 473; Love-Eros, 490; Openness, 531; Partnership, 541; Patience, 548; Polarity, 555; Power, 564; Presence, 575; Reciprocity, 592; Relationship, 597; Simplicity, 654; Sincerity, 657; Solitude, 664; Struggle, 679; Suffering, 689
Lindbergh, Charles Augustus: 1902-1974, American Aviator; Death, 197; Solution, 667
Lindsay, (Nicholas) Vachel: 1879-1931, American Poet; Change, 113
Lindsey, Margaret: Little, 473; Presence, 578
Linji Yixuan: d. 867, Chinese Chan Master, Linji (Rinzai) School Founder; Attention, 62; Autonomy, 74; Confidence, 147; Delusion, 209; Detachment, 222; Dispatch, 242; Impermanence, 388; Liberation, 450; Mind, 512; Retreat, 620; Seeking, 624; Self, 629; Understanding, 728
Link, Henry Charles: 1889-1952, American Psychologist; Deferment, 206
Linkletter, Art (Arthur Gordon): 1912-, American TV Host; Ingenuity, 407
Linnaeus (Carl von Linne): 1707-1778, Swedish Naturalist; Health, 364
Linssen, Robert Joseph: 1940-, American Financier; Having, 362; Reciprocity, 594
Lippmann, Walter: 1889-1974, American Journalist; Commitment, 129; Complacency, 142; Conformity, 153; Delusion, 211; Faith, 298; Goal, 335; Integrity, 424; Love-Eros, 490; Perspective, 550; Wisdom, 750

Littlebear, Naomi: Native American Poet, Social Activist; Complacency, 142
Liu Yiming: b. c. 1737, Chinese Taoist Adept, Scholar; Balance, 80; Breakthrough, 99; Cause, 103; Centering, 109; Comparison, 134; Complacency, 141; Determination, 225; Differentiation, 229; Discipline, 236; Dreams, 250; Engagement, 258; Influence, 401; Innocence, 409; Learning, 441; Seeking, 625; Self, 630; Simplicity, 652; Spirituality, 670; Spontaneity, 674; Survival, 693; Work, 757
Livingston, John A.: 1937-, Canadian Ornithologist, Naturalist, Environmentalist, Educator, Writer; Connection, 162
Livy (Titus Livius): 59 BCE-17 CE, Roman Historian; Courage, 174; Fear, 303
Locke, Alain Le Roy: 1886-1954, African-American Scholar, Critic; Spirituality, 671
Locke, John: 1632-1704, English Philosopher; Action, 29; Idea, 378; Openness, 529; Relativity, 601; Restraint, 618; Truth, 721
Locke, William John: 1863-1930, English Writer; Deferment, 206; Desire, 220
Lois, George Harry: 1931-, American Art Director; Creativity, 181
Lombardi, Vince: 1913-1970, American Football Coach; Accomplishment, 27; Commitment, 130; Cost, 173; Defeat, 203; Success, 683
London, Peter: American Painter, Art Therapist, Educator; Art, 59
Long Chen Pa: 14th Century Tibetan Dzogchen Master; Humor, 374
Longfellow, Henry Wadsworth: 1807-1882, American Poet, Writer; Acceptance, 23; Accomplishment, 26; Adversity, 37; Age, 44; Balance, 80; Being, 87; Character, 120; Compassion, 137; Conviction, 170; Distraction, 244; Giving, 328; Goal, 334; Insecurity, 413; Learning, 441; Little, 471; Music, 519; Patience, 548; Renewal, 609; Silence, 648; Simplicity, 652; Today, 711
Lope de Vega y Carpio, Félix: 1562-1635, Spanish Dramatist, Poet, Writer; Jealousy, 431; Silence, 648; Simplicity, 652
Lopez, Barry Holstun: 1945-, American Writer; Meaning, 501; Paradox, 539; Shadow, 646
Lopez, Beverly: Jamaican Entrepreneur; Expedience, 283
Lorde, Audre Geraldine: 1934-1992, African-American Poet, Writer, Lesbian-Feminist Activist; Change, 115; Collaboration, 127; Death, 198; Delusion, 212; Differentiation, 231; Diversity, 249; Feeling, 309; Guilt, 348; Integrity, 426; Learning, 444; Logos, 477; Power, 565; Sensibility, 638; Struggle, 679; Vision, 739; Work, 760
Loren, Sophia (Sofia Villani Scicolone): 1934-, Italian Actress; Age, 46; Confidence, 148; Failure, 295; Memory, 510; Sex, 642; Zeal, 768
Losoncy, Lewis: American Psychologist; Limitation, 467
Lovett, Sidney: 1928-, American Cleric; Renewal, 612
Lowell, James Russell: 1819-1891, American Poet, Editor, Diplomat; Beginning, 84; Conviction, 170; Giving, 329; Restraint, 619; Solitude, 663; Today, 711; Worry, 763
Lowell, Robert Traill Spence, Jr.: 1917-1977, American Poet; Art, 58
Lowen, Alexander: 1910-, American Psychotherapist, Founder of Bioenergetics Analysis; Enjoyment, 262; Growth, 346; Health, 368
Lowery, Joseph Echols: 1924-, African-American Cleric, Civil Rights Activist; Actualization, 34; Sex, 641
Lozowick, Lee: 1943-, American Writer, Musician, Lyricist; Attachment, 61; Journey, 436
Lu Dong Bin: c. 798, Chinese Chan Master; Action, 28; Appearance, 49; Attention, 62; Autonomy, 73; Centering, 108; Distraction, 243; Engagement, 257; Equanimity, 269; Focus, 314; Listening, 468; Meditation, 504; Mind, 512; Presence, 571; Silence, 647; Vision, 735
Lubac, Henri Sonier de: 1896-1991, French Cardinal, Theologian, Writer; Conflict, 150; Habit, 350; Spirituality, 671
Lubbock, John William: 1803-1865, English Astronomer, Mathematician, Writer; Cause, 103; Cost, 172; Mind, 513; Teaching, 698; Vision, 736; Worry, 763
Lucas, Edward Verrall: 1868-1938, English Writer; Disclosure, 240; Influence, 402
Lucas, Frank Laurence: 1894-1967, English Writer; Passion, 546
Lucian: c. 120-200, Syrian/Greek Writer; Death, 194; Wealth, 744
Lucretius (Titus Lucretius Carus): c. 95-55 BCE, Roman Poet; Continuity, 166; Impermanence, 387; War, 740; Wealth, 744
Luther, Martin: 1483-1546, German Theologian, Religious Reformer, Founder of the Lutheran Church; Integrity, 422; Partnership, 540; Self, 630; War, 740
Lynch, Thomas: 1948-, Irish-American Funeral Director, Poet, Writer; Meaning, 501; War, 743
Lynd, Helen Merrell: 1896-1982, American Sociologist; Goal, 336; Reality, 587; Relationship, 597; Spontaneity, 675; Thinking, 704
Maathai, Wangari: 1940-, Kenyan Educator, Environmentalist, 2004 Nobel Laureate; Connection, 163
Mabley, Jackie 'Moms' (Loretta Mary Aiken): 1894-1975, African-American Entertainer; Cause, 105
MacArthur, Douglas: 1880-1964, American Militarist; Age, 45; Courage, 176; Insecurity, 414; Truth, 723
Macaulay, (Emilie) Rose: 1881-1958, English Writer; Having, 361; Laziness, 439
MacCarthy, Cormac: 1933-, American Writer; Integrity, 426
MacDonald, (James) Ramsay: 1866-1937, Scottish Politician, Prime Minister; War, 741
MacDonald, George: 1824-1905, Scottish Writer, Poet, Preacher; Death, 195; Having, 361; Lila, 459; Trust, 718
Machado de Assis, Joaquim Maria: 1839-1908, Brazilian Writer, Poet; Conflict, 150; Continuity, 167; Insanity, 411; Loquacity, 481; Time, 707
Machado y Ruiz, Antonio: 1875-1939, Spanish Poet; Communication, 132; Journey, 434; Perspective, 550; Questioning, 583; Wisdom, 750
Machiavelli, Niccolò di Bernardo dei: 1469-1527, Italian Statesman, Historian, Political Philosopher; Creativity, 178; Equanimity, 269; Expedience, 283; Insecurity, 413; Prudence, 580; Tact, 696
Mackintosh, Charles Henry: 1820-1896, Irish Writer; Evil, 277
MacLaine, Shirley (MacLean Beaty): 1934-, American Actress, Writer; Age, 46; Grief, 343; Insecurity, 415; Love-Eros, 492; Relationship, 599
MacLeish, Archibald: 1892-1982, American Poet; Conformity, 154
Macphail, Agnes Campbell: 1890-1954, Canadian Politician; Self-Reliance, 635
Macy, Joanna Rogers: 1929-, American Educator, Writer, Social Activist, Buddhist Scholar; Breakthrough, 100; Compassion, 139; Connection, 162; Continuity, 169; Suffering, 690
Madariaga y Rojo, Salvador de: 1886-1978, Spanish Writer, Diplomat, Teacher; Choice, 123; Liberation, 452
Madison, James: 1751-1836, 4th US President; Belief, 91
Madonna (Louise Ciccone): 1958-, American Pop Singer; Dependence, 215
Maeterlinck, Maurice: 1862-1949, Belgian Poet; Breakthrough, 99; Continuity, 167; Criticism, 185; Deferment, 206; Equanimity, 270; Goodness, 339; Happiness, 353;

Reciprocity, 591; Responsibility, 615; Thinking, 702; Unconscious, 726; Wonder, 753
Maezumi Roshi, Hakuyu Taizan: 1931-1993, Japanese Soto Zen Master; Congruence, 158
Magritte, René François Ghislain: 1898-1967, Belgian Artist; Delusion, 211; Dreams, 253; Reality, 587
Mahabharata: c. 3rd Century BCE, Hindu Sacred Text; Action, 28; Actualization, 31; Attachment, 60; Belief, 90; Centering, 108; Composure, 143; Death, 193; Desire, 218; Enjoyment, 260; Equanimity, 268; Faith, 297; Fault, 300; Focus, 314; Forgiveness, 318; Goal, 333; Grief, 342; Integrity, 422; Journey, 433; Liberation, 449; Meditation, 503; Mind, 511; Polarity, 553; Practice, 566; Reciprocity, 589; Silence, 647; Spirituality, 669; Strength, 676; Time, 706
Mahaiyaddeen, M. R. Bawa: d. 1986, Sri Lankan Sufi Mystic; Questioning, 584
Maharishi Mahesh Yogi: 1911-, Indian Guru, Founder of Transcendental Meditation; Attitude, 71; Influence, 404; Oneness, 527
Maharshi, Ramana: 1879-1950, Indian Yogi; Appearance, 50; Being, 88; Composure, 145; Depression, 217; Enlightenment, 265; Goal, 335; Goodness, 339; Happiness, 353; Journey, 435; Limitation, 464; Meditation, 506; Mind, 514; Power, 564; Reality, 586; Seeking, 626; Self, 631; Silence, 649; Solitude, 663; Submission, 680; Thinking, 703; Transformation, 715; Vice, 734; Wealth, 746
Mahfouz, Naguib Abdel Aziz Al-Sabilgi: 1911-, Egyptian Writer, 1988 Nobel Laureate; Questioning, 583; Submission, 681
Mahindra, Indira: 1926-, Indian Writer; Respect, 613
Majjhima Nikaya (The Middle-Length Discourses): Buddhist Sacred Text; Liberation, 449; Meditation, 503
Malamud, Bernard: 1914-1986, American Writer; Determination, 227; Paradox, 539
Malcolm X (Malcom Little/El-Hajj Malik El-Shabazz): 1925-1965, African-American Political Activist; Conviction, 171; Defeat, 203; Growth, 346; Liberation, 454; Power, 564; Restraint, 619; Solitude, 665
Mallanaga, Vatsyayana: 3rd Century CE, Indian Sage; Sex, 640
Malraux, (Georges) André: 1901-1976, French Writer; Autonomy, 75; Legacy, 447
Maltz, Maxwell: 1899-1975, American Writer; Acceptance, 24; Adversity, 39; Affirmation, 42; Attitude, 71; Courage, 176; Daring, 191; Forgiveness, 319; Success, 683
Man-An: 1591-1654, Chinese Chan Master; Liberation, 450; Mind, 513; Presence, 572, 605; Retreat, 621; Sensibility, 636
Mandela, Nelson Rolihlahla: 1918-, South African Liberator, President, 1993 Nobel Laureate; Acceptance, 24; Communication, 133; Comparison, 135; Hate, 359; Impermanence, 389; Learning, 444; Liberation, 454; Oppression, 535
Mandelstamm, Benjamin: 1806-1886, Hebrew Writer; Collaboration, 125
Mandino, Og (Augustine A.): 1923-1996, American Writer, Motivational Speaker; Adversity, 39; Avoidance, 78; Compassion, 139; Fault, 302; Success, 683; Zeal, 768
Mann, (Paul) Thomas: 1875-1955, German Writer, Critic, 1929 Nobel Laureate; Belief, 94; Focus, 316; Introspection, 429; Logos, 476; Presence, 573; Simplicity, 653; Solitude, 663; Time, 707; Truth, 723; War, 741
Mann, Horace: 1796-1859, American Educator, Politician, Writer; Habit, 349; Tolerance, 713
Mannes, Marya: 1904-1990, American Journalist, Critic; Presence, 574; Restraint, 619; Skill, 660
Manno, Jack: American Environmentalist, Educator; Attention, 68
Mansfield (Beauchamp), Katherine: 1888-1923, New Zealander Writer; Acceptance, 24; Attitude, 70; Daring, 191; Desire, 220; Equanimity, 271; Failure, 294; Humor, 376; Life, 456; Regret, 595; Release, 606; Sincerity, 656; Suffering, 688; Zeal, 767
Manu Smriti: c. 200 BCE, Hindu Law of the Dharma Shastra; Desire, 218
Mao Zedong: 1893-1976, Chinese Political Leader; Complacency, 142; Diversity, 248; Equanimity, 271; Learning, 443; Limitation, 465; Struggle, 679; Truth, 724; War, 742
Maran, René: 1887-1960, Martiniquan Writer; Laziness, 439
Marcus Aurelius Antoninus: 121-180, Roman Emperor, Stoic Philosopher; Acceptance, 23; Acceptance, 31; Adversity, 36; Anger, 47; Appreciation, 52; Attitude, 69; Being, 86; Cause, 102; Change, 111; Character, 119; Compassion, 136; Composure, 143; Confidence, 147; Conflict, 149; Connection, 159; Continuity, 166; Criticism, 183; Death, 194; Deferment, 204; Delusion, 208; Detachment, 222; Diligence, 232; Discipline, 236; Distraction, 243; Equanimity, 268; Evil, 275; Exploration, 287; Giving, 328; Goodness, 338; Habit, 349; Happiness, 351; Having, 360; Impermanence, 387; Influence, 400; Integrity, 422; Introspection, 428; Laziness, 438; Life, 455; Little, 470; Meaning, 497; Mind, 511; Oneness, 522; Optimism, 536; Perspective, 549; Possibility, 557; Presence, 571; Release, 604; Renewal, 609; Restraint, 618; Retreat, 620; Revenge, 622; Self, 629; Self-Reliance, 633; Skill, 658; Strength, 676; Suffering, 685; Thinking, 701; Today, 710; Tolerance, 713; Transformation, 715; Wealth, 744; Wonder, 752; Work, 757
Marden, Orison Swett: 1850-1924, American Lawyer, Writer; Acceptance, 23; Actualization, 32; Expectation, 281; Focus, 315; Opportunity, 533; Optimism, 536; Power, 563; Thinking, 702
Maritain, Jacques: 1882-1973, French Philosopher; Continuity, 168; Desire, 220; Idea, 379; Love-Eros, 489
Marley, Bob (Robert Nesta): 1946-1981, Jamaican Reggae Musician, Songwriter; Belief, 97; Introspection, 430; Liberation, 454; Oneness, 528; War, 743; Wealth, 747
Marlowe, Christopher: 1564-1593, English Poet, Dramatist; Belief, 91
Márquez, Gabriel García. *See* García Márquez, Gabriel
Marquis, Donald Robert Perry: 1878-1937, American Journalist; Enjoyment, 261; Lila, 459
Marrant, John: 1755-1791, African-American Missionary, Musician; Jealousy, 431
Marshall, George Catlett: 1880-1959, American General, Statesman, 1953 Nobel Laureate; Regret, 595
Marshall, Paule Burke (Valenza Pauline Burke): 1929-, Barbadian-American Writer; Art, 58; Logos, 477; Polarity, 556
Marston, Ralph: 1961- , American Publisher, Writer; Action, 30; Actualization, 35; Composure, 146; Direction, 235; Goal, 337; Individuality, 397; Meaning, 501; Possibility, 561; Release, 608; Success, 684; Today, 712; Value, 733
Martí y Pérez, José Julián: 1853-1895, Cuban Poet, Journalist, Political Activist; Distraction, 244; Liberation, 451; Loneliness, 478; Oneness, 524; Responsibility, 614; Skill, 659
Martial (Marcus Valerius Martialis): c. 40-c. 104, Spanish-Roman Epigrammatist, Poet; Affirmation, 41; Deferment, 204; Today, 710
Martin, (Egbert) Leo: 1859-1887, Guyanese Poet; Criticism, 185
Martineau, Harriet: 1802-1876, English Writer; Belief, 92
Marx, Karl Heinrich: 1818-1883, German Historian, Socialist Philosopher, Theorist; Belief, 92; Integrity, 423; Solution, 666

Maslow, Abraham Harold: 1908-1970, American Psychologist, Educator; Actualization, 33; Appreciation, 54; Avoidance, 77; Balance, 81; Creativity, 180; Enlightenment, 265; Fear, 304; Growth, 346; Inspiration, 421; Limitation, 465; Possibility, 560; Presence, 575; Skill, 660; Spontaneity, 675
Mason, John Mitchell: 1770-1829, American Cleric, Educator; Criticism, 184
Massinger, Philip: 1583-1640, English Dramatist; Autonomy, 74
Matisse, Henri Émile Benoît: 1869-1954, French Painter; Happiness, 353; Innocence, 409; Renewal, 610
Matković-Vlašić, Ljiljana: Croatian Poet, Journalist; Differentiation, 231
Matrona of Chios (Abbess Mary): d. 1462, Greek Nun, Saint; Solitude, 662
Matsuo Basho: 1644-1694, Japanese Poet; Accomplishment, 26; Eloquence, 256; Example, 278; Music, 518; Perspective, 549
Maturin, Basil William: 1847-1915, Catholic Priest, Writer; Ability, 21; Desire, 219; Evil, 276; Hate, 358; Innocence, 409
Maugham, William Somerset: 1874-1965, English Physician, Writer, Dramatist; Evil, 276; Expectation, 281; Humor, 375; Imagination, 385; Moderation, 517; Sex, 640; Time, 707
Maupassant, (Henri René Albert) Guy de: 1850-1893, French Writer; Communication, 132
Mauriac, François Charles: 1885-1970, French Writer, Poet, Dramatist, Journalist, 1952 Nobel Laureate; Dependence, 214; Friendship, 325; Influence, 403
Maurois, André (Émile Salomon Wilhelm Herzog): 1885-1967, French Writer, Biographer, Essayist; Age, 45; Confidence, 148; Criticism, 186; Desire, 220; Experience, 285; Greed, 341; Partnership, 541
Maxwell, John C.: 1947-, American Cleric, Writer; Attitude, 72; Failure, 295
May, Rollo Reece: 1909-1994, American Psychoanalyst; Art, 57; Commitment, 130; Conflict, 151; Congruence, 158; Conviction, 171; Courage, 177; Dependence, 215; Dreams, 254; Ethics, 273; Growth, 346; Insight, 418; Integrity, 425; Liberation, 453; Love-Agape, 485; Memory, 510; Presence, 575; Reciprocity, 592; Responsibility, 616; Self, 631; Spontaneity, 675; Time, 708; Value, 732
Mays, Benjamin Elijah: 1895-1984, African-American Cleric, Educator; Actualization, 33; Cause, 105; Dreams, 253; Goal, 335; Mind, 514
Mbiti, John Samuel: 1931-, Kenyan Theologian, Writer; Oneness, 527
McCarroll, Tolbert Henry: 1931-, American Writer; Beginning, 85; Presence, 576
McCarthy, Charlie: Laziness, 439
McCarthy, Mary Therese: 1912-1989, American Writer; Sex, 641
McDonald, Ian: Guyanese Columnist; Questioning, 584
McFee, William Morley Punshon: 1881-1966, American Writer; Equanimity, 271
McFerrin, Bobby (Robert): 1950-, African-American Musician; Worry, 764
McGinley, Phyllis Louise: 1905-1978, American Poet, Writer; Partnership, 541; Solitude, 664; Vice, 734
McGinnis, Juliette: Release, 608
McGoohan, Patrick Joseph: 1928-, American Actor; Evil, 277
McGraw, Phillip C.: 1950-, American Psychologist, Litigation Consultant, Writer; Action, 30; Avoidance, 78; Daring, 192; Delusion, 213; Fear, 305; Individuality, 397; Insecurity, 415; Introspection, 430; Meaning, 501; Partnership, 543; Perspective, 552; Presence, 577; Responsibility, 617; Suffering, 692; Time, 709
McKay, Claude (Festus Claudius): 1889-1948, Jamaican Poet, Writer; Dance, 188; Differentiation, 230; Integrity, 424; Introspection, 429; Value, 732
McKay, David Oman: 1873-1970, American Mormon Leader; Work, 759
McLuhan, (Herbert) Marshall: 1911-1980, Canadian Educator; Chaos, 117
McMillan, Terry L.: 1951-, African-American Writer; Autonomy, 76
McNair, Ronald McNair: 1950-1986, African-American Astronaut; Goal, 337
Mead, Margaret: 1901-1978, American Anthropologist, Psychologist, Writer; Belief, 95; Collaboration, 126; Diversity, 248; Jealousy, 432; Legacy, 447; Love-Eros, 490; Success, 683
Medicine-Eagle, Brooke: 1943-, Native American Writer, Educator; Spirituality, 672
Meir, Golda (Goldie Mabovitch Myerson): 1898-1978, Russian-American Israeli Prime Minister; Commitment, 129; Determination, 227; Passion, 546; Time, 708
Meldrum, Andrew Barclay, Jr.: 1951-, American Journalist, Educator; Determination, 227
Melville, Henry: Influence, 406
Melville, Herman: 1819-1891, American Writer, Poet; Chaos, 116; Creativity, 179; Faith, 297; Polarity, 554; Reciprocity, 591
Menand, Louis: 1952-, American Educator, Writer; Diversity, 249
Menander: c. 342-292 BCE, Greek Comedic Dramatist; Life, 455
Mencius. *See* Mengzi
Mencken, Henry Louis: 1880-1956, American Writer, Critic, Philologist, Satirist; Belief, 94; Conformity, 153; Criticism, 185; Ethics, 273; Faith, 298; Humor, 375; Jealousy, 432; Liberation, 452; Lila, 459; Love-Agape, 484; Love-Eros, 489; Presence, 573; Questioning, 583; Trust, 718; Wonder, 754
Mengzi (Mencius): 372-289 BCE, Chinese Philosopher; Congruence, 156; Evil, 275; Fault, 300; Innocence, 409; Introspection, 427; Learning, 440; Relativity, 601; Truth, 720
Menninger, Karl Augustus: 1893-1990, American Psychiatrist, Writer; Attitude, 70; Fault, 302; Fear, 304; Feeling, 308; Health, 367; Life, 457; Love-Agape, 484; Meaning, 498; Partnership, 541; Reciprocity, 592; Suffering, 688; Truth, 724
Menninger, William Claire: 1899-1966, American Psychiatrist; Self-Reliance, 635
Mercier, Désiré-Joseph: 1851-1926, Belgian Cardinal, Philosopher; Courage, 175; Giving, 329
Mercier, Louis-Sébastien: 1740-1814, French Writer, Dramatist; Learning, 441
Merton, Thomas James: 1915-1968, American Trappist Monk, Writer; Art, 58; Autonomy, 76; Avoidance, 77; Beginning, 85; Breakthrough, 100; Centering, 110; Compassion, 138; Composure, 146; Conformity, 154; Courage, 177; Depression, 217; Detachment, 223; Disclosure, 241; Distraction, 244; Happiness, 355; Humility, 373; Identity, 382; Imagination, 386; Impermanence, 389; Inaction, 392; Influence, 404; Introspection, 429; Journey, 435; Limitation, 465; Love-Eros, 491; Oneness, 527; Possibility, 560; Reciprocity, 593; Renewal, 611; Retreat, 621; Seeking, 627; Solitude, 665; Strength, 677; Suffering, 689; Truth, 724; War, 742; Wonder, 755
Méry, Fernand: 1897-1984, French Veterinarian, Animal Behaviorist, Writer; Laziness, 439
Mi-An: Chinese Chan Master; Journey, 434; Zeal, 765
Michener, James A.: 1907-1997, American Writer; Determination, 227; Dreams, 253
Midler, Bette: 1945-, American Entertainer; Individuality, 397
Midrash: Jewish Sacred Text; Flexibility, 311

Milarepa (Jetsun Mila): 1040-1123, Nepalese Tibetan Buddhist Master; Grief, 342; Manifestation, 494; Retreat, 620
Mill, John Stuart: 1806-1873, English Philosopher, Economist; Autonomy, 74; Change, 112; Conformity, 152; Creativity, 178; Experience, 284; Expression, 290; Idea, 379; Individuality, 393; Truth, 722
Millay, Edna St. Vincent: 1892-1950, American Poet, Dramatist, Feminist; Belief, 95; Faith, 298
Miller, Arthur: 1915-2005, American Dramatist, Screenwriter; Responsibility, 616
Miller, David Leroy: 1936-, American Cleric, Educator; Meaning, 500
Miller, Henry Valentine: 1891-1980, American Writer; Acceptance, 24; Age, 45; Art, 56; Attention, 64; Being, 88; Cause, 105; Chaos, 117; Composure, 145; Congruence, 157; Creativity, 180; Diversity, 248; Enjoyment, 261; Expression, 291; Growth, 345; Individuality, 395; Influence, 403; Limitation, 464; Music, 519; Openness, 530; Paradox, 539; Perspective, 550; Power, 564; Restraint, 619; Sensibility, 637; Sex, 640; Sincerity, 656; Spontaneity, 675; Submission, 681; Thinking, 705; Truth, 724; Vision, 737; Zeal, 767
Miller, Jonathan Wolfe: 1934-, British Physician, Director, Writer; Idea, 380
Miller, Kelly: 1863-1939, African-American Educator, Writer; Initiative, 408; Renewal, 610
Miller, Timothy Alan: 1944-, American Educator, Writer; Attention, 67
Millett, Kate (Katherine Murray): Sex, 642
Mills, John Homer: Attitude, 72
Milne, Alan Alexander: 1882-1956, English Writer, Dramatist, Poet; Creativity, 179
Milton, John: 1608-1674, English Poet, Libertarian, Pamphleteer; Action, 29; Affirmation, 41; Confidence, 147; Eloquence, 256; Equanimity, 269; Liberation, 450; Life, 455; Mind, 513; Music, 518; Patience, 547; Restraint, 618; War, 740
Mingus, Charles, Jr.: 1922-1979, African-American Jazz Musician, Composer; Simplicity, 654
Mirabeau, Comte de (Honoré Gabriel Victor de Riqueti): 1749-1791, French Statesman, Writer; Lila, 458
Mirandola, Giovanni Pico della: 1463-1494, Italian Philosopher; Autonomy, 74
Mishima, Yukio (Kimitake Hiraoke): 1935-1970, Japanese Writer; Death, 198; Detachment, 223; Imagination, 386
Mishnah, Commentary on the: Jewish Sacred Text; Strength, 676
Mitchell, Edgar Dean: 1930-, American Astronaut; Reality, 587
Mitchell, Margaret Munnerlyn: 1900-1949, American Writer; Learning, 443; Limitation, 465; War, 742
Mitchell, Maria: 1818-1889, American Astronomer; Exploration, 287
Mitchum, Robert: 1917-1997, American Actor; Accomplishment, 27
Mitford, William: 1744-1827, English Historian; Death, 195
Mizner, Wilson: 1876-1933, American Writer, Wit, Dramatist; Listening, 468; Questioning, 583
Moawad, Bob: American Motivational Speaker; Affirmation, 43
Molière, Jean-Baptiste Poquelin: 1622-1673, French Dramatist, Actor, Director; Accomplishment, 26; Criticism, 184; Friendship, 323; Health, 364; Integrity, 423; Moderation, 517; Responsibility, 614; Value, 730; Vice, 734
Monet, Angela: Conformity, 155
Montagu, Ashley Montague Francis: 1905-1999, British/American Anthropologist, Biologist; Death, 197; Defeat, 203; Giving, 331; Oneness, 527; Relationship, 597
Montague, Charles Edward: 1867-1928, British Journalist, Writer; Attention, 64; Experience, 285; Impermanence, 389
Montague, Mary Wortley: 1689-1762, English Writer; Conformity, 152; Conscience, 164; Disclosure, 239; Prudence, 580; War, 740
Montaigne, Michel Eyquem de: 1533-1592, French Essayist, Moralist; Acceptance, 23; Affirmation, 41; Age, 44; Anger, 48; Autonomy, 74; Centering, 109; Character, 119; Communication, 131; Conscience, 164; Courage, 174; Criticism, 184; Death, 194; Defeat, 202; Delusion, 209; Diligence, 232; Disclosure, 238; Distraction, 244; Dreams, 250; Friendship, 322; Goodness, 338; Habit, 349; Individuality, 393; Integrity, 423; Laziness, 438; Life, 455; Meditation, 505; Memory, 509; Moderation, 517; Partnership, 540; Patience, 547; Presence, 572; Regret, 595; Retreat, 620; Self, 630; Suffering, 686; Wisdom, 749
Montejo, Esteban: 1856-1965, Cuban Writer, Former Slave; Wonder, 753
Montesquieu, Charles Louis de Secondat: 1689-1755, French Philosopher, Jurist, Satirist; Belief, 91
Montessori, Maria: 1870-1952, Italian Physician, Educator; Choice, 122; Discipline, 237
Montgomery, Lucy Maud: 1874-1942, Canadian Writer; Wealth, 746
Moore, George Augustus: 1852-1933, Irish Writer, Dramatist, Critic; Love-Eros, 488; Reality, 586; Seeking, 626
Moore, Henry Spencer: 1898-1986, British Sculptor; Art, 57; Polarity, 555; Vision, 738
Moore, Marianne Craig: 1887-1972, American Poet; Loneliness, 478; Trust, 719
Moore, Thomas William: 1940-, American Psychologist, Writer; Art, 59; Attachment, 61; Attention, 67; Balance, 82; Being, 89; Breakthrough, 101; Communication, 133; Connection, 163; Delusion, 212; Desire, 221; Diversity, 249; Dreams, 255; Engagement, 259; Ethics, 274; Failure, 295; Fault, 302; Humor, 377; Imagination, 386; Indulgence, 399; Influence, 401; Innocence, 410; Integrity, 426; Jealousy, 432; Laziness, 439; Lila, 461; Listening, 469; Love-Eros, 493; Meaning, 500; Memory, 510; Music, 520; Paradox, 539; Partnership, 542; Possibility, 561; Practice, 568; Prudence, 580; Sex, 643; Simplicity, 654; Worry, 764
Moraga, Cherríe: 1952-, Mexican-American Educator, Eassayist, Poet, Writer; Oppression, 535; Sensibility, 639; Survival, 693
Moran, Richard John McMoran Wilson: 1924-, British Diplomat, Writer; Courage, 177
More, Hannah: 1745-1833, English Poet, Dramatist, Writer; Evil, 275; Focus, 315; Forgiveness, 318
Morissette, Alanis Nadine: 1974-, Canadian Pop Singer, Songwriter; Deferment, 207
Morito, Akio: 1920-1999, Japanese Industrialist; Creativity, 181; Simplicity, 654
Morley, Christopher Darlington: 1890-1957, American Writer, Journalist, Editor; Communication, 133; Conformity, 154; Decision, 201; Flexibility, 312; Individuality, 395; Responsibility, 615; Success, 683; Suffering, 688
Morris, Desmond John: 1928-, English Zoologist, Writer, Artist; Exploration, 289
Morris, Mervyn: 1937-, Jamaican Educator, Poet; Differentiation, 231; Presence, 576
Morrison, Dorothy: 1955-, American Wiccan Priestess, Writer; Creativity, 182
Morrison, Toni (Chloe Anthony Wofford): 1931-, African-American Writer, 1993 Nobel Laureate; Evil, 277; Humor, 377; Identity, 382; Logos, 477; Release, 607
Morrissey, Mary Manin: 1951-, American New Thought Cleric, Writer; Beginning, 85; Deferment, 207; Dreams, 255
Morrissey, Stephen Patrick: 1959-, British Rock Singer, Songwriter; Compassion, 140

Moseley-Braun, Carol: 1947-, African-American Politician; Diligence, 233
Moses, Grandma (Anna Mary Robertson Moses): 1860-1961, American Painter; Actualization, 32; Memory, 509
Moss, Richard M.: 1946-, American Physician, Healer; Health, 370; Submission, 681
Mosse, Eric Peter: b. 1891; Loneliness, 479
Mother Teresa (Agnes Gonxha Bojaxhiu): 1910-1997, Albanian Nun, Missionary, 1979 Nobel Laureate; Compassion, 138; Criticism, 186; Giving, 331; Goodness, 339; Influence, 403; Logos, 476; Love-Agape, 485; Relationship, 598; Silence, 649; Success, 683; Suffering, 689
Mowrer, Orval Hobart: 1907-1982, American Psychologist; Collaboration, 126
Mozart, Wolfgang Amadeus: 1756-1791, Austrian Composer; Inspiration, 420
Mubashshir ibn Fatik: 11th Century Syrian-Egyptian Scholar, Writer; Solitude, 661; Tact, 696
Mueller, Gary Louis: 1946-, American Physician, Writer; Struggle, 679
Muhammad: c. 570-632, Arab Prophet, Founder of Islam; Autonomy, 73; Criticism, 183; Dance, 188; Evil, 275; Exploration, 287; Fault, 300; Giving, 328; Jealousy, 431; Patience, 547; Power, 562; Reciprocity, 590; Release, 604; Wealth, 745
Muhammad ibn Al-Hasan ibn Hamdun: 1102-1166, Persian Administrator, Scholar; Fault, 300; Moderation, 517
Muir, John: 1838-1914, Scottish/American Naturalist, Explorer; Continuity, 167; Innocence, 409; Memory, 509; Oneness, 524; Renewal, 610; Sensibility, 637
Mukherjee, Bharati: 1940-, Indian/American Writer; Teaching, 700
Muktananda, Swami Paramahansa: 1908-1982, Indian Guru; Happiness, 354; Meditation, 506; Relationship, 598
Mulock, Dinah Maria: 1826-1887, English Writer; Friendship, 324; Love-Agape, 483
Mumford, Lewis Charles: 1895-1990, American Social Philosopher, Writer; Art, 57; Beginning, 85; Logos, 476
Munson, Gorham Bert: 1896-1969, American Writer; Exploration, 288
Murchison, Clinton Williams: 1895-1969, American Industrialist; Wealth, 746
Murdoch, (Jean) Iris: 1919-1999, Irish-British Writer, Philosopher, Dramatist; Guilt, 348; Impermanence, 389; Lila, 461; Love-Agape, 485; Love-Eros, 492; Thinking, 704
Murdock, Maureen: American Psychotherapist, Writer; Balance, 82
Murphy, Isaac: 1856-1896, African-American Jockey; Integrity, 424
Murphy, Joseph: 1898-1981, Irish/American Metaphysician, Writer; Desire, 220; Wealth, 746
Murrow, Edward R.: 1908-1965, American Journalist; Integrity, 425; Limitation, 465
Muso Kokushi: 1275-1351, Japanese Zen Master, Calligrapher, Poet; Attachment, 61; Attention, 63; Delusion, 209; Detachment, 223; Meditation, 505; Seeking, 625
Musset, (Louis Charles) Alfred de: 1810–1857, French Poet; Conformity, 153; Delusion, 210
Nabokov, Vladimir Vladimirovich: 1899-1977, Russian/American Writer, Poet, Translator, Critic; Continuity, 168; Death, 197; Wonder, 754
Nachman of Breslov: 1772-1810, Polish Rabbi; Beginning, 84; Congruence, 156; Focus, 315; Mind, 513; Self-Reliance, 634; Today, 711
Nachmanovitch, Stephen: 1950-, American Musician, Writer, Educator; Balance, 82; Breakthrough, 101; Creativity, 182; Inspiration, 421; Lila, 461
Naess, Arne Dekke Eide: 1912-2004, Norwegian Philosopher; Connection, 160
Nagai Kafu (Sokichi): 1879-1959, Japanese Writer, Educator; Compassion, 138
Nagarjuna, Siddha: fl. c. 1st-2nd Century CE, Indian Buddhist Philosopher, Founder of the Madhyamika School; Anger, 47; Insight, 416; Practice, 566
Naipaul, Vidiadhar Surajprasad: 1932-, Indian-Trinidadian/British Writer, 2001 Nobel Laureate; Beginning, 85; Identity, 382
Naisbitt, John: 1929-, American Writer; Balance, 81; Health, 369; Insight, 419; Power, 565; Skill, 660; Vision, 738
Naladiyar: 5th-6th Century Tamil Ethical Literature; Impermanence, 388; Learning, 440; Little, 470
Narihara (Ariwara no Narihara): 825-880, Japanese Poet; Journey, 433
Nasafi, Aziz (Aziz al-Din ibn Muhammad al-Nasafi): 13th Century Persian Sufi Mystic; Spirituality, 669
Nash, (Frederick) Ogden: 1902-1971, American Poet; Regret, 595
Natale, Frank: American Teacher, Musician; Dance, 189
Navik, Jinabhai: b. 1902, Indian Artist, Jogger; Health, 368
Naylor, Gloria: 1950-, African-American Writer, Educator; Friendship, 326; Having, 362; Initiative, 408; Insight, 419; Life, 457
Nehru, Jawaharlal: 1889-1969, Indian Statesman, 1st Prime Minister; Being, 88; Exploration, 288; Failure, 294; Insecurity, 414; Life, 456; Loquacity, 481; Renewal, 610; Retreat, 621; Work, 759
Neill, Alexander Sutherland: 1883-1973, Scottish Psychologist; Tolerance, 714
Nelson, Willie (William Hugh): 1933-, American Country Singer, Songwriter; Cause, 106
Neruda, Pablo (Ricardo Eliecer Neftalí Reyes Basoalto: 1904-1973, Chilean Poet, Diplomat, Politician, 1971 Nobel Laureate; Connection, 160; Journey, 435; Meaning, 499
Nerval, Gerard de (Labrunie): 1808-1855, French Poet, Writer; Being, 87
Neuman, Alfred E.: 1955-, Fictional Icon of *MAD* Magazine; Value, 733
Nevelson, (Leah) Louise Berliawsky: 1900-1988, Russian/American Sculptress; Age, 46; Reality, 587; Responsibility, 616
Neville. *See* Goddard, Neville
Newhouse, Flower A. (Mildred Arlene Sechler): 1909-1994, American Spiritualist, Writer; Focus, 316
Newman, John Henry: 1801-1890, English Cardinal, Theologian, Poet; Ability, 21; Acceptance, 23; Action, 29; Beginning, 84; Change, 112; Courage, 175; Deferment, 205; Evil, 276; Example, 279; Insecurity, 413; Strength, 677
Newman, Paul Leonard: 1925-, American Actor, Entrepreneur; Giving, 332
Newton, Huey Percy: 1942-1989, African-American Activist; Struggle, 679
Newton, Isaac: 1642-1727, English Physicist, Mathematician; Distraction, 244; Legacy, 446; Tact, 697
Nichiren: 1222-1282, Japanese Buddhist Philosopher, Religious Reformer; Equanimity, 269; Reality, 586
Nicol, Abioseh (Davidson Sylvester Hector Willoughby Nicol): 1924-1994, Sierra Leonean Physician, Educator, Poet, Writer; Tolerance, 714
Niebuhr, (Karl Paul) Reinhold: 1892-1971, American Cleric, Theologian; Belief, 95; Tolerance, 714
Niemöller, (Friedrich Gustav Emil) Martin: 1892-1984, German Cleric, Theologian; Engagement, 258
Nietzsche, Friedrich Wilhelm: 1844-1900, German Philosopher, Critic, Poet; Adversity, 38; Affirmation, 42; Chaos, 117;

Compassion, 137; Conviction, 171; Cost, 173; Creativity, 179; Criticism, 185; Dance, 188; Delusion, 210; Ethics, 272; Expectation, 281; Experience, 285; Forgiveness, 319; Friendship, 324; Goal, 334; Growth, 345; Having, 361; Individuality, 394; Insanity, 411; Introspection, 428; Learning, 442; Life, 456; Lila, 459; Love-Eros, 488; Meaning, 498; Memory, 509; Partnership, 540; Solitude, 663; Spirituality, 670; Struggle, 678; Suffering, 687; Transformation, 715; Truth, 722; Wisdom, 750; Zeal, 766
Nightingale, Earl Clifford: 1921-1989, American Broadcaster, Writer; Attitude, 71; Autonomy, 76; Focus, 316; Self-Reliance, 635; Unconscious, 727
Nightingale, Florence: 1820-1910, English Nursing Pioneer; Beginning, 84; Suffering, 686
Nin, Anaïs: 1903-1977, French/American Writer; Art, 57; Courage, 177; Creativity, 180; Daring, 191; Death, 197; Dreams, 253; Friendship, 326; Growth, 346; Integrity, 425; Learning, 443; Life, 457; Love-Eros, 490; Meaning, 499; Passion, 546; Presence, 574; Reciprocity, 592; Release, 606; Responsibility, 616; Self, 631; Sensibility, 638; Sex, 641; Transformation, 716; Truth, 724; Unconscious, 727
Nisargadatta Maharaj: 1897-1981, Indian Shopkeeper, Vedanta Teacher; Being, 89; Change, 113; Death, 197; Enlightenment, 265; Example, 279; Goal, 336; Happiness, 354; Imagination, 385; Inaction, 392; Meditation, 506; Mind, 514; Reciprocity, 592; Release, 606; Self, 631; Sincerity, 656; Suffering, 688; Time, 708
Nixon, Richard Milhous: 1913-1994, 37th US President; Defeat, 203; Hate, 359
Nizami Ganjavi (Abû Muhammad Ilyâs ibn Yûsuf ibn Zakî Mu'ayyad): 1141- c.1209, Azeri Poet, Philosopher; Adversity, 37
Nizer, Louis: 1902-1994, American Attorney; Criticism, 186; Work, 760
Nkrumah, Kwame (Francis Nwia-Kofi Ngonloma): 1909-1972, Ghanaian President, Pan-Africanist; Autonomy, 76
Nonin: d. 1196; Enlightenment, 264
Norman, Marsha Williams: 1947-, American Dramatist; Dreams, 255
Norris, Gunilla Brodde: 1939-, Argentinian Writer; Silence, 650
Norris, Kathleen Thompson: 1880-1966, American Writer, Pacifist, Activist; Change, 113; Goal, 335; Little, 472; Relationship, 597; Vision, 737
Nouwen, Henri Joseph Machiel: 1932-1996, Dutch Priest, Monk, Writer; Forgiveness, 320; Friendship, 326; Retreat, 621; Silence, 650; War, 743
Novak, Michael: 1933-, American Social Philosopher, Writer; Insight, 419; Love-Eros, 492
O'Casey, Sean (Shaun O'Cathasaigh): 1880-1964, Irish Dramatist; Balance, 80; Humor, 375
O'Connor, (Mary) Flannery: 1925-1964, American Writer; Habit, 350; Reciprocity, 593
O'Faoláin, Seán (John Whelan): 1900-1991, Irish Writer; Imagination, 385
O'Keefe, Georgia Totto: 1887-1986, American Painter; Actualization, 33; Courage, 176; Haste, 356
O'Malley, Austin: 1858-1932, American Physician, Humorist; Conflict, 150; Deferment, 206
O'Neill, Nena: Renewal, 612
O'Regan, Brendan: d. c. 1992, Irish Paraphysics Researcher; Health, 371
Oates, Joyce Carol: 1938-, American Writer; Partnership, 542; Work, 760
Obi-Wan 'Ben' Kenobi: *Star Wars* Character; Perspective, 552
Okri, Ben: 1959-, Nigerian Writer, Poet; Patience, 548; Suffering, 692; Wonder, 756
Olatunji, (Michael) Babatunde: 1927-2003, Nigerian Musician, Writer; Dance, 189; Today, 712
Onassis, Jacqueline Lee Bouvier Kennedy: 1939-1994, American First Lady, Editor; Life, 457
O'Neill, Eugene Gladstone: 1888-1953, American Dramatist, 1936 Nobel Laureate; Breakthrough, 99; Complacency, 142; Introspection, 429
Ono, Yoko: 1933-, Japanese/American Musician, Artist; Art, 58; Impermanence, 390; Relationship, 599
Oppenheimer, Julius Robert: 1904-1967, American Nuclear Physicist; Happiness, 354; Meaning, 499
Orage, Alfred Richard: 1873-1934, English Editor, Writer; Attention, 64; Feeling, 308
Orben, Robert: 1927-, American Gag Writer; Humor, 377; Indulgence, 399
Origen (Origines Adamantius): c. 185-255, Egyptian Philosopher; Diligence, 232; Indulgence, 398
Ornish, Dean: 1953-, American Physician; Health, 371; Paradox, 539; Power, 565; Release, 608; Work, 761
O'Rourke, Patrick Jake: 1947- , American Journalist; Vice, 734
Ortega y Gasset, José: 1883-1955, Spanish Philosopher, Critic; Accomplishment, 27; Adversity, 38; Balance, 81; Decision, 200; Deferment, 206; Diversity, 247; Goal, 335; Idea, 380; Limitation, 464; Thinking, 703; Wonder, 754; Zeal, 767
Orwell, George (Eric Arthur Blair): 1903-1950, English Writer, Critic; Happiness, 354; Liberation, 453; Today, 712
Osborn, Francis: 1593-1659, English Writer; Tact, 697
Osho (Bhagwan Shree Rajneesh): 1931-1990, Indian Guru; Acceptance, 24; Dependence, 215; Differentiation, 230; Having, 362; Integrity, 426; Lila, 461; Meditation, 507; Presence, 576; Relationship, 598; Release, 607; Sex, 642; Wisdom, 751; Wonder, 756; Zeal, 768
Osler, William: 1849-1919, Canadian Physician; Acceptance, 23; Criticism, 185; Deferment, 206; Diligence, 233; Dispatch, 242; Goal, 334; Health, 365; Preparation, 570; Release, 605; Struggle, 678
Otto, Herbert Arthur: 1922-, German Writer; Growth, 346; Possibility, 560
Otto, Whitney: 1955-, American Writer; Friendship, 326
Ouspensky, Peter Demianovitch: 1878-1947, Russian Journalist, Writer, Lecturer; Attention, 64; Death, 196; Focus, 316; Loquacity, 481
Overton, Patrick Miles: 1948-, Cleric, Writer, Educator; Cause, 106; Trust, 719
Ovid (Publius Ovidius Naso): c. 43 BCE–17 CE, Roman Poet; Cost, 172; Enjoyment, 260; Expedience, 283; Health, 363; Inspiration, 420; Integrity, 422; Jealousy, 431; Laziness, 438; Love-Eros, 487; Opportunity, 532; Renewal, 609; Today, 710; Transformation, 715; Vision, 735; Worry, 762
Owens, Jesse (James Cleveland): 1913-1980, African-American Athlete; Opportunity, 534; Struggle, 679
P'ang (Pangyun), Layman: 740-808, Chinese Basket-maker, Buddhist Writer; Delusion, 208; Equanimity, 268
Pachacutec Inca Yupanqui: d. 1545, Inca Ruler; Patience, 547
Paddison, Sara: 1953-, American Writer, Holistic Researcher; Forgiveness, 321; Power, 565
Paddleford, Clementine Haskin: 1900-1967, American Editor; Self-Reliance, 635
Padmasambhava: 8th Century Indian Buddhist Monk; Faith, 297; Mind, 512; Wisdom, 749
Padovano, Anthony Thomas: 1934-, American Catholic Theologian, Writer; Belief, 97
Paige, (Leroy) Satchel: 1900-1982, African-American Baseball Player; Accomplishment, 27; Age, 46; Defeat, 203; Diligence, 233; Goal, 336; Health, 367
Paine, Thomas: 1737-1809, English/American Political Theorist, Pamphleteer; Beginning, 84; Belief, 91; Character,

119; Commitment, 128; Conflict, 150; Cost, 172; Delusion, 210; Determination, 225; Integrity, 423; Oneness, 523; Reciprocity, 591; Relativity, 602
Pali Canon, The: Ancient Buddhist Sacred Texts; Manifestation, 494
Palmerston, Lord (Henry John Temple): 1784-1865, British Prime Minister; Relativity, 602
Pankhurst, Emmeline Goulden: 1858-1928, English Suffragist; Struggle, 678
Papadakis, Angie: Action, 30
Paracelsus (Philippus Aureolus): 1493-1541, Swiss Physician, Philosopher; Distraction, 246; Dreams, 250; Faith, 297; Health, 364; Oneness, 523; Truth, 722
Pareto, Vilfredo: 1848-1923, Italian Sociologist, Economist; Failure, 293
Parker, Charles Christopher: 1920-1955, African-American Jazz Musician; Music, 520
Parker, Dorothy Rothschild: 1893-1967, American Writer; Openness, 530
Parks, Gordon Alexander Buchanan: 1912-, African-American Photographer, Writer, Film Director; Integrity, 425; Possibility, 560; Spontaneity, 675; Success, 683
Parks, Rosa Louise Lee: 1913-2005, African-American Civil Rights Activist; Breakthrough, 100; Decision, 201; Liberation, 453
Parmenter, Ross: 1912-1999, Canadian Writer; Goal, 336; Vision, 738
Parrish, Leslie (Marjorie Helen): 1935-, American Actress; Love-Eros, 492
Parton, Dolly Rebecca: 1946-, American Singer; Adversity, 40; Integrity, 426
Partridge, Sybyl F.: Today, 712
Pascal, Blaise: 1623-1662, French Scientist, Mathematician, Philosopher; Affirmation, 41; Attitude, 69; Conscience, 164; Dance, 188; Deferment, 205; Distraction, 244; Experience, 284; Faith, 297; Feeling, 306; Goodness, 339; Influence, 401; Logos, 474; Loquacity, 480; Passion, 544; Presence, 572; Prudence, 580; Silence, 648; Thinking, 701; Truth, 721; War, 740
Pasternak, Boris Leonidovich: 1890-1960, Russian Poet, Writer; Health, 367; Sincerity, 656
Pasteur, Louis: 1822-1895, French Chemist, Bacteriologist, Immunologist; Determination, 225; Insight, 417; Preparation, 570; Zeal, 766
Patanjali: c. 200-150 BCE, Indian Yogi; Avoidance, 77; Compassion, 136; Composure, 143; Detachment, 222; Meditation, 503; Power, 562; Practice, 566
Pater, Walter Horatio: 1839-1894, English Critic, Writer, Lecturer; Art, 55; Experience, 285; Passion, 545
Paterson, Katherine Womeldorf: 1932-, American Writer; Connection, 162; Differentiation, 231; Logos, 477
Patmore, Coventry Kersey Dighton: 1823-1896, English Poet; Enjoyment, 261; Patience, 548; Vision, 736
Patrick, John: Wisdom, 751
Patrul Rinpoche Jigme Chokyi Wangpo: 1808-1887, Tibetan Buddhist Lama; Little, 471
Patten, Brian: 1946-, British Poet; Death, 199
Patterson, Floyd: 1935-, African-American Boxer; Defeat, 203; Possibility, 561
Patton, George Smith, Jr.: 1885-1945, American Militarist; Courage, 176; Daring, 191; Failure, 294; Focus, 316; Ingenuity, 407; Wisdom, 750
Paul of Tarsus: 10-67 CE, Jewish-Roman Writer, 1st Theologian, Saint; Cause, 102; Engagement, 257; Equanimity, 268; Impermanence, 388; Love-Agape, 482; Paradox, 538; Transformation, 715; Zeal, 765
Paulus, Trina: American Sculptor, Writer; Release, 608
Paz Lozano, Octavio: 1914-1998, Mexican Poet, Writer, Diplomat, 1990 Nobel Laureate; Legacy, 447; Liberation, 453; Reality, 587; Today, 712; Wisdom, 751
Peace Pilgrim (Mildred Lisette Norman): 1908-1981, American Spiritual Teacher; Attachment, 61; Attention, 65; Collaboration, 126; Composure, 146; Criticism, 186; Differentiation, 230; Example, 279; Faith, 299; Giving, 331; Goal, 336; Growth, 346; Habit, 350; Having, 362; Journey, 435; Learning, 444; Liberation, 453; Oneness, 527; Partnership, 542; Relationship, 598; Release, 606; Silence, 649; Simplicity, 654; Suffering, 689; Thinking, 704; Worry, 764
Peale, Norman Vincent: 1898-1993, American Cleric, Writer; Actualization, 33; Affirmation, 42; Attitude, 71; Centering, 109; Defeat, 202; Expectation, 281; Faith, 298; Fault, 302; Happiness, 354; Manifestation, 495; Possibility, 560; Reciprocity, 592; Silence, 649; Wealth, 746; Zeal, 767
Pearce, Joseph Chilton: 1926-, American Writer; Creativity, 181
Pearsall, Paul: American Psychologist, Writer; Chaos, 118
Pearson, (Edward) Hesketh Gibbons: 1887-1964, English Biographer; Memory, 510
Pearson, Carol: Exploration, 289; Journey, 437
Peck, Morgan Scott: 1936-2005, American Psychiatrist, Writer; Acceptance, 25; Adversity, 40; Anger, 48; Attention, 66; Autonomy, 76; Avoidance, 78; Balance, 81; Belief, 97; Change, 115; Chaos, 118; Choice, 124; Commitment, 130; Communication, 133; Compassion, 140; Courage, 177; Daring, 192; Death, 198; Decision, 201; Delusion, 212; Dependence, 215; Differentiation, 231; Discipline, 237; Disclosure, 241; Diversity, 249; Dreams, 254; Engagement, 259; Enlightenment, 266; Exploration, 289; Fault, 302; Feeling, 309; Forgiveness, 320; Growth, 347; Happiness, 355; Identity, 382; Individuality, 396; Influence, 405; Insecurity, 415; Introspection, 430; Life, 457; Limitation, 466; Listening, 469; Love-Agape, 486; Love-Eros, 493; Openness, 531; Opportunity, 534; Paradox, 539; Partnership, 542; Power, 565; Questioning, 584; Relationship, 599; Release, 607; Responsibility, 617; Seeking, 627; Sex, 642; Shadow, 646; Sincerity, 657; Spontaneity, 675; Suffering, 691; Teaching, 700; Transformation, 716; Unconscious, 727; Understanding, 729; Value, 733; Wisdom, 751; Wonder, 756
Peña, Federico Fabian: 1947-, Hispanic-American Lawyer, Legislator; Influence, 406
Penn, Jack: Adversity, 40
Penn, William: 1644-1718, English Quaker, Founder of the State of Pennsylvania; Communication, 131; Compassion, 136; Death, 195; Disclosure, 239; Friendship, 323; Jealousy, 431; Moderation, 517; Silence, 648; Time, 706
Penney, James Cash: 1875-1971, American Entrepreneur; Adversity, 38
Pennington, M. (Robert John) Basil: 1931-, American Trappist Monk, Writer; Centering, 110; Meditation, 507
Peres, Shimon: 1923-, Israeli Prime Minister; Solution, 667
Perlman, Alfred: 1902-, American Industrialist; Renewal, 611
Perry, Steve: 1947-, American Writer; Regret, 595
Pert, Candace Beebe: 1946-, American Neuroscientist, Pharmacologist; Feeling, 309; Health, 370; Insight, 419; Mind, 515
Peter, Laurence Johnston: 1919-1990, Canadian Educator, Writer; Failure, 295; Thinking, 704
Peters, Erskine Alvin: 1948-1998, African-American Writer, Educator; Flexibility, 313
Peters, Tom (Thomas J.): 1942-, American Management Consultant; Change, 115; Conformity, 155; Creativity, 182; Determination, 227; Growth, 347; Humor, 377; Power, 565; Success, 684; Trust, 719

Petit-Senn, John: 1792-1870, French Poet; Courage, 175; Criticism, 184; Ethics, 272; Skill, 658; Wealth, 745
Petrarch (Francesco Petrarca): 1304-1374, Italian Poet; Composure, 144; Power, 562; Solitude, 661; Vice, 734
Pettit, Bob (Robert Lee): 1932-, American Basketball Player; Determination, 227
Phaedrus, Caius Lulius: c. 15 BCE-50 CE, Roman Writer; Humor, 374; Learning, 440
Phillpotts, Eden: 1862-1960, English Writer, Dramatist; Wonder, 753
Philo of Alexandria: c. 20 BCE-50 CE, Jewish-Egyptian Philosopher; Experience, 284; Humor, 374; Today, 710
Picasso, Pablo Ruiz: 1881-1973, Spanish Painter, Sculptor, Graphic Artist; Age, 45; Art, 56; Creativity, 179; Expedience, 283; Exploration, 288; Imagination, 385; Inspiration, 421; Love-Eros, 489
Pickens, William: 1881-1954, African-American Educator, Orator; Belief, 94; Collaboration, 126; Delusion, 211; Expedience, 283
Pickford, Mary (Gladys Louise Marie Smith): 1893-1979, Canadian/American Actress; Failure, 294
Picon, Gaeton: 1915-, French Writer; Criticism, 187
Pierce, Anne Marie Bernheim: 1943-, French/American Educator; Dreams, 255
Piercy, Marge: 1936-, American Poet, Writer, Feminist; Affirmation, 43; Connection, 162; Engagement, 259
Pierrakos, Eva: 1915-1979, Austrian/American Channel; Adversity, 39
Pike, Albert: 1809-1891, American Lawyer, Militarist, Writer; Adversity, 38; Cause, 103; Perspective, 550; Questioning, 582; Thinking, 702
Pindar: 518-438 BCE, Greek Poet; Action, 28; Deferment, 204; Integrity, 422; Introspection, 427; Limitation, 462; Possibility, 557; Skill, 658
Pines, Ayala Malach: 1945-, Russian/American Psychologist, Writer; Jealousy, 432
Pirandello, Luigi: 1867-1936, Italian Writer; Focus, 315; Goal, 334; Insight, 417
Pirsig, Robert Maynard: 1928-, American Writer; Chaos, 118; Deferment, 207; Reality, 587; Value, 733
Pitt, William, the Younger: 1759-1806, English Prime Minister; Liberation, 450
Plato: c. 427-347 BCE, Greek Philosopher; Age, 44; Beginning, 83; Death, 193; Delusion, 208; Desire, 218; Direction, 234; Fear, 303; Goodness, 338; Happiness, 351; Health, 363; Learning, 440; Lila, 458; Little, 470; Loquacity, 480; Restraint, 618; Self-Reliance, 633; Simplicity, 651; Teaching, 698; Truth, 720; Understanding, 728; Wisdom, 748; Wonder, 752
Plimpton, George Ames: 1927-, American Writer, Athlete; Time, 709
Pliny the Elder (Gaius Plinius Secundus): 23-79, Roman Naturalist, Historian, Militarist; Chaos, 116; Greed, 341; Jealousy, 431; Paradox, 538; Possibility, 557
Pliny the Younger (Gaius Plinius Caecilius Secundus): c. 61-c. 112, Roman Orator; Having, 360
Plomer, William Charles Franklin: 1903-1973, South African/British Writer; Synthesis, 695
Plotinus: 205-270, Egyptian-Roman Philosopher; Being, 86; Evil, 275; Introspection, 428; Oneness, 522; Vision, 735
Plutarch: c. 46-c. 120, Greek Biographer, Philosopher; Anger, 47; Cost, 172; Courage, 174; Determination, 224; Equanimity, 268; Happiness, 351; Inspiration, 420; Listening, 468; Little, 470; Power, 562; Presence, 571; Silence, 647; Thinking, 701
Podhoretz, Norman: 1930-, American Critic; Creativity, 181
Poe, Edgar Allen: 1809-1849, American Poet, Writer, Editor; Dreams, 251; Shadow, 644
Poincaré, (Jules) Henri: 1854-1912, French Mathematician; Creativity, 179
Poitiers, Diane de: 1499-1566, French Mistress of Henri II of France; Courage, 174
Ponder, Catherine: 1927-, American Writer, Unity Cleric; Giving, 332; Wealth, 747
Poole, Mary Pettibone: Humor, 377
Pope, Alexander: 1688-1744, English Poet, Translator, Editor; Attitude, 69; Disclosure, 239; Expectation, 280; Forgiveness, 318; Introspection, 428; Lila, 458; Moderation, 517; Oneness, 523
Popper, Karl Raimund: 1902-1994, Austrian Philosopher; Death, 197
Porchia, Antonio: 1886-1968, Italian/Argentine Writer; Conformity, 153; Delusion, 211; Integrity, 424; Journey, 435; Lila, 460; Listening, 468; Possibility, 559; Reciprocity, 592; Relativity, 603; Release, 605; Retreat, 621; Seeking, 626; Today, 711
Post, Emily Price: 1873-1960, American Writer, Educator; Communication, 132; Compassion, 137
Poulet, Georges: 1902-, Belgian Writer, Critic; Presence, 574
Pound, Ezra: 1885-1972, American Poet, Critic, Editor; Liberation, 452; Suffering, 688
Powell, Adam Clayton, Jr.: 1908-1972, African-American Clergyman, Politician; Belief, 96; Conviction, 171; Idea, 380; Liberation, 453; Spirituality, 671; Thinking, 704
Powell, Anthony Dymoke: 1905-2000, English Writer, Critic; Affirmation, 42; Lila, 460
Powell, Colin Luther: 1937-, Jamaican-American Militarist, Statesman; Comparison, 135; Dreams, 255; Success, 684
Powers, Robert: Determination, 227
Powys, John Cowper: 1872-1963, British Writer, Critic; Desire, 220; Having, 361; Insight, 417; Meaning, 498; Mind, 514
Powys, Llewelyn: 1884-1939, English Writer, Essayist; Attention, 64; Feeling, 308; Having, 361; Sensibility, 637
Prajnaparamita Sutra: Buddhist Sacred Text; Wisdom, 748
Prather, Hugh: 1938-, American Writer; Deferment, 207; Fear, 305; Meaning, 500; Partnership, 542; Presence, 576; Reality, 588; Self, 632
Premananda Baba: 1861-1918, Indian Guru; Happiness, 353; Self-Reliance, 635
Price, (Mary Violet) Leontyne: 1927-, African-American Opera Singer; Appearance, 51; Direction, 235; Success, 684
Price, John Randolph: 1932-, American Writer; Truth, 725
Priest, Ivy Baker: 1905-1975, American Stateswoman; Relativity, 603
Priestley, John Boynton: 1894-1984, English Writer, Dramatist, Essayist; Congruence, 157; Exploration, 288; Innocence, 410; Today, 712
Prigogine, Ilya: 1917-2003, Russian/Belgian Chemist, 1977 Nobel Laureate; Chaos, 117; Influence, 404
Primus, Pearl: 1919-1994, Trinidadian-American Dancer, Choreographer, Educator; Dance, 189
Prince (Rogers Nelson): 1958-, African-American Musician; Direction, 235; Success, 684
Prior, Matthew: 1664-1721, English Poet, Diplomat; Expectation, 280; Loquacity, 480; Tact, 697
Pritchard, Michael: American Motivational Speaker; Age, 46; Fear, 305
Progoff, Ira: 1921-1997, American Psychologist, Educator, Writer; Centering, 110
Prophecies of Nefer-Rohu: 2000 BCE, Khemetic Text; Direction, 234
Prophet, Nancy Elizabeth: 1890-1960, African-American Sculptor; Art, 56

Proust, Marcel Valentin Louis Eugène Georges: 1871-1922, French Writer, Critic; Desire, 220; Dreams, 251; Experience, 285; Grief, 343; Suffering, 687; Time, 707; Vision, 737
Pryor, Richard Franklin Lenox Thomas: 1940-2005, African-American Comedian; Truth, 725
Ptahotep: c. 2350 BCE, Khemetic (Egyptian) Sage; Diligence, 232; Eloquence, 256; Greed, 340; Humility, 372; Skill, 658
Publilius Syrus: c. 42 BCE, Roman Writer; Beginning, 83; Character, 119; Daring, 190; Death, 193; Diversity, 246; Example, 278; Experience, 284; Flexibility, 311; Forgiveness, 318; Greed, 340; Happiness, 351; Health, 363; Integrity, 422; Logos, 474; Practice, 566; Prudence, 579; Relativity, 601; Solitude, 661; Suffering, 685; Vision, 735
Pythagoras: 6th Century BCE, Greek Philosopher, Mathematician; Affirmation, 41; Criticism, 183; Restraint, 618; Silence, 647; Wisdom, 748
Qoyawayma, Polingaysi: 1892-, Native American Hopi Painter; Diversity, 248
Quimby, Phineas Parkhurst: 1802-1866, American Metaphysician, Healer; Belief, 92; Fear, 303; Health, 365; Identity, 381; Life, 455; Logos, 475
Quindlen, Anna: 1953-, American Journalist; Friendship, 326
Quintillian: c. 35-c. 100 CE, Roman Rhetorician; Defeat, 202; Distraction, 243; Diversity, 246; Focus, 314; Goodness, 338; Memory, 509
Qur'an: 610-622, Islamic Sacred Text; Forgiveness, 318; Having, 360; Humor, 374; Listening, 468
Rabbani, Shoghi Effendi: 1896-1957, Iranian Baha'i Leader; Reciprocity, 591
Rabelais, François: c. 1494-1553, French Monk, Physician, Satirist, Humanist; Autonomy, 74; Humor, 374
Radhakrishnan, Sarvepalli: 1888-1975, Indian Philosopher, Statesman; Belief, 95
Radner, Gilda: 1946-1989, American Comedienne; Exploration, 289; Individuality, 397; Spontaneity, 675
Ram Dass (Richard Alpert): 1931-, American Psychologist, Teacher, Writer; Affirmation, 43; Attention, 66; Being, 89; Compassion, 139; Conflict, 151; Detachment, 223; Health, 369; Identity, 382; Insight, 419; Liberation, 454; Life, 457; Meditation, 507; Power, 565; Presence, 576; Relativity, 603; Suffering, 690
Ramakrishna, Shri: 1834-1886, Indian Guru; Belief, 92; Mind, 513; Openness, 530
Randolph, Asa Philip: 1889-1979, African-American Labor Leader; Collaboration, 126; War, 742
Randolph, John: 1773-1833, American Statesman; Learning, 441
Raspberry, William James: 1935-, African-American Columnist; Action, 30; Value, 733
Ratushinskaya, Irina: 1954-, Russian Poet; Hate, 359
Rawls, Lou (Louis Allen): 1937-2006, African-American Singer; Music, 520
Ray Charles (Robinson): 1930-2004, African-American Musician; Determination, 227; Distraction, 244
Ray, Marie Beyon: Age, 46; Dispatch, 242
Ray, Reggie (Reginald A.): American Educator, Buddhist Teacher; Centering, 110; Journey, 437; Transformation, 717
Read, Herbert Edward: 1893-1968, British Writer, Critic; Art, 56; Breakthrough, 99
Reade, Charles: 1814-1884, English Writer, Dramatist; Cause, 103
Reagan, Ronald Wilson: 1911-2004, 40th US President; Legacy, 447
Reagon, Bernice Johnson: 1942-, African-American Singer, Activist; Adversity, 40
Reagon, Toshi: 1964-, African-American Musician, Songwriter, Producer; Change, 115
Rechtschaffen, Stephan: 1949-, American Physician, Founder of Omega Institute; Solitude, 665
Rechy, John Francisco: 1934-, American Writer, Screenwriter; Memory, 510
Redfield, James: 1950-, American Writer; Belief, 97; Expectation, 282; Wonder, 756
Redmoon, Ambrose (James Neil Hollingworth): c. 1933-c. 1966, American Writer; Courage, 177
Reed, Ishmael Scott: 1938-, African-American Writer, Dramatist; Legacy, 448
Reeves, Keanu Charles: 1964-, American Actor; Attention, 68
Régamey, Pie-Raymond: b. 1900; Attention, 65; Life, 457
Reich, Wilhelm: 1897-1957, German Psychoanalyst, Writer; Dance, 188; Enjoyment, 262; Limitation, 465; Oneness, 526
Reichenbach, Hans: 1891-1953, German Philosopher, Educator; Truth, 723
Reik, Theodor: 1888-1969, Austrian/American Psychoanalyst, Writer; Attention, 64; Understanding, 729
Reiser, Paul: 1957-, American Actor, Comedian, Writer, Producer; Little, 473
Renan, (Joseph) Ernest: 1823-1892, French Philosopher, Philologist, Historian, Writer; Cost, 172; Legacy, 446
Renault, Mary (Eileen Mary Challans): 1905-1983, English Writer; Evil, 277; Hate, 359
Repplier, Agnes: 1858-1950, American Writer, Social Critic; Friendship, 324; Happiness, 353; Humor, 375; Learning, 442; Lila, 459
Reverdy, Pierre: 1889-1960, French Writer; Creativity, 179
Reynolds, Joshua: 1723-1792, English Painter; Openness, 529; Work, 757
Rhone, Trevor Dave: 1940-, Jamaican Dramatist, Writer, Filmmaker; Daring, 192
Richards, Mary Caroline: 1916-1999, American Artisan, Poet; Art, 58; Autonomy, 76; Exploration, 289; Flexibility, 313; Inspiration, 421
Richardson, Samuel: 1689-1761, English Writer; Anger, 48
Richmond, Lewis: 1947-, American Entrepreneur, Buddhist Teacher, Writer, Musician; Exploration, 289; Journey, 436
Richter, Johann Paul Friedrich: 1763-1825, German Writer; Age, 44; Composure, 144; Haste, 356; Love-Agape, 483; Suffering, 686
Rickenbacker, Edward Vernon: 1890-1973, American Aviator; Attitude, 70; Courage, 176; Having, 361
Rickey, (Wesley) Branch: 1881-1965, American Baseball Manager; Preparation, 570; Thinking, 703
Riesman, David, Jr.: 1909-2002, American Sociologist, Educator; Conformity, 154
Rig Veda: c. 3700 BCE, Hindu Sacred Text; Collaboration, 125; Giving, 327; Truth, 720
Riggs, Marlon Troy: 1957-1994, African-American Film Producer, Director; Disclosure, 241
Rihani, Ameen: 1876-1940, Lebanese Writer; Differentiation, 230; Renewal, 610; Survival, 693; Wisdom, 750
Riley, James Whitcomb: 1849-1916, American Poet; Determination, 225
Rilke, Rainer Maria: 1875-1926, Czech-Austrian Poet; Action, 29; Actualization, 32; Adversity, 38; Being, 88; Cause, 104; Commitment, 129; Composure, 145; Confidence, 148; Connection, 160; Courage, 176; Depression, 217; Differentiation, 230; Fear, 304; Feeling, 308; Giving, 330; Goal, 335; Growth, 345; Identity, 381; Impermanence, 389; Insecurity, 414; Little, 472; Loneliness, 478; Love-Eros, 489; Manifestation, 495; Partnership, 540; Patience, 548; Presence, 573; Questioning, 582; Relationship, 596; Responsibility, 615; Self-Reliance, 635; Shadow, 645; Solitude, 663; Strength, 677
Riney, Earl: 1885-1955, American Cleric; Adversity, 39

Rinzai. *See* Linji
Riperton, Minnie Julia: 1948-1979, African-American Singer; Wealth, 747
Rivaroli, Antoine de: 1753-1801, French Journalist; Inaction, 391
Rivers, Mickey (John Milton): 1948-, African-American Baseball Player; Equanimity, 271
Robbins, Anthony J.: 1960-, American Writer, Motivational Speaker; Ability, 21; Actualization, 35; Autonomy, 76; Belief, 97; Commitment, 130; Conformity, 155; Happiness, 355; Lila, 461; Meaning, 501; Reciprocity, 594; Vision, 739
Robbins, Tom (Thomas Eugene): 1936-, American Writer; Delusion, 212; Possibility, 561; Value, 733
Roberts, Jane (Butts): 1929-1984, American Writer, Channel; Actualization, 34; Dependence, 215; Dreams, 254; Feeling, 309; Integrity, 425; Self, 632; Solution, 668
Roberts, Wess (Wesley K.): 1946-, American Writer; Actualization, 34; Failure, 295
Robertson, Frederick William: 1816-1853, English Militarist, Anglican Cleric; Belief, 92; Commitment, 128; Evil, 276
Robeson, Paul Leroy Bustill: 1898-1976, African-American Singer, Activist; Criticism, 186; Influence, 403
Robinson, Jackie (John Rooosevelt): 1919-1972, African-American Baseball Player; Influence, 404
Robinson, Max Cleveland: 1939-1988, African-American TV Journalist; Limitation, 467
Roch, Dennis: Loquacity, 481
Roche, Arthur Somers: 1883-1935, American Writer; Worry, 764
Rochefoucauld, François de La: 1613-1680, French Moralist, Epigrammatist; Appearance, 50; Balance, 80; Commitment, 128; Confidence, 147; Criticism, 184; Deferment, 205; Desire, 219; Eloquence, 256; Equanimity, 270; Example, 278; Expectation, 280; Fault, 301; Friendship, 323; Happiness, 351; Idea, 378; Jealousy, 431; Loquacity, 480; Love-Eros, 487; Opportunity, 532; Passion, 544; Possibility, 557; Reciprocity, 590; Self, 630; Sincerity, 655; Suffering, 686; Value, 730; Vice, 734
Rochester, John Wilmot. *See* Wilmot, John
Rockefeller, John Davison, Jr.: 1874-1960, American Industrialist, Philanthropist; Creativity, 179; Determination, 226; Giving, 330; Responsibility, 615; Wealth, 746; Work, 759
Rodin, François Auguste René: 1840-1917, French Sculptor; Experience, 285; Insight, 417
Rodman, Dennis Keith: 1961-, African American Basketball Player; Integrity, 426
Rodriguez, Alex 'A-Rod' (Alexander Emmanuel): 1975-, Dominican-American Baseball Player; Presence, 578; Work, 761
Roentgen, William Conrad: 1845-1923, German Physicist; Exploration, 287
Roethke, Theodore Huebner: 1908-1963, American Poet; Possibility, 560; Vision, 738
Rogers, Carl Ransom: 1902-1987, American Psychotherapist; Actualization, 33; Affirmation, 42; Communication, 133; Experience, 286; Learning, 443
Rogers, William Penn Adair: 1879-1935, American Humorist, Actor, Rancher, Writer; Daring, 191; Haste, 356; Inaction, 392; Today, 711
Rohn, Jim: American Motivational Speaker; Attitude, 72; Goal, 337; Inaction, 392; Limitation, 467
Rolland, Romain: 1866-1944, French Writer; Music, 519
Roman, Charles Victor: 1864-1934, African-American Opthalmologist, Writer; Delusion, 211; War, 741
Roosevelt, (Anna) Eleanor: 1884-1962, American First Lady, Stateswoman, Humanitarian; Acceptance, 24; Affirmation, 42; Choice, 123; Commitment, 129; Diligence, 233; Dreams, 252; Fear, 304; Friendship, 325; Growth, 345; Individuality, 395; Integrity, 424; Liberation, 452; Life, 456
Roosevelt, Franklin Delano: 1882-1945, 32nd US President; Confidence, 148; Connection, 160; Determination, 226; Fear, 304; Happiness, 354; Limitation, 464; Loquacity, 481; Strength, 677; Tolerance, 714; War, 741
Roosevelt, Theodore: 1858-1919, 26th US President; Action, 29; Attitude, 70; Balance, 80; Daring, 191; Expedience, 283; Failure, 293; Focus, 315; Wisdom, 750; Work, 758
Rorem, Ned: 1923-, American Composer; Expression, 291; Friendship, 326; Inspiration, 421
Rosenberg, Jack: Belief, 97; Journey, 437
Ross, Diana (Diane Ernestine Earle Ross): 1944-, African-American Singer; Initiative, 408; Preparation, 570
Rostand, Jean: 1894-1977, French Biologist, Writer; Dreams, 253; Engagement, 258; Solitude, 664; Vice, 734; War, 742
Rosten, Leo: 1908-1997, American Writer; Courage, 177; Guilt, 348
Roszak, Theodore: 1933-, American Scholar; Comparison, 135; Identity, 382; Imagination, 386
Roth, Gabrielle: 1941-, American Dancer, Teacher, Musician; Dance, 189; Sensibility, 639
Roth, Geneen: 1951-, American Writer; Means, 502
Rouault, Georges Henri: 1871-1958, French Artist; Expression, 291
Rousseau, Jean-Jacques: 1712-1778, Swiss-French Philosopher, Educator, Essayist; Conformity, 152; Conscience, 164; Disclosure, 239; Experience, 284; Growth, 344; Hate, 358; Imagination, 384; Innocence, 409; Loquacity, 481; Patience, 548; Wisdom, 749
Rowe, Meredith: Deferment, 207
Rowland, Helen: 1875-1950, British/American Writer; Fault, 301; Partnership, 541
Rowling, Joanne Kathleen: 1966-, British Writer; Choice, 124
Roy, Arundhati: 1961-, Indian Writer, Activist; Meaning, 501; Renewal, 612
Rubin, Theodore Isaac: 1923-, American Psychiatrist; Accomplishment, 27; Compassion, 139
Rubinstein, Artur: 1887-1982, Polish-American Pianist; Happiness, 354; Reciprocity, 592; Success, 683; Wonder, 754
Rudhyar, Dane (Daniel Chennevière): 1895-1985, French/American Writer, Composer, Astrologer; Limitation, 465; Oneness, 526
Rudrananda, Swami: 1928-1973, American Hindu Teacher; Enlightenment, 266; Submission, 681
Ruffini, Giovanni Domenico: 1807-1881, Italian Writer; Teaching, 698; Worry, 763
Ruiz, Miguel Angel: 1952-, Mexican Physician, Toltec Nagual; Action, 30; Choice, 124; Fear, 305; Forgiveness, 321; Logos, 477; Release, 608; Responsibility, 617; Restraint, 619
Rukeyser, Muriel: 1913-1980, American Writer, Poet, Political Activist; Beginning, 85; Chaos, 117; Choice, 123; Engagement, 258; Meaning, 499
Rumi, Mevlana Jalaluddin: 1207-1273, Afghani-Turkish Sufi Mystic, Poet; Acceptance, 23; Accomplishment, 26; Actualization, 31; Adversity, 36; Appearance, 49; Appreciation, 52; Balance, 79; Belief, 90; Celebration, 107; Choice, 122; Complacency, 141; Conformity, 152; Continuity, 166; Dance, 188; Death, 194; Delusion, 209; Desire, 219; Detachment, 223; Diligence, 232; Distraction, 243; Equanimity, 269; Flexibility, 312; Giving, 328; Greed, 341; Grief, 342; Growth, 344; Identity, 381; Impermanence, 388; Insanity, 411; Insecurity, 413; Insight, 416; Introspection, 428; Journey, 433; Lila, 458; Limitation, 462; Logos, 474; Love-Agape, 482; Love-Eros, 487; Paradox, 538; Partnership, 540; Passion, 544; Patience, 547; Polarity, 553;

Presence, 572; Renewal, 609; Seeking, 625; Self, 629; Self-Reliance, 633; Sincerity, 655; Skill, 658; Solitude, 661; Submission, 680; Thinking, 701; Transformation, 715; Truth, 721; Value, 730; Vision, 736; Wealth, 745; Wonder, 752; Zeal, 765
Runbeck, Margaret Lee: 1905-1956, American Writer; Friendship, 326; Happiness, 354
RuPaul Andre Charles: 1960-, African-American Entertainer; Affirmation, 43; Autonomy, 76; Congruence, 158; Connection, 163; Diversity, 249; Identity, 383; Individuality, 397; Insecurity, 415; Introspection, 430; Learning, 445
Rushdie, Salman Ahmed: 1947-, Indian/British Writer; Belief, 97; Exploration, 289; Legacy, 448; Limitation, 467; Meaning, 501; Reality, 588
Ruskin, John: 1819-1900, English Art Critic, Philosopher, Reformer; Actualization, 32; Art, 55; Cost, 172; Diversity, 246; Happiness, 352; Having, 361; Little, 472; Manifestation, 494; Preparation, 570; Skill, 659; Thinking, 702; Vision, 736; Wealth, 746; Work, 758
Russell, Bertrand Arthur William: 1872-1970, English Philosopher, Mathematician, Essayist, Social Reformer, 1951 Nobel Laureate; Actualization, 32; Being, 88; Belief, 94; Chaos, 117; Conformity, 153; Death, 196; Decision, 200; Deferment, 206; Discipline, 237; Ethics, 273; Expression, 291; Fear, 304; Feeling, 307; Happiness, 353; Hate, 358; Having, 361; Lila, 459; Passion, 545; Perspective, 550; Questioning, 582; Reality, 586; Relativity, 602; Respect, 613; Thinking, 703; Time, 707; Unconscious, 726; War, 741; Work, 759; Worry, 763; Zeal, 766
Russell, Bill (William Fenton): 1934-, African-American Basketball Player; Self, 632
Rustin, Bayard: 1912-1987, African-American Pacifist, Civil Rights Activist; Action, 29; Fear, 305; Oneness, 527; Solution, 667
Ruth, Babe (George Herman): 1895-1948, American Baseball Player; Collaboration, 126
Rutherford, Mark (William Hale White): 1831-1913, English Writer; Adversity, 38; Deferment, 205; Introspection, 428
Ryokan Taigu: 1758-1831, Japanese Zen Master, Poet, Calligrapher; Detachment, 223; Differentiation, 229; Distraction, 244; Innocence, 409; Sensibility, 636; Truth, 721
Sa'adi, Moslih Eddin: 1184-1291, Persian Sufi Poet; Attention, 63; Example, 278; Exploration, 287; Greed, 341; Happiness, 351; Little, 471; Relativity, 601; Silence, 647; Wisdom, 749
Sachs, A.: Death, 199
Sackville-West, Vita (Victoria Mary): 1892-1962, English Writer, Poet, Gardener; Balance, 81; Chaos, 117; Strength, 677
Sadat, Anwar: 1918-1981, Egyptian Political Leader; Cause, 106
Sagan, Carl Edward: 1934-1996, American Astronomer, Writer; Distraction, 245; Love-Agape, 486; Possibility, 561
Sahtouris, Elisabet: American/Greek Evolution Biologist; Desire, 221; Flexibility, 313; Insight, 419
Sai Baba, Satya: 1926-, Indian Mystic; Attachment, 61; Belief, 97; Character, 121; Composure, 146; Death, 198; Desire, 221; Equanimity, 271; Giving, 332; Restraint, 619; Wealth, 747
Saint-Exupéry, Antoine de: 1900-1944, French Writer, Aviator; Attitude, 71; Breakthrough, 99; Defeat, 202; Enjoyment, 262; Feeling, 308; Giving, 331; Having, 362; Individuality, 395; Influence, 403; Lila, 460; Little, 473; Love-Eros, 490; Meaning, 498; Relationship, 597, 616; Value, 732; Vision, 738
Saint-Pierre, Michel de: 1916-1987, French Writer; Optimism, 537
Salk, Jonas Edward: 1914-1995, American Physician, Virologist; Breakthrough, 100; Dreams, 254
Salkey, Andrew: 1928-1995, Jamaican-Panamanian Writer, Editor; Engagement, 258
Sallust (Gaius Sallustius Crispus): 86-c. 34 BCE, Roman Historian, Statesman; Anger, 47; Defeat, 202; Dispatch, 242; Impermanence, 387
Salzberg, Sharon: Buddhist Teacher, Writer; Attachment, 61; Change, 115; Chaos, 118; Compassion, 140; Focus, 317; Influence, 406; Questioning, 584
Sanchez, Sonia Benita: 1934-, African-American Poet, Dramatist, Activist; Connection, 162; Enlightenment, 266; Haste, 357
Sand, George (Amandine-Aurore-Lucile Dupin): 1804-1876, French Writer, Dramatist; Appearance, 50; Happiness, 352; Life, 456; Renewal, 609; Simplicity, 652
Sandburg, Carl August: 1878-1967, American Poet, Writer, Song Collector; Presence, 573; Solitude, 663; Time, 707; War, 741
Santayana, George (Jorge Santayana y Borrás): 1863-1952, Spanish/American Philosopher, Writer; Belief, 93; Chaos, 117; Conscience, 165; Death, 196; Feeling, 307; Flexibility, 312; Friendship, 324; Insanity, 411; Insight, 417; Learning, 442; Legacy, 447; Life, 456; Lila, 459; Meaning, 498; Openness, 530; Passion, 545; Polarity, 554; Possibility, 559; Sensibility, 637; Wisdom, 750
Sari al-Saqati: fl.c. 850, Iraqi Sufi Imam; Equanimity, 269; Retreat, 620
Saroyan, William: 1908-1981, American Writer, Dramatist; Comparison, 135; Failure, 294; Happiness, 354; Health, 368; Life, 457; Zeal, 768
Sarton, May (Eleanor Marie): 1912-1995, American Poet, Writer; Conflict, 151; Depression, 217; Giving, 331; Integrity, 425; Learning, 444; Lila, 460; Relationship, 598; Solitude, 665; Strength, 677; Wealth, 747
Sartre, Jean-Paul: 1905-1980, French Philosopher, Writer, Dramatist, Critic; Autonomy, 75; Liberation, 453; Lila, 460; Meaning, 499; Possibility, 560; Thinking, 704
Saskya Pandita: 1182-1251, Tibetan Grand Lama; Collaboration, 125; Direction, 234; Little, 470; Loquacity, 480; Means, 502; Prudence, 579; Tact, 696
Sassoon, Siegfried Lorraine: 1886-1967, English Poet, Writer; Solitude, 664
Satir, Virginia Mildred: 1916-1988, American Therapist, Trainer, Writer; Identity, 382
Saunders, Sean: Australian Journalist; Value, 733
Savary, Louis Michael: 1936-, American Writer; Dreams, 254
Sayers, Dorothy Leigh: 1893-1957, British Writer; Criticism, 186; Work, 759
Schachtel, Hyman Judah: 1907-1990, British/American Rabbi, Writer; Happiness, 354
Schaef, Anne Wilson: 1934-, American Writer; Humor, 377
Schaffer, Brenda Mae: 1955-, Brazilian/American Poet; Growth, 347
Schelling, Andrew: 1953-, American Poet, Writer, Translator; Journey, 437
Schelling, Felix Emmanuel: 1858-1945, American Educator; Learning, 442
Schiller, Johann Christoph Friedrich von: 1759-1805, German Writer, Dramatist, Poet, Historian; Affirmation, 41; Conflict, 150; Daring, 190; Dreams, 251; Fear, 303; Legacy, 446; Lila, 458; Revenge, 622; Tolerance, 713; Value, 731
Schopenhauer, Arthur: 1788-1860, German Philosopher; Cause, 103; Compassion, 137; Composure, 144; Conformity, 152; Death, 195; Disclosure, 239; Happiness, 352; Individuality, 393; Limitation, 463; Self-Reliance, 634; Solitude, 662; Time, 706; Truth, 721; Wealth, 745

Schrödinger, Erwin: 1887-1961, Austrian Physicist, Educator, 1933 Nobel Laureate; Oneness, 526
Schucman, Helen Cohn: 1910-1981, American Psychologist, Channel; Choice, 123; Conflict, 151; Decision, 201; Delusion, 212; Enlightenment, 265; Failure, 294; Health, 368; Love-Agape, 485; Presence, 575; Reciprocity, 593; Relationship, 598; Suffering, 689; Thinking, 704
Schuller, Robert Harold: 1926-, American Cleric, Writer; Adversity, 39; Attitude, 71; Autonomy, 76; Commitment, 130; Determination, 227; Dreams, 254; Failure, 295; Faith, 299; Goal, 336; Inaction, 392; Limitation, 466; Perspective, 551; Possibility, 561; Preparation, 570; Solution, 667; Success, 684; Vision, 738
Schumacher, Ernst Friedrich: 1911-1977, German/British Economist, Writer; Simplicity, 654; Wealth, 746; Wisdom, 751
Schumann, Robert Alexander: 1810-1856, German Composer; Collaboration, 125
Schurz, Carl: 1829-1906, German/American Lawyer, Militarist, Politician; Goal, 334; Liberation, 451
Schwab, Charles Michael: 1862-1939, American Industrialist; Affirmation, 42; Imagination, 384; Limitation, 463; Possibility, 559; Work, 758; Zeal, 766
Schwarz, Oswald: 1883-1949, Austrian Physician, Psychologist; Loneliness, 478
Schwarzkopf, H. Norman: 1934-, American Militarist; Action, 30; Character, 121; Solution, 668
Schweitzer, Albert: 1875-1965, German Theologian, Philosopher, Musician, Physician, Missionary, 1952 Nobel Laureate; Affirmation, 42; Being, 88; Compassion, 138; Example, 279; Giving, 330; Goodness, 339; Health, 366; Individuality, 394; Influence, 403; Love-Agape, 484; Meaning, 498; Optimism, 537; Practice, 567; Responsibility, 615; Revenge, 623; Spirituality, 670; Suffering, 687; Truth, 723; Value, 731; Wonder, 754; Zeal, 767
Scott, Dennis Courtney: 1939-1991, Jamaican Poet, Dramatist; Celebration, 107; Influence, 405
Scott, George Campbell: 1926-1999, American Actor, Film Director; Truth, 725
Scott, Walter: 1771-1832, Scottish Writer, Historian; Age, 44; Daring, 190; Death, 195; Deferment, 205; Giving, 328
Scott-Maxwell, Florida: 1884-1978, American Writer, Suffragist, Psychologist; Life, 456; Love-Eros, 489; Responsibility, 615
Sealth, Chief (Seattle): 1786-1866, Native American Suqwamish/Duwamish Leader; Connection, 159; Oneness, 523
Seattle, Chief. *See* Sealth
Seed, Jeremiah: Disclosure, 241
Seeger, Pete: 1919-, American Singer; Action, 29; Logos, 477
Segun, Mabel Dorothy Aig-Imoukhuede: 1930-, Nigerian Writer; Growth, 347
Seibert, Jeff: Health, 371
Selye, Hans: 1907-1982, Austrian/Canadian Scientist; Attitude, 71; Dreams, 253; Perspective, 551; Thinking, 704
Sen, Amartya Kumar: 1933-, Indian Economist, Educator, Nobel Laureate 1998; Possibility, 561
Seneca, Lucius Annaeus: c. 4 BCE-65 CE, Spanish-Roman Stoic Philosopher, Poet, Dramatist, Essayist, Rhetorician, Statesman; Acceptance, 22; Adversity, 36; Belief, 90; Collaboration, 125; Compassion, 136; Composure, 143; Confidence, 147; Courage, 174; Daring, 190; Death, 193; Deferment, 204; Direction, 234; Equanimity, 268; Evil, 275; Example, 278; Fault, 300; Giving, 327; Goodness, 338; Grief, 342; Guilt, 348; Having, 360; Health, 363; Insanity, 411; Learning, 440; Life, 455; Logos, 474; Moderation, 516; Oneness, 522; Power, 562; Preparation, 569; Reciprocity, 590; Release, 604; Seeking, 624; Simplicity, 651; Thinking, 701; Time, 706; Today, 710; Value, 730; Vice, 734; Wealth, 744; Wisdom, 748; Worry, 762
Senesh, Hannah: 1921-1944, Hungarian Poet; Influence, 404
Senge, Peter: 1947-, American Educator, Organizational Consultant; Accomplishment, 27; Collaboration, 127; Unconscious, 727
Senghor, Léopold Sédar: 1906-2001, Senegalese Poet, Essayist, President; Dance, 189
Sertillanges, Antonin Gilbert: 1863-1948, French Dominican Priest, Religious Philosopher; Character, 120; Fault, 301; Idea, 379; Self-Reliance, 634
Service, Robert William: 1874-1958, Canadian Writer; Little, 472
Seuss, Dr. (Theodore Seuss Geisel): 1904-1991, American Children's Writer, Illustrator; Choice, 123; Grief, 343; Humor, 376; Influence, 403; Sincerity, 657
Sewell, Marilyn: 1941-, American Cleric; Wonder, 756
Shabaka Text: c. 2700 BCE, Khemetic Sacred Text; Cause, 102
Shabazz, Betty (Betty Jean Sanders): 1934-1997, African-American Educator; Affirmation, 43; Responsibility, 617
Shabistari, Sa'd Ud Din: 13th Century Sufi Poet; Centering, 108; Differentiation, 229; Presence, 572; Relativity, 601
Shaffer, Peter Levin: 1926-, British Dramatist; Differentiation, 230
Shain, Merle: 1935-, Canadian Writer; Collaboration, 127; Cost, 173; Feeling, 309; Sex, 642
Shakespeare, William: 1564-1616, English Poet, Dramatist, Actor; Acceptance, 23; Adversity, 37; Affirmation, 41; Cause, 103; Compassion, 136; Connection, 159; Courage, 175; Death, 194; Disclosure, 238; Dreams, 250; Equanimity, 269; Expectation, 280; Expression, 290; Failure, 292; Fault, 301; Friendship, 322; Goodness, 338; Grief, 343; Haste, 356; Health, 364; Individuality, 393; Insanity, 411; Integrity, 423; Legacy, 446; Lila, 458; Loquacity, 480; Love-Eros, 487; Music, 518; Opportunity, 532; Passion, 544; Patience, 547; Possibility, 557; Questioning, 581; Restraint, 618; Silence, 648; Solution, 666; Tact, 696; Value, 730
Shakur, Tupac Amaru: 1971-1996, African-American Rap Musician; Integrity, 426
Shams of Tabriz (Divani Shamsi Tabriz): 13th Century Sufi Master; Relativity, 601; Worry, 762
Shange, Ntozake (Paulette Williams): 1948-, African-American Poet, Dramatist, Writer; Diversity, 249; Feeling, 310
Shankara, Adi: 686-718, Indian Philosopher, Writer, Poet; Attachment, 61; Being, 86; Cause, 103; Delusion, 208; Differentiation, 228; Diversity, 246; Enlightenment, 263; Liberation, 450; Reality, 585; Self, 629; Shadow, 644
Shantideva: 7th Century Indian Buddhist Scholar; Affirmation, 41; Appearance, 49; Compassion, 136; Courage, 174; Deferment, 204; Depression, 216; Desire, 218; Discipline, 236; Equanimity, 268; Focus, 314; Greed, 341; Having, 360; Humility, 372; Impermanence, 388; Mind, 511; Opportunity, 532; Reality, 585; Solution, 666; Suffering, 686; Survival, 693; Worry, 762
Sharma, Vishnu (Pilpay Bidpai): c. 200 BCE, Indian Sage, Royal Educator; Collaboration, 125; Deferment, 204; Desire, 218; Differentiation, 228; Dispatch, 242; Greed, 340; Grief, 342; Introspection, 428; Moderation, 516; Prudence, 579; Release, 604; Silence, 647; Wealth, 744; Wisdom, 748
Shaw, George Bernard: 1856-1950, Irish Writer, Dramatist, 1925 Nobel Laureate; Belief, 93; Change, 112; Character, 120; Choice, 122; Decision, 200; Dependence, 214; Depression, 216; Desire, 219; Dreams, 251; Failure, 293; Faith, 297; Giving, 329; Goodness, 339; Growth, 345; Happiness, 353; Health, 365; Humor, 375; Idea, 379; Indulgence, 399; Insight, 417; Life, 456; Lila, 459;

Opportunity, 533; Prudence, 580; Renewal, 610; Responsibility, 615; Self, 630; Submission, 680; Tolerance, 714; Vision, 736; Wonder, 753; Zeal, 766
Shaw, Miranda: Meditation, 508
Sheehan, George: 1918-1993, American Writer; Integrity, 425; Sensibility, 638
Sheehy, Gail Henion: 1937-, American Journalist; Change, 115; Daring, 192; Growth, 347; Introspection, 430
Sheen, Fulton John: 1895-1979, American Catholic Prelate; Attitude, 70; Feeling, 308; Silence, 649
Sheerin, John B.: American Catholic Cleric, Writer; Happiness, 355
Sheldon, A. F.: 1868-1935; Giving, 330
Shelley, Mary Wollstonecraft: 1759-1797, English Feminist, Writer, Teacher; Dreams, 251; Evil, 275; Feeling, 306
Shelley, Percy Bysshe: 1792-1822, English Poet, Dramatist, Essayist; Autonomy, 74; Compassion, 137; Continuity, 167; Grief, 343; Solitude, 662; Thinking, 701; Wisdom, 749
Shenandoah, Audrey: Native American Onondaga Clan Mother; Legacy, 448
Shenandoah, Leon: 1915-1996, Native American Onondaga Leader, Tadodaho of Six Nations Iroquois Confederacy; Journey, 435; Strength, 677
Sherman, Harold: 1898-1987, American Writer, ESP Researcher; Dependence, 215; Worry, 764
Shero, Fred Alexander: 1925-, Canadian/American Ice Hockey Coach; Complacency, 142; Zeal, 768
Shinn, Florence Scovel: 1871-1940, American Spiritual Teacher, Illustrator; Insight, 417; Manifestation, 495; Partnership, 540; Preparation, 570; Reciprocity, 591; Suffering, 687; Unconscious, 726; Vision, 737
Shinsho: 1247-1286, Japanese Zen Master; Journey, 434
Shitou Xiqian: 700-790, Chinese Chan Patriarch; Journey, 433; Mind, 512; Relativity, 601
Shoemaker, Samuel Moor, Jr.: 1893-1963, American Episcopal Cleric, Writer; Belief, 95
Shoitsu: 1202-1280, Japanese Zen Master; Determination, 224; Meditation, 504
Shundo Aoyama Roshi: Japanese Buddhist Abbess, Writer; Impermanence, 390; Suffering, 692
Sidney, Philip: 1554-1586, English Poet, Critic, Soldier, Courtier, Diplomat; Goal, 333; Solitude, 662
Siegel, Alan B.: American Psychologist; Dreams, 255
Siegel, Bernie Shepard: 1932-, American Physician, Writer; Acceptance, 25; Adversity, 40; Anger, 48; Congruence, 158; Feeling, 309; Forgiveness, 320; Health, 369; Humor, 377; Impermanence, 390; Lila, 461; Love-Agape, 486; Presence, 576; Reciprocity, 594; Spirituality, 672; Suffering, 690
Sigourney, Lydia Howard: 1791-1865, American Writer, Poet; Depression, 216; Trust, 718
Siivola, Markku: 1945-, Finnish Psychiatrist, Literary Critic; Insanity, 412
Sills, Beverly (Belle Silverman): 1929-, American Opera Singer; Beginning, 85; Happiness, 355
Sim, Dave: 1955-, Brazilian/American Poet; Growth, 347
Simon, (Marvin) Neil: 1927-, American Dramatist; Daring, 192
Simon, Paul Frederick: 1941-, American Singer, Songwriter; Relativity, 603
Simon, Rachel: 19th Century British Jewish Diarist; Adversity, 38
Simonton, O. Carl: American Physician; Goal, 337; Health, 371
Simpson, Orenthal James: 1947-, African-American Footballer; Character, 121; Responsibility, 617
Sinetar, Marsha: American Psychologist, Writer; Choice, 124; Cost, 173; Defeat, 203; Forgiveness, 321; Growth, 347; Value, 733; Work, 761
Singer, Isaac Bashevis: 1904-1991, Polish-American Writer, 1978 Nobel Laureate; Action, 29; Choice, 123
Sitwell, Edith: 1887-1964, English Poet, Anthropologist, Critic, Biographer; Humility, 373; Zeal, 767
Sivananda: 1887-1963, Indian Guru; Anger, 48; Character, 121; Commitment, 129; Criticism, 186; Differentiation, 230; Diligence, 233; Discipline, 237; Distraction, 244; Evil, 276; Failure, 294; Happiness, 354; Humor, 376; Liberation, 452; Little, 473; Meditation, 506; Music, 519; Oneness, 526; Retreat, 621; Self-Reliance, 635; Simplicity, 653; Suffering, 688
Slater, Philip Elliot: 1927-, American Writer; Having, 362; Responsibility, 616; Wealth, 747
Small, Jacquelyn: American Writer, Lecturer; Feeling, 310; Transformation, 717
Smalley, Dave E.: Flexibility, 313
Smedes, Lewis B.: 1921-, American Writer; Revenge, 623
Smiles, Samuel: 1812-1904, Scottish Poet; Character, 120; Determination, 225; Example, 279; Expectation, 281; Failure, 292; Habit, 349; Possibility, 558; Thinking, 702
Smith, Alexander: 1829-1867, Scottish Poet, Essayist; Daring, 190; Love-Agape, 483
Smith, Anna Deavere: 1950-, African-American Actress; Meaning, 501
Smith, Betty: 1896-1972, American Writer; Perspective, 551
Smith, Dodie (Dorothy Gladys): 1896-1990, English Dramatist, Writer; Depression, 217
Smith, Hannah Whitall: 1832-1911, American Preacher, Writer; Influence, 401
Smith, Huston Cummings: 1919-, American Cleric, Educator, Writer; Actualization, 33; Enlightenment, 266; Forgiveness, 320; Skill, 660
Smith, Lillian Eugenia: 1897-1966, American Writer, Social Critic; Dependence, 215; Learning, 443
Smith, Liz (Mary Elizabeth): 1923-, American Journalist; Beginning, 85
Smith, Logan Pearsall: 1865-1946, American/British Essayist, Critic; Courage, 175; Disclosure, 240; Enjoyment, 261; Expression, 290; Work, 758
Smith, Sydney: 1771-1845, English Cleric, Essayist, Journalist, Wit; Daring, 190; Dispatch, 242; Expectation, 281; Feeling, 306; Happiness, 352; Humility, 373; Inaction, 391; Initiative, 408; Skill, 658; Work, 763
Smuts, Jan Christian: 1870-1950, South African Militarist, Politician; Courage, 175; Defeat, 202
Snipes, Wesley: 1962-, African-American Actor; Relationship, 600
Snyder, Gary Sherman: 1930-, American Poet; Mind, 515; Power, 565
Snyder, Rachel Frances: 1924-, American Writer; Integrity, 425
Sockman, Ralph Washington: 1889-1970, American Cleric, Educator, Writer; Habit, 350; Humility, 373; Strength, 677; Wonder, 754
Socrates: 469-399 BCE, Athenian Philosopher; Attention, 62; Connection, 159; Death, 193; Desire, 218; Equanimity, 268; Inaction, 391; Influence, 400; Introspection, 427; Reciprocity, 589; Simplicity, 651; Teaching, 698; Wisdom, 748; Wonder, 752
Sogyal Rinpoche: Impermanence, 390; Tibetan Buddhist Master, Writer; Attention, 68; Compassion, 140; Death, 199; Polarity, 556; Release, 608
Sojourner Truth (Isabella Baumfree): 1797-1883, African-American Abolitionist, Activist; Manifestation, 494; Truth, 721
Solomon: 10th Century BCE, Jewish King, Writer; Anger, 47; Diligence, 232; Discipline, 236; Feeling, 306; Friendship, 322;

Hate, 358; Health, 363; Logos, 474; Reciprocity, 589; Restraint, 618
Solon: c. 638-c. 559 BCE, Athenian Statesman, Reformer, Poet; Character, 119; Suffering, 685
Soloveitchik, Joseph Baer: 1903-1993, American Rabbi, Theologian; Renewal, 611
Solzhenitsyn, Alexander: 1918-, Russian Writer, Dramatist, Historian; Conscience, 165; Evil, 277; Happiness, 355; Polarity, 556; Suffering, 690
Somé, Malidoma Patrice: 1956-, Burkina Fasso Dagara Shaman, Writer; Age, 46; Art, 59; Breakthrough, 101; Connection, 163; Death, 199; Dependence, 215; Differentiation, 231; Diversity, 249; Goal, 337; Health, 371; Imagination, 386; Individuality, 397; Manifestation, 496; Perspective, 552; Shadow, 646; Silence, 650; Spirituality, 673; Suffering, 692; Tolerance, 714; Trust, 719; Wealth, 747
Sondheim, Stephen Joshua: 1930-, American Composer, Lyricist; Choice, 124; Presence, 576
Sontag, Susan: 1933-2004, American Critic, Writer; Art, 58; Dreams, 254; Guilt, 348; Memory, 510; Sex, 642; Silence, 650; Spirituality, 672; Value, 733
Sophocles: c. 496-406 BCE, Greek Dramatist; Conformity, 152; Cost, 172; Grief, 342; Happiness, 351; Integrity, 422; Learning, 440; Loquacity, 480; Responsibility, 614
Soul, Julia: Daring, 192
South, Robert: 1634-1716, English Cleric; Defeat, 202; Loquacity, 480; Reciprocity, 590
Southey, Robert: 1774-1843, English Poet, Essayist, Historian; Friendship, 323
Soyen Shaku: 1859-1919, Japanese Zen Master; Balance, 80; Continuity, 167; Flexibility, 312
Soyinka, Wole (Akinwande Oluwole): 1934-, Nigerian Dramatist, Poet, Educator, Nobel Laureate 1986; Acceptance, 25; Connection, 162; Creativity, 181; Influence, 405
Spalding, John Lancaster: 1840-1916, American Catholic Prelate, Educator, Writer; Attention, 63; Experience, 285; Faith, 92, 297; Having, 361; Jealousy, 432; Limitation, 463; Means, 502; Memory, 509; Mind, 513; Power, 563; Questioning, 582; Renewal, 610; Sincerity, 656; Time, 707
Spangler, David: 1945-, American New Age Philosopher, Writer; Connection, 163; Creativity, 182; Dispatch, 242; Identity, 383; Influence, 406; Learning, 445; Manifestation, 496; Synthesis, 695; Wealth, 747
Spencer, Herbert: 1820-1903, English Philosopher, Journalist; Change, 112; Continuity, 167; Ethics, 272; Feeling, 307; Oneness, 524
Spender, John Alfred: 1862-1942, English Editor, Writer, Essayist; Deferment, 206; Oppression, 535
Spenser, Edmund: c. 1552-1599, English Poet; Mind, 513
Spinoza, Baruch Benedictus de: 1632-1677, Dutch Philosopher, Theologian; Acceptance, 23; Composure, 144; Enjoyment, 260; Fear, 303; Feeling, 306; Goodness, 339; Relativity, 601; Renewal, 609; Suffering, 686; Understanding, 729; War, 740; Worry, 763
Sprinkle, Annie (Ellen Steinberg): American Porn Star, Sacred Prostitute; Sex, 643
Srimad Bhagavata: Hindu Sacred Text; Cause, 102; Delusion, 208; Relationship, 596; Truth, 720
Stacy, Pat: American Buddhist Teacher; Belief, 97
Standing Bear, Luther: c. 1868-c. 1939, Native American Teton Sioux Chief; Oneness, 525; Wonder, 753
Stanley, Bessie Anderson: Success, 684
Stanton, Elizabeth Cady: 1815-1902, American Suffragist, Abolitionist, Feminist, Editor; Responsibilty, 614; Self, 630; Truth, 722
Starhawk (Miriam Samos): 1951-, American Psychotherapist, Writer, Feminist; Beginning, 85; Engagement, 259; Spirituality, 673
Steele, Richard: 1672-1729, Irish-English Writer, Dramatist, Politician; Appreciation, 53
Steere, Douglas Van: 1901-1995, American Writer; Determination, 227; Hate, 359; Listening, 469
Steiger, Rodney Stephen: 1925-2002, American Actor; Complacency, 142; Individuality, 396; Today, 712
Stein, Benjamin J.: 1944-, American Lawyer, Writer, Economist, TV Host; Defeat, 203
Stein, Gertrude: 1874-1946, American Writer, Dramatist, Poet, Critic; Individuality, 394; Insecurity, 414; Integrity, 424; Prudence, 580; Solution, 666
Steinbeck, John: 1902-1968, American Writer, 1962 Nobel Laureate; Change, 113; Insecurity, 415; Value, 732
Steindl-Rast, David: 1926-, Austrian/American Benedictine Monk, Writer; Attention, 65; Journey, 436; Spirituality, 672
Steinem, Gloria: 1934-, American Feminist, Writer; Breakthrough, 100; Cause, 106; Dreams, 254; Learning, 444
Steiner, Rudolf: 1861-1925, Austrian Philosopher, Founder of Anthroposophy; Oneness, 524; Reciprocity, 591
Stekel, Wilhelm: 1868-1940, Austrian Psychologist, Psychoanalyst; Depression, 216; Disclosure, 240; Having, 361; Laziness, 438; Loneliness, 478; Shadow, 645
Stephen, Caroline: Composure, 146; Focus, 317
Stephen, James: Creativity, 182
Stevens, Earl Gray: Openness, 531
Stevens, Wallace: 1879-1955, American Poet, Essayist, Dramatist, Lawyer; Polarity, 555
Stevenson, Adlai Ewing: 1900-1965, American Lawyer, Statesman, UN Diplomat; Conformity, 154; Expression, 291; Relativity, 603; Wisdom, 751
Stevenson, Robert Louis: 1850-1894, Scottish Writer, Poet, Essayist; Communication, 132; Composure, 144; Equanimity, 270; Ethics, 272; Friendship, 324; Goal, 334; Habit, 349; Humor, 375; Inspiration, 420; Integrity, 424; Responsibility, 614
Stone, (Ingrid) Ganga: Giving, 332
Stone, Hal: Psychologist; Shadow, 646; Spirituality, 673
Stone, Isidor Feinstein: 1907-1989, American Journalist, Publisher; Relativity, 603
Stone, W. Clement: 1902-2002, American Motivational Trainer, Writer; Attitude, 71; Comparison, 135; Happiness, 354; Integrity, 425; Opportunity, 534; Skill, 659
Stopes, Marie Charlotte: 1880-1958, English Paleobotanist, Writer; Appearance, 50
Stoppard, Tom: 1937-, British Writer, Dramatist; Balance, 82; Relativity, 603; Wonder, 756
Stowe, Harriet Beecher: 1811-1896, American Writer, Reformer; Determination, 225; Grief, 343
Strachey, (Giles) Lytton: 1880-1932, English Biographer; Logos, 476
Stravinsky, Igor Fedorovich: 1882-1971, Russian Composer, Conductor; Creativity, 179; Inspiration, 421; Presence, 574
Streep, Meryl (Mary Louise): 1949-, American Actress; Complacency, 142; Engagement, 259
Streisand, Barbra Joan: 1942-, American Singer, Actress, Director; Insight, 419; Music, 520; Trust, 719
Strong, Anna Louise: 1885-1970, American Journalist; Love-Eros, 489
Stuart, Janet Erskine: 1857-1914, English Catholic Nun, Educator; Determination, 226; Learning, 442; Loneliness, 478; Oneness, 524; Opportunity, 533
Sullivan (Macy), Annie: 1866-1936, American Lecturer, Writer; Beginning, 84

Sun Bear (Gheezis Mokwa): 1929-1992, Native American Chippewa Shaman; Power, 564; Spirituality, 672; Wisdom, 751
Sun Ra (Herman Poole Blount): 1914-1993, African-American Musician; Composure, 146; Connection, 161; Vision, 738
Sun Tzu: fl. early 4th Century BCE, Chinese Military Strategist; Conflict, 149; Opportunity, 532; War, 740
Surya Das: 1950-, American Tibetan Buddhist Lama, Translator, Writer; Attention, 68; Deferment, 207; Distraction, 245; Impermanence, 390; Presence, 578; Simplicity, 654; Synthesis, 695
Sutherland, Efua Theodora: 1924-1996, Ghanaian Writer, Dramatist, Educator; Limitation, 465
Sutherland, Joan: 1926-, Australian Opera Singer; Responsibility, 616
Sutta Nipata: Buddhist Sacred Text; Example, 278
Sutzkever, Abraham: 1913-, Lithuanian Yiddish Poet; Age, 46
Suzuki Shosan: 1579-1655, Japanese Zen Master; Introspection, 428; Practice, 567; Responsibility, 614
Suzuki, Daisetz Teitaro: 1870-1966, Japanese Scholar, Writer; Collaboration, 126; Expression, 291; Innocence, 410
Suzuki, Shunryu: 1905-1971, Japanese Zen Master; Affirmation, 42; Belief, 95; Cause, 105; Change, 114; Composure, 146; Criticism, 186; Death, 197; Deferment, 207; Delusion, 212; Detachment, 223; Expression, 291; Giving, 331; Goal, 336; Learning, 444; Logos, 476; Meditation, 506; Mind, 515; Oneness, 526; Openness, 531; Paradox, 539; Possibility, 560; Practice, 568; Presence, 574; Reality, 587; Relativity, 603; Release, 606; Renewal, 611; Seeking, 626; Self, 631; Teaching, 699; Thinking, 704; Truth, 724; War, 742
Swanson, Gloria May Josephine: 1899-1983, American Actress; Possibility, 560
Swedenborg, Emmanuel: 1688-1772, Swedish, Scientist, Philosopher, Mystic; Compassion, 137
Sweetland, Ben: Reciprocity, 594
Swetchine, Madame (Anne Sophie): 1782-1857, Russian Writer; Adversity, 37; Appreciation, 53; Attention, 63; Compassion, 137; Criticism, 184; Determination, 225; Example, 278; Logos, 474; Strength, 676
Swift, Jonathan: 1667-1745, Irish Satirist, Poet, Essayist, Cleric; Belief, 91; Change, 111; Deferment, 205; Health, 364; Vision, 736; Wealth, 745
Swimme, Brian: 1950-, American Physicist, Cosmologist; Centering, 110; Desire, 221
Swinburne, Algernon Charles: 1837-1909, English Poet, Critic, Dramatist; Being, 87; Desire, 219; Silence, 648
Swindoll, Charles Rosell: 1934-, American Cleric; Attitude, 72; Determination, 227
Symonds, John Addington: 1840-1893, English Historian; Thinking, 702
Szasz, Thomas Stephen: 1920-, Hungarian/American Psychiatrist, Writer; Composure, 146; Dependence, 215; Diversity, 248; Guilt, 348; Identity, 382; Power, 564; Self, 631; Sex, 641; Solitude, 665; Thinking, 704
Szekely, Edmund Bordeaux: Philosopher; Work, 761
Szent-Györgyi Nagyrapolt, Albert: 1893-1986, Hungarian-American Biochemist, 1937 Nobel Laureate; Beginning, 85; Creativity, 180
Szold, Henrietta: 1860-1945, Philanthropist, Zionist Activist; Art, 55; Growth, 345
T'ai Shang Kan Ying P'ien: Ancient Daoist Sacred Text; Belief, 90; Cause, 102; Reciprocity, 589
Tacitus, Publius Cornelius: c. 55-120, Roman Historian; Eloquence, 256; Insecurity, 413; Prudence, 579
Tagore, Rabindranath: 1861-1941, Indian Poet, Dramatist, Essayist, 1913 Nobel Laureate; Avoidance, 77; Balance, 80; Continuity, 167; Death, 195; Enlightenment, 264; Expression, 290; Faith, 298; Giving, 329; Humor, 375; Journey, 434; Liberation, 451; Limitation, 463; Love-Agape, 483; Love-Eros, 488; Music, 519; Openness, 530; Opportunity, 533; Oppression, 535; Polarity, 554; Self-Reliance, 634; Shadow, 644; Silence, 648; Simplicity, 653; Solitude, 663; Spirituality, 670; Strength, 677; Time, 707; Today, 711; Wisdom, 750; Work, 758
Taisen Deshimaru: 1914-1982, Japanese Zen Master, Founder of International Zen Association; Connection, 161; Sensibility, 638; Time, 708
Takamori Saigo: fl. 1870, Japanese Militarist; Opportunity, 533
Talmud: 2nd-5th Century Jewish Sacred Text; Action, 28; Compassion, 136; Conscience, 164; Continuity, 166; Deferment, 204; Dreams, 250; Enjoyment, 260; Flexibility, 311; Giving, 328; Greed, 341; Influence, 400; Perspective, 549; Reciprocity, 590; Silence, 647; Time, 706; Wisdom, 749; Work, 757; Worry, 762
Tan, Amy Ruth: 1952-, Chinese-American Writer; Attitude, 72; Perspective, 552
Tanaka Shozo: 1841-1913, Japanese Environmentalist; Compassion, 137
Tannenbaum, Abe Alan: 1922-, American Architect; Creativity, 181; Relativity, 603
Tao Te Ching. See *Daode Jing*
Tarthang Tulku: Tibetan Lama, Writer, Publisher; Enjoyment, 262; Fear, 305; Health, 371
Taylor, Elizabeth Coles: 1912-1975, English Writer; Patience, 548
Taylor, Susan L.: 1946-, African-American Editor, Writer; Adversity, 40; Affirmation, 43; Balance, 82; Centering, 110; Confidence, 148; Continuity, 169; Faith, 299; Introspection, 430; Legacy, 448; Preparation, 570; Presence, 577; Relationship, 600; Release, 607; Renewal, 612; Solitude, 665; Solution, 668; Spirituality, 673; Thinking, 705; Transformation, 717
Teale, Edwin Way: 1899-1980, American Naturalist; Change, 113; Death, 197; Simplicity, 653; Zeal, 768
Tec, Leon: 1919-, Polish Writer; Direction, 235
Tehyi Hsieh: b. 1881, Chinese Educator, Writer, Diplomat; Composure, 145; Friendship, 325; Polarity, 555
Teilhard de Chardin, Pierre: 1881-1955, French Priest, Paleontologist, Philosopher; Enlightenment, 265; Limitation, 464; Love-Agape, 484; Oneness, 525; Power, 564; Relationship, 597; Spirituality, 670; Synthesis, 694; Transformation, 716; Truth, 723; Vision, 737
Temple, William: 1881-1944, English Prelate, Social Reformer, Writer; Laziness, 439
Ten Boom, Corrie: 1892-1983, Dutch Evangelist, Writer; Faith, 298; Giving, 331; Worry, 764
Tennyson, Alfred Lord: 1809-1892, English Poet; Belief, 92; Cause, 103; Change, 112; Composure, 144; Logos, 475; Oneness, 524; Passion, 545; Possibility, 557; Power, 563; Wisdom, 749
Terence (Publius Terentius Afer): c. 190-159 BCE, Carthaginian-Roman Dramatist; Acceptance, 22; Courage, 174; Diversity, 246; Example, 278; Love-Eros, 487; Moderation, 516; Relationship, 596; Seeking, 624
Teresa of Avila (de Alhumada): 1515-1582, Carmelite Nun, Mystic, Saint; Courage, 175; Engagement, 257; Fault, 300; Introspection, 428; Love-Agape, 482; Restraint, 618
Tertullian (Quintus Florens Septimius Tertullianus): c. 160-240, Carthaginian Theologian, Philosopher; Age, 44; Continuity, 166; Fault, 300; Hate, 358; Work, 757
Thackeray, William Makepeace: 1811-1863, English Writer; Daring, 190; Humor, 375; Reciprocity, 591

Thatcher, Margaret Hilda: 1925-, British Prime Minister; Diligence, 233; Wealth, 747
Theologia Germanica: Medieval Text discovered and published by Martin Luther; Goodness, 338
Therèse of Lisieux: 1873-1897, French Carmelite Nun, Saint; Fault, 301; Little, 472
Thi Minh-Ha Trinh: 1952-, Vietnamese/American Writer, Poet, Filmmaker, Dramatist; Logos, 477
Thich Nhat Hanh: 1926-, Vietnamese Buddhist Master, Poet, Writer, Activist; Appearance, 51; Appreciation, 54; Attention, 65; Celebration, 107; Comparison, 135; Compassion, 139; Conflict, 151; Congruence, 158; Connection, 161; Continuity, 169; Distraction, 244; Engagement, 258; Enlightenment, 266; Equanimity, 271; Ethics, 274; Evil, 277; Expectation, 282; Flexibility, 313; Happiness, 355; Haste, 357; Health, 369; Influence, 405; Innocence, 410; Limitation, 466; Meditation, 507; Practice, 568; Presence, 576; Reality, 587; Reciprocity, 593; Release, 606; Renewal, 611; Simplicity, 654; Suffering, 690; Time, 709; Truth, 725; Understanding, 729; Wonder, 756
Thomas à Kempis: c. 1380-1471, Dutch Theologian, Monk; Acceptance, 23; Adversity, 36; Composure, 144; Conscience, 164; Criticism, 184; Distraction, 244; Equanimity, 269; Goal, 333; Insight, 416; Integrity, 422; Paradox, 538; Presence, 572; Reciprocity, 590; Restraint, 618; Simplicity, 652; Spirituality, 669; Submission, 680; Tolerance, 713
Thomas, Dylan Marlais: 1914-53, Welsh Poet, Writer, Radio Dramatist; Continuity, 169; Learning, 444
Thomas, John & Lyn St. Clair: Lila, 461; Love-Agape, 486; Openness, 531; Truth, 725
Thomas, Lewis: 1913-1993, American Physician, Educator, Writer; Conflict, 151; Connection, 161; Exploration, 289; Failure, 294; Health, 368; Individuality, 396; Music, 520; Oneness, 527; Worry, 764
Thompson, Dorothy: 1894-1961, American Writer, Journalist; Courage, 176; Fear, 304; Insight, 418
Thompson, Francis Joseph: 1859-1907, English Poet; Influence, 402
Thompson, William Irwin: 1938-, American Cultural Historian, Writer; Collaboration, 127; Continuity, 169; Influence, 405; Sex, 642; Teaching, 700; Unconscious, 727
Thoreau, Henry David: 1817-1862, American Essayist, Poet, Philosopher; Age, 45; Attention, 63; Cause, 103; Change, 112; Confidence, 148; Conformity, 153; Cost, 172; Creativity, 178; Daring, 190; Death, 195; Delusion, 210; Dependence, 214; Disclosure, 239; Dreams, 251; Ethics, 272; Example, 279; Friendship, 324; Goal, 334; Goodness, 339; Habit, 349; Happiness, 352; Humility, 373; Imagination, 384; Individuality, 394; Influence, 401; Inspiration, 420; Integrity, 423; Introspection, 428; Learning, 441; Lila, 458; Love-Eros, 488; Meaning, 497; Patience, 548; Possibility, 558; Presence, 573; Renewal, 609; Seeking, 625; Self-Reliance, 634; Sensibility, 636; Simplicity, 652; Solitude, 662; Thinking, 702; Time, 707; Trust, 718; Truth, 722; Value, 731; Vision, 736; Wealth, 746; Wisdom, 749
Thucydides: c. 460-c. 399 BCE, Greek Historian; Courage, 174; Defeat, 202; Preparation, 569
Thunder, Perfect Mind: Gnostic Text; Criticism, 183
Thurber, James Grover: 1894-1961, American Humorist, Writer, Dramatist; Attention, 64; Introspection, 429; Questioning, 583
Thurman, Howard: 1889-1981, African-American Cleric, Writer; Commitment, 129; Dreams, 252; Insight, 418; Love-Eros, 490; Meaning, 498
Thurston, Katherine Cecil: 1951-, American Psychotherapist, Writer, Feminist; Beginning, 85
Tibetan Book of the Dead (Bardo Thodol): 8th Century Tibetan Buddhist Sacred Text; Practice, 566
Tigunait, Pandit Rajmani: 1953-, Indian Guru, Scholar, Spiritual Leader of the Himalayan Institute; Avoidance, 78; Responsibility, 617; Retreat, 621
Tikkanen, Henrik: 1924-1984, Finnish Writer, Journalist, Artist; Influence, 404; Insanity, 412
Tillich, Paul Johannes: 1888-1965, German Theologian, Philosopher; Affirmation, 42; Courage, 176; Equanimity, 271; Forgiveness, 319; Listening, 469; Reciprocity, 592; Relativity, 603; Responsibility, 615; Solitude, 664; Spirituality, 671
Timrod, Henry: 1828-1867, American Poet; Dreams, 251
Tocqueville, Alexis-Charles-Henri Clérel de: 1805-1859, French Historian, Politician, Lawyer, Memoirist; Balance, 80; Success, 682
Toffler, Alvin: 1928-, American Editor, Social Commentator; Change, 114; Learning, 444
Tolkien, John Ronald Reuel: 1892-1973, British Scholar, Writer; Diversity, 248; Fear, 304; Goodness, 339
Tolle, Eckhard: 1948-, German/Canadian Spiritual Teacher; Acceptance, 25; Actualization, 34; Anger, 48; Appearance, 51; Art, 59; Being, 89; Breakthrough, 101; Compassion, 140; Conflict, 151; Creativity, 182; Criticism, 187; Death, 199; Deferment, 207; Delusion, 213; Desire, 221; Differentiation, 231; Distraction, 245; Enjoyment, 262; Enlightenment, 266; Evil, 277; Expectation, 282; Failure, 296; Feeling, 310; Flexibility, 313; Forgiveness, 321; Growth, 347; Identity, 383; Impermanence, 390; Introspection, 430; Journey, 437; Listening, 469; Love-Eros, 493; Means, 502; Meditation, 508; Mind, 515; Opportunity, 534; Power, 565; Presence, 577; Reciprocity, 594; Relationship, 600; Release, 607; Sensibility, 639; Sex, 643; Solution, 668; Submission, 681; Suffering, 692; Thinking, 705; Time, 709; Transformation, 717; Unconscious, 727; Wealth, 747
Tolstoy, Leo Nikolayevich: 1828-1910, Russian Writer, Essayist; Appearance, 50; Art, 55; Change, 112; Conscience, 165; Conviction, 170; Diversity, 247; Giving, 329; Happiness, 352; Health, 365; Integrity, 424; Life, 456; Little, 472; Love-Eros, 488; Music, 519; Oneness, 524; Presence, 573; Restraint, 619; Sincerity, 655
Tomlin, Lily (Mary Jean): 1939-, American Comedienne, Feminist; Haste, 357; Individuality, 397; Oneness, 527; Reality, 588; Relativity, 603; Success, 684
Toomer, Jean (Nathan Eugene Pinchback): 1894-1967, African-American Writer; Actualization, 33; Connection, 160; Experience, 286; Feeling, 308; Limitation, 465; Seeking, 626; Skill, 659
Torres, Marilyn 'Omi Funke': Solitude, 665
Toynbee, Arnold Joseph: 1889-1975, English Historian, Scholar; Compassion, 138; Flexibility, 312; Goal, 335; Lila, 460; Love-Agape, 484; Survival, 693; Zeal, 767
Tracy, Brian: American Motivational Consultant; Dependence, 215; Dreams, 255; Insecurity, 415
Traherne, Thomas: 1637-1674, English Religious Writer, Cleric; Action, 29; Love-Agape, 482; Love-Eros, 487; Sensibility, 636
Travers, Pamela Lyndon: 1906-1996, Australian Writer; Congruence, 157; Music, 520
Trine, Ralph Waldo: 1866-1958, American Philosopher, Mystic, Teacher; Acceptance, 24; Actualization, 32; Age, 45; Anger, 48; Beginning, 84; Cause, 104; Character, 121; Choice, 122; Composure, 145; Defeat, 202; Direction, 235; Example, 279; Faith, 298; Feeling, 307; Friendship, 325; Giving, 330; Habit, 350; Happiness, 353; Health, 366; Influence, 402; Integrity, 424; Love-Agape, 484; Manifestation, 495; Relationship, 596; Seeking, 626; Spirituality, 670; Teaching, 699; Thinking, 703; Wisdom, 750

Trotsky, Leon (Lev Davidovich Bronstein): 1879-1940, Ukrainian-Russian Political Leader; Goal, 335; Skill, 659
Troward, Thomas: 1847-1916, British Judge, Metaphysician; Creativity, 179; Direction, 235; Manifestation, 494; Means, 502
Truax, Jane: Adversity, 40
Trudell, John: Avoidance, 78
Truman, Harry S.: 1884-1972, 33rd US President; Diligence, 233; Expression, 291; Idea, 380
Trump, Donald John: 1946-, American Entrepreneur; Attitude, 72; Presence, 577
Tsunesaburo Makiguchi: 1871-1944, Japanese Philosopher, Educational Reformer, Founder of Soka Gakkai; Teaching, 699; Value, 731
Tuan Yi-Fu: 1930-, Chinese/American Geographer, Educator, Writer; Communication, 133; Connection, 162; Ethics, 274; Goodness, 339; Skill, 660; Teaching, 700; Vision, 739
Tucker, Margaret: Hate, 359
Tuckerman, Henry Theodore: 1813-1871, American Critic, Essayist, Poet; Zeal, 766
Tulku Thondup: 1939-, Tibetan Buddhist Master, Writer; Fault, 302; Health, 369; Little, 473; Presence, 577
Tupper, Martin Farquhar: 1810-1889, English Writer, Lawyer, Inventor; Little, 472; Renewal, 609; Silence, 648
Turgot, (Anne Robert) Jacques: 1721-1781, French Economist; Teaching, 698
Turner, Dale E.: Failure, 296; Limitation, 467; Possibility, 561
Turner, Lana (Julia Jean): 1920-1995, American Actress; Growth, 346
Turner, Ted (Robert Edward): 1938-, American Entrepreneur; Confidence, 148; Inaction, 392
Turner, Tina (Anna Mae Bullock): 1939-, African-American Singer; Power, 565; Release, 607
Tutu, Desmond Mpilo: 1931-, South African Anglican Prelate, Civil Rights Activist, 1984 Nobel Laureate; Affirmation, 43; Belief, 97; Compassion, 139; Connection, 162; Release, 607
Twain, Mark (Samuel Langhorne Clemens): 1835-1910, American Writer, Humorist; Affirmation, 42; Change, 112; Conformity, 153; Courage, 175; Daring, 191; Death, 195; Delusion, 210; Diligence, 233; Disclosure, 240; Diversity, 247; Example, 279; Experience, 285; Forgiveness, 319; Grief, 343; Habit, 349; Humor, 375; Imagination, 384; Individuality, 394; Indulgence, 398; Influence, 401; Insanity, 411; Learning, 442; Limitation, 463; Logos, 475; Loneliness, 478; Opportunity, 533; Reciprocity, 591; Responsibility, 614; Shadow, 644; Teaching, 699; Vision, 736
Tyson, Cicely: 1933-, African-American Actress; Daring, 192
Udana-Varga: Buddhist Sacred Text; Reciprocity, 590
Ueland, Brenda: 1892-1985, American Writer; Courage, 176; Individuality, 395; Inspiration, 421; Lila, 460; Skill, 659
Ueshiba, Morihei: 1883-1969, Japanese Martial Artist, Founder of Aikido; Acceptance, 24; Adversity, 38; Appearance, 50; Beginning, 84; Belief, 94; Centering, 109; Comparison, 135; Composure, 145; Conflict, 150; Congruence, 157; Criticism, 186; Decision, 201; Defeat, 202; Diversity, 247; Enlightenment, 265; Example, 279; Failure, 294; Flexibility, 312; Focus, 316; Goal, 335; Growth, 345; Insecurity, 414; Journey, 435; Learning, 443; Oneness, 526; Openness, 530; Possibility, 559; Reciprocity, 592; Renewal, 610; Sensibility, 637; Spirituality, 671; Strength, 677; Struggle, 678; Synthesis, 694; Transformation, 716; War, 742
Ullman, James Ramsey: 1907-1971, American Writer; Sincerity, 657
Unamuno, Miguel de: 1864-1936, Spanish Philosopher; Death, 196; Depression, 216; Individuality, 394; Love-Eros, 488
Underhill, Evelyn: 1875-1941, English Writer, Poet; Being, 88; Cost, 173; Engagement, 258; Evil, 276; Life, 456; Possibility, 559; Responsibility, 615
Underwood, Blair: 1964-, African-American Actor; Affirmation, 43
Untermeyer, Louis: 1885-1977, American Poet, Editor, Writer; Humor, 376
Upanishads: c. 1400-c. 800 BCE, Hindu Sacred Text; Actualization, 31; Being, 86; Cause, 102; Creativity, 178; Discipline, 236; Disclosure, 238; Dreams, 250; Enjoyment, 260; Enlightenment, 263; Fear, 303; Feeling, 306; Impermanence, 387; Journey, 433; Liberation, 449; Meditation, 503; Mind, 511; Oneness, 521; Reality, 585; Release, 604; Self, 628; Spirituality, 669; Suffering, 685; Thinking, 701; Time, 706; Understanding, 728; Vision, 735; Wisdom, 748
Updike, John Hoyer: 1932-, American Writer, Essayist, Critic; Love-Eros, 492
Ustinov, Peter Alexander: 1921-2004, British Actor; Belief, 96; Love-Eros, 492
Vajrachedika 'The Diamond Sutra': 4th Century Mahayana Buddhist Sacred Text; Impermanence, 388; Mind, 511; Truth, 720
Valéry, (Ambroise) Paul Toussaint Jules: 1871-1945, French Poet, Mathematician, Philosopher; Attention, 64; Balance, 80; Beginning, 84; Idea, 379; Presence, 573; Truth, 723
van Buren, Abigail (Pauline Esther Friedman Phillips): 1918-, American Columnist; Adversity, 39; Habit, 350; Revenge, 623; War, 742
van der Post, Laurens: 1906-1996, South African Writer; Fear, 304; Forgiveness, 320
Van Der Zee, James: 1886-1983, African-American Photographer; Happiness, 354
Van Doren, Mark Albert: 1894-1972, American Poet, Critic; Presence, 574; Teaching, 699
Van Dyke, Henry: 1852-1933, American Cleric, Writer; Appreciation, 53; Continuity, 167; Death, 195; Habit, 349; Happiness, 353; Individuality, 394; Skill, 659; Tact, 697; Thinking, 702; Time, 707
van Eyck, Aldo: 1918-1999, Dutch Architect; Congruence, 158
van Gogh, Vincent Willem: 1853-1890, Dutch Painter; Commitment, 128; Courage, 175; Daring, 191; Ethics, 272; Insecurity, 414; Insight, 417; Limitation, 463; Little, 472; Love-Agape, 483; Music, 519; Thinking, 702; Understanding, 729
Van Praagh, James: 1960-, American Medium, Writer; Individuality, 397
Van Zeller, Hubert: 1905-, Egyptian Benedictine Priest, Writer, Sculptor; Growth, 346
Vanderbilt, Amy: 1908-1974, American Columnist; Feeling, 309
Vanier, Jean: 1928-, French-Canadian Founder of L'Arche, and Faith & Light Communities; Forgiveness, 320; Jealousy, 432; Listening, 469; Synthesis, 695
Vanzant, Iyanla (Rhonda Harris): 1953-, African-American Attorney, Yoruba Priestess, Cleric, Writer; Actualization, 35; Affirmation, 43; Desire, 221; Enjoyment, 262; Failure, 296; Forgiveness, 321; Insight, 419; Jealousy, 432; Legacy, 448; Loneliness, 479; Loquacity, 481; Manifestation, 496; Memory, 510; Renewal, 612; Silence, 650; Solution, 668; Tact, 697; Today, 712; Unconscious, 727; Vision, 739
Vasanti, Tara: Indian Reiki Master, Painter, Poet; Differentiation, 231; Direction, 235; Faith, 299; Reality, 588; Spirituality, 673
Vaughan, Frances Elizabeth: 1935-, American Psychologist, Writer; Avoidance, 78; Delusion, 212; Lila, 461; Shadow, 646; Synthesis, 695

Vauvenargues, Marquis de (Luc de Clapiers): 1715-1747, French Militarist, Moralist; Accomplishment, 26; Avoidance, 77; Compassion, 137; Conviction, 170; Depression, 216; Expectation, 280; Idea, 378; Insight, 416; Possibility, 557; Simplicity, 652; Spontaneity, 674; Work, 757
Vidal, (Eugene Luther) Gore: 1925-, American Writer; Belief, 96; Sex, 642
Virgil (Publius Virgilius Maro): 70-19 BCE, Roman Poet; Acceptance, 22; Cause, 102; Confidence, 147; Daring, 190; Death, 193
Viscott, David: 1938-1996, American Psychiatrist, Writer; Actualization, 34; Inaction, 392; Initiative, 408; Love-Eros, 493; Relationship, 599
Vitell, Bettina: American Zen Chef, Writer; Attention, 68; Presence, 578
Vivekananda Narendranath Datta: 1863-1902, Indian Guru, Writer; Adversity, 38; Anger, 48; Appreciation, 53; Autonomy, 75; Balance, 80; Beginning, 84; Being, 87; Belief, 93; Cause, 104; Centering, 109; Character, 120; Collaboration, 126; Commitment, 129; Comparison, 134; Composure, 145; Conflict, 150; Congruence, 157; Continuity, 168; Courage, 175; Criticism, 185; Death, 196; Delusion, 211; Dependence, 214; Desire, 219; Determination, 226; Differentiation, 230; Diligence, 233; Disclosure, 240; Diversity, 247; Enlightenment, 264; Equanimity, 270; Ethics, 273; Evil, 276; Experience, 285; Expression, 290; Failure, 293; Faith, 298; Fault, 301; Giving, 329; Goal, 334; Grief, 343; Growth, 345; Hate, 358; Health, 366; Idea, 379; Individuality, 394; Influence, 402; Insecurity, 414; Inspiration, 420; Introspection, 428; Learning, 442; Liberation, 451; Life, 456; Lila, 459; Limitation, 463; Little, 472; Logos, 475; Love-Agape, 483; Manifestation, 495; Meaning, 498; Means, 502; Meditation, 505; Mind, 514; Moderation, 517; Music, 519; Oneness, 525; Openness, 530; Optimism, 537; Perspective, 550; Polarity, 554; Possibility, 559; Power, 563; Reality, 586; Reciprocity, 591; Relativity, 602; Responsibility, 615; Seeking, 626; Self, 631; Self-Reliance, 634; Simplicity, 653; Spirituality, 670; Strength, 677; Teaching, 699; Thinking, 703; Time, 707; Truth, 722; War, 741; Wonder, 753; Work, 758
Voltaire, François-Marie: 1694-1778, French Philosopher, Dramatist, Historian, Writer, Critic; Appreciation, 53; Belief, 91; Chaos, 116; Courage, 175; Disclosure, 239; Faith, 297; Forgiveness, 318; Friendship, 323; Health, 364; Moderation, 517; Optimism, 536; Presence, 572; Solitude, 662; Tolerance, 713; Trust, 718; War, 740; Wonder, 752; Work, 757
von Aue, Hartmann: 1170-1215, German Poet, Writer; Reciprocity, 590
von Braun, Werner: 1912-1977, German-American Rocket Scientist; Chaos, 117
von Ebner-Eschenbach, Marie: 1830-1916, Austrian Writer; Evil, 276; Opportunity, 532; Understanding, 729
von Franz, Marie Louise: 1915-1998, Swiss Jungian Analyst, Writer; Renewal, 611
von Knebel, Karl Ludwig: 1744-1834, German Poet, Translator; Openness, 529
von Oech, Roger: American Motivational Educator; Conformity, 155; Failure, 296; Lila, 461; Relativity, 603
von Weber, Karl Maria: 1786-1826, German Composer; Little, 471
von Weizsacker, Carl Friedrich: 1912-, German Writer; Questioning, 583
vos Savant, Marilyn: 1946-, American Columnist; Decision, 201; Defeat, 203; Determination, 227
Vrane, Andrija: Bosnian Priest; Evil, 277; Forgiveness, 321
Wagner, (Wilhelm) Richard: 1813-1883, German Composer; Happiness, 352
Waitley, Dennis: American Motivational Educator; Attitude, 72; Determination, 227; Expectation, 282; Failure, 296; Goal, 337; Inaction, 392; Limitation, 467; Restraint, 619; Time, 709
Walcott, Derek, Alton: 1930-, St. Lucian Poet, Dramatist, 1992 Nobel Laureate; Diversity, 248; Memory, 510; Self, 632
Walker, (Addison) Mort: 1923-, American Cartoonist; Humor, 377
Walker, Aida Overton: 1880-1914, African-American Choreographer; Appreciation, 53
Walker, Alice Malsenior: 1944-, African-American Writer, Poet, Essayist; Appearance, 51; Attention, 67; Continuity, 169; Experience, 286; Happiness, 355; Jealousy, 432; Liberation, 454; Loneliness, 479; Reciprocity, 594; Responsibility, 617; Synthesis, 695; Wonder, 756
Walker, C. J., Madame (Sarah Breedlove): 1867-1919, African-American Entrepreneur; Initiative, 408; Opportunity, 533
Walker, Howard: Faith, 299
Walker, Margaret Abigail: 1915-1998, African-American Writer, Educator; Limitation, 465; Love-Agape, 485
Wallace (Wallechinsky), Irving: 1916-1990, American Writer; Individuality, 396
Walpola Rahula: 1906-1997, Buddhist Monk, Scholar; Accomplishment, 27
Walpole, Hugh Seymour: 1884-1941, New Zealander/English Writer; Courage, 176; Relationship, 597
Walsch, Neale Donald: 1943-, American Writer; Cause, 106; Introspection, 430; Manifestation, 496; Relationship, 599
Walsh, Roger N.: Australian/American Scholar, Educator; Cause, 106; Solution, 668
Ward, William Arthur: 1921-, American Writer; Adversity, 39; Attitude, 71; Listening, 469; Reciprocity, 593; Responsibility, 616; Teaching, 700
Warhol, Andy (Andrew Warhola): 1928-1987, American Pop Artist; Change, 114; Initiative, 408; Love-Eros, 492
Warner, Charles Dudley: 1829-1900, American Editor, Essayist; Conformity, 153; Regret, 595; Simplicity, 652; Value, 731
Washington, Booker Taliaferro: 1856-1915, African-American Educator, Reformer; Ability, 21; Accomplishment, 27; Beginning, 84; Character, 120; Collaboration, 126; Creativity, 179; Expedience, 283; Experience, 285; Fear, 304; Influence, 402; Oneness, 524; Opportunity, 533; Oppression, 535; Reciprocity, 591; Responsibility, 614; Strength, 676; Success, 682; Value, 731; Work, 758
Washington, Denzel: 1954-, African-American Actor; Limitation, 467
Washington, George: 1732-1799, American Militarist, Statesman, 1st US President; Character, 119; Friendship, 323; Influence, 401
Washington, Martha Dandridge Curtis: 1732-1802, American First Lady; Attitude, 69
Watson, Lyall: 1939-, South African Biologist, Writer; Paradox, 539; Wonder, 756
Watson, Thomas John, Jr.: 1914-1993, American Entrepreneur; Conformity, 154
Watterson, William B., II: 1958-, American Cartoonist Avoidance, 78
Watts, Alan Wilson: 1915-1973, British/American Philosopher, Writer; Attention, 65; Attitude, 71; Chaos, 117; Death, 198; Haste, 357; Humor, 376; Innocence, 410; Insanity, 412; Life, 457; Lila, 460; Love-Eros, 492; Meditation, 506; Polarity, 556; Practice, 568; Presence, 575; Seeking, 627; Sex, 641; Spirituality, 671; Spontaneity, 675; Suffering, 689; Truth, 725; Understanding, 729; Wonder, 755
Waugh, Alec (Alexander Raban): 1898-1981, English Writer; Desire, 221; Time, 708
Webster, Jean: Little, 473

Weems, Renita J.: 1954-, African-American Cleric, Educator, Writer; Love-Eros, 493
Weil, Andrew T.: 1942-, American Integrative Physician; Conformity, 155; Delusion, 213; Health, 369
Weil, Simone Adolphine: 1909-1943, French Philosopher, Essayist, Mystic; Attachment, 61; Attention, 65; Belief, 96; Compassion, 138; Desire, 221; Detachment, 223; Humility, 373; Imagination, 385; Liberation, 453; Patience, 548; Reciprocity, 592; Relativity, 603; Suffering, 689; Vice, 734; Work, 760
Welch, Raquel (Jo Raquel Tejada): 1940-, Bolivian-American Actress; Affirmation, 43
Welles, (George) Orson: 1915-1985, American Film Director, Actor; Loneliness, 479; Polarity, 555
Wells, Herbert George: 1866-1946, English Writer; Attitude, 70; Beginning, 84; Flexibility, 312
Wesley, John: 1703-1791, English Cleric, Founder of Methodism; Goodness, 339; Love-Eros, 488; Perspective, 549; Tolerance, 713; Wealth, 745
West, (Mary) Jessamyn: 1907-1984, American Writer; Communication, 133; Delusion, 212; Love-Eros, 491; Seeking, 626; Teaching, 699; Truth, 724
West, Cornel Ronald: 1954-, African-American Philosopher, Educator; Affirmation, 43; Art, 59; Faith, 299; Individuality, 397; Music, 520; Questioning, 584; Wisdom, 751
West, Mae (Mary Jane): 1892-1980, American Actress, Scriptwriter; Age, 46; Cause, 105; Choice, 123; Indulgence, 399; Insecurity, 414; Love-Eros, 490; Sex, 641
Westmoreland, William Childs: 1914-, American Militarist; War, 742
Weston, Edward Henry: 1886-1958, American Photographer; Expression, 291
Wharton, Edith Newbold Jones: 1862-1937, American Writer; Age, 45; Habit, 350; Happiness, 353; Influence, 402; Spontaneity, 675; Wisdom, 750
Whately, Richard: 1787-1863, English Philosopher, Theologian; Failure, 292; Questioning, 582
Wheatley, Margaret J.: American Organizatonal Consultant; Creativity, 182
Wheeler, Shannon: American Cartoonist; Inaction, 392
Whistler, James McNeill: 1834-1903, American Artist; Criticism, 185
White Eagle: Channeled information by Grace Cook; Haste, 357; Relationship, 600; Spirituality, 673; Work, 761
White, Elwyn Brooks: 1899-1985, American Humorist, Essayist; Openness, 530
White, Terence Hanbury: 1906-1954, British Writer; Tact, 697
White, Walter Francis: 1893-1955, African-American Writer, Activist; Tolerance, 714
Whitehead, Alfred North: 1861-1947, English Mathematician, Philosopher; Actualization, 32; Art, 55; Cause, 104; Change, 112; Choice, 122; Conflict, 150; Continuity, 167; Ethics, 272; Faith, 298; Influence, 402; Oneness, 524; Possibility, 559
Whitehorn, Katherine: 1926-, British Writer, Journalist; Work, 760
Whitman, Cedric Hubbell: 1916-1979, American Classical Scholar, Poet; Belief, 96
Whitman, Walt: 1819-1892, American Poet, Writer; Conformity, 153; Conviction, 170; Death, 195; Equanimity, 270; Journey, 434; Learning, 441; Oneness, 524; Presence, 573; Seeking, 626; Sensibility, 637; Sex, 640; Simplicity, 652; Wonder, 753
Whitney, Willis R.: 1868-1958, American Engineer, Innovator; Beginning, 84
Whittier, John Greenleaf: 1807-1892, American Poet, Abolitionist, Journalist; Presence, 573; Regret, 595
Whorf, Benjamin Lee: 1897-1941, American Semanticist; Logos, 476
Whyte, Lancelot Law: 1896-1972, Scottish Mathematical Physicist, Philosopher; Failure, 294
Wiesel, Eliezer: 1928-, Romanian/American Writer, Educator, 1986 Nobel Laureate; Appreciation, 54; Centering, 110; Legacy, 448; Power, 564; Preparation, 570; Sensibility, 638; Truth, 725
Wilber, Ken: 1949-, American Transpersonal Psychologist, New Age Theorist; Attention, 67; Breakthrough, 101; Enlightenment, 266; Growth, 347; Meaning, 501; Openness, 528; Release, 608; Retreat, 621; Self, 632; Transformation, 717
Wilcox, Ella Wheeler: 1850-1919, American Poet, Writer; Attitude, 70; Belief, 92; Determination, 225; Diversity, 247; Equanimity, 270; Happiness, 353
Wilde, Oscar Fingal O'Flahertie Willis: 1856-1900, Irish Poet, Dramatist, Critic, Wit; Affirmation, 42; Appearance, 50; Art, 55; Being, 87; Character, 120; Communication, 132; Conscience, 165; Conviction, 171; Daring, 191; Desire, 219; Disclosure, 240; Failure, 293; Feeling, 307; Forgiveness, 319; Grief, 343; Humor, 375; Idea, 379; Indulgence, 399; Insecurity, 414; Lila, 459; Love-Agape, 483; Love-Eros, 488; Moderation, 517; Perspective, 550; Questioning, 582; Relationship, 596; Self, 630; Sensibility, 637; Shadow, 644; Simplicity, 653; Suffering, 687; Teaching, 699; Time, 707; Truth, 722; Value, 731; Vision, 736; Wealth, 746; Wonder, 753
Wilder, Laura Ingalls: 1867-1957, American Pioneer, Writer; Collaboration, 126; Distraction, 244; Simplicity, 652
Wilder, Thornton: 1897-1975, American Dramatist, Writer; Acceptance, 24; Appreciation, 54; Choice, 123; Comparison, 135
Willard, Frances Elizabeth Caroline: 1839-1898, American Reformer, Writer, Educator; Conflict, 150; Individuality, 394; Inspiration, 420; Synthesis, 694
Williams, Angel Kyodo: African-American Zen Priest; Acceptance, 25; Anger, 48; Attention, 68; Change, 115; Desire, 221; Direction, 235; Diversity, 249; Failure, 296; Fear, 305; Focus, 317; Haste, 357; Impermanence, 390; Insecurity, 415; Journey, 437; Liberation, 454; Meditation, 508; Perspective, 552; Polarity, 556; Presence, 578; Questioning, 584; Seeking, 627; Sincerity, 657; Thinking, 705; Trust, 719
Williams, Francis: c. 1700-c. 1774, Jamaican Scholar, Teacher; Oneness, 523
Williams, Montel Brian Anthony: 1956-, African-American TV Host; Focus, 317; Practice, 568
Williams, Robin McLaurin: 1952-, American Actor, Comedian; Insanity, 412; Reality, 588
Williams, Tennessee (Thomas Lanier): 1911-1983, American Dramatist, Writer; Exploration, 288; Insecurity, 415; Liberation, 453; Release, 606; Suffering, 689
Williamson, Marianne: 1952-, American Therapist, Writer; Dependence, 215; Distraction, 245; Engagement, 259; Fear, 305; Forgiveness, 321; Greed, 341; Influence, 406; Love-Agape, 486; Meaning, 501; Partnership, 543; Power, 565; Presence, 578; Reciprocity, 594; Relationship, 600; Seeking, 627; Sex, 643; Submission, 681; Success, 684; Thinking, 705; Vision, 739; Work, 761
Wilmot, John, Earl of Rochester: 1647-1680, English Militarist, Poet, Libertine; Change, 111
Wilson, (Thomas) Woodrow: 1856-1924, 28th US President; Character, 120; Compassion, 137; Conflict, 150; Dreams, 251; Goal, 334; Optimism, 536; Strength, 677; Vision, 736
Wilson, Andrew Norman: 1950-, English Critic; Polarity, 556

Wilson, August (Frederick August Kittell): 1945-2005, African-American Dramatist; Beginning, 85; Individuality, 397
Wilson, Colin Henry: 1931-, English Writer; Depression, 217; Mind, 515
Wilson, Desmond: 1941-, Irish Priest, Community Worker; Forgiveness, 321
Wilson, Flip (Clerow): 1933-1998, African-American Comedian; Individuality, 396; Vision, 739
Wilson, Robert Rathbun: 1914-2000, American Physicist; Creativity, 181
Winfrey, Oprah Gail: 1954-, African-American TV Host, Actress, Producer; Anger, 48; Autonomy, 76; Celebration, 107; Connection, 163; Defeat, 203; Diligence, 233; Dreams, 255; Failure, 296; Friendship, 326; Insight, 419; Liberation, 454; Partnership, 543; Responsibility, 617; Spirituality, 673; Worry, 764
Winnemucca, Sarah: 1842-1891, Native-American Paiute Activist, Educator; Compassion, 137
Winterburn, Florence Hull: b. 1858, American Writer; Friendship, 324
Winterson, Jeanette: 1959-, English Writer; Creativity, 182; Feeling, 310; Love-Eros, 493; Relativity, 603; Seeking, 627; Value, 733
Wirt, William: 1772-1834, American Lawyer; Questioning, 582
Wittgenstein, Ludwig: 1889-1951, Austrian/British Philosopher; Belief, 95; Communication, 133; Death, 196; Disclosure, 240; Journey, 435; Logos, 476; Perspective, 550; Presence, 574; Silence, 649; Solution, 667
Wolf, Fred Alan: 1934-, American Physicist, Writer; Actualization, 34; Reality, 588
Wolf, Naomi: 1962-, American Writer, Feminist; Breakthrough, 101; Disclosure, 241
Wolfe, Thomas Clayton: 1900-1938, American Writer; Health, 367; Loneliness, 479; Sincerity, 657; Skill, 659; Solitude, 664
Wonder, Stevie (Steveland Judkins Morris): 1950-, African-American Musician, Songwriter; Ability, 21; Dependence, 215
Wood, Grant: 1891-1942, American Painter; Inspiration, 421
Woodberry, George Edward: 1855-1930, American Poet, Critic, Educator; Belief, 92; Defeat, 202; Insight, 417
Wooden, John Robert: 1910-, American Basketball Coach; Ability, 21; Character, 121; Equanimity, 271; Learning, 444; Limitation, 465; Preparation, 570
Woodman, Marion Boa Taylor: 1928-, American Art Historian, Jungian Analyst; Partnership, 542; Restraint, 619; Self, 632; Sensibility, 638; Submission, 681
Woolf, (Adeline) Virginia: 1882-1941, English Writer, Critic; Attention, 64; Conformity, 153; Disclosure, 240; Expedience, 283; Little, 472; Presence, 574; Reality, 586; Unconscious, 726
Wordsworth, William: 1770-1850, English Lyrical Poet; Compassion, 137; Conformity, 152; Expectation, 281; Feeling, 306; Little, 471; Relativity, 602; Solitude, 662; Vision, 736; Wisdom, 749
Wotton, Henry: 1568-1639, English Diplomat, Poet; Disclosure, 238
Wright, Chauncey: 1830-1875, American Philosopher, Mathematician; Influence, 401
Wright, Frank Lloyd: 1869-1959, American Architect; Age, 45; Faith, 298; Feeling, 307; Humility, 373; Idea, 379; Inspiration, 421; Liberation, 452; Simplicity, 653; Truth, 723; Wealth, 746
Wright, Richard Nathaniel: 1908-1960, African-American Writer; Belief, 96; Meaning, 499; Perspective, 551; Possibility, 560; Self, 631
Wumen Huikai: 1183-1260, Chinese Chan Master; Presence, 572; Today, 710
Xavier, Francis (Francisco Javier): 1506-1552, Basque Jesuit Missionary, Saint; Little, 471
Xenophon: 435-355 BCE, Greek Historian, Essayist, Militarist; Grief, 342; Questioning, 581
Xerxes: c. 519-465 BCE, Persian King; Daring, 190
Xi Kang (Chi K'ang): 223-262, Chinese Philospher, Alchemist, Poet; Guilt, 348
Xuefeng Yicun (Hsueh-feng): 822-908, Chinese Chan Master; Self-Reliance, 633
Yamada, Kobi: Japanese-American Entrepreneur; Strength, 677
Yangshan Huiji: 803-887, Chinese Chan Master, Guiyang School Founder; Being, 87; Focus, 314; Growth, 344; Idea, 378
Yeats, John Butler: 1839-1922, Irish Artist; Sincerity, 656
Yeats, William Butler: 1865-1939, Irish Poet, Dramatist, 1923 Nobel Laureate; Appearance, 50; Communication, 132; Conviction, 171; Dreams, 251; Growth, 345; Haste, 356; Insight, 417; Manifestation, 495; Suffering, 687; Truth, 723
Yellow Emperor's Classic on Internal Medicine: 500 BCE, Chinese Medical Text; Flexibility, 311; Health, 363
Yeltsin, Boris Nikolayevich: 1931-, Russian President; Creativity, 181
Yeshe Tsogyal: 757-817, Tibetan Princess, Buddhist Teacher, Scribe; Exploration, 287
Yevtushenko, Yevgeny: 1933-, Russian Poet; Cost, 173; Jealousy, 432; Limitation, 466
Yi Jing (I Ching): c. 1150 BCE, Chinese Oracle; Adversity, 36; Balance, 79; Beginning, 83; Breakthrough, 98; Centering, 108; Choice, 122; Collaboration, 125; Complacency, 141; Confidence, 147; Conflict, 149; Congruence, 156; Decision, 200; Depression, 216; Determination, 224; Direction, 234; Disclosure, 238; Enjoyment, 260; Expedience, 283; Flexibility, 311; Growth, 344; Humility, 372; Impermanence, 387; Influence, 400; Innocence, 409; Insecurity, 413; Insight, 416; Introspection, 427; Jealousy, 431; Legacy, 446; Limitation, 462; Meditation, 503; Moderation, 516; Partnership, 540; Patience, 547; Perspective, 549; Reciprocity, 589; Release, 604; Retreat, 620; Simplicity, 651; Skill, 658; Solitude, 661; Strength, 676; Tolerance, 713; Vision, 735; Zeal, 765
Ying-An: Chinese Chan Master; Beginning, 83; Equanimity, 269
Yoda: *Star Wars* Character; Action, 30
Yoga Vasistha: Ancient Hindu Sacred Text; Action, 28; Attachment, 60; Direction, 234; Enlightenment, 263; Health, 363; Liberation, 449; Mind, 511; Oneness, 521
Yogananda, Paramahansa: 1893-1952, Indian Guru; Accomplishment, 27; Adversity, 39; Being, 88; Change, 113; Friendship, 325; Habit, 350; Health, 367; Individuality, 395; Insanity, 412; Inspiration, 421; Liberation, 453; Lila, 460; Logos, 476; Manifestation, 495; Meditation, 506; Mind, 514; Release, 606; Suffering, 688; Unconscious, 727; Vision, 738; Wealth, 746
Yongjia Xuanjue (Yung-chia): 665-713, Chinese Chan Master; Attachment, 61; Oneness, 522
Yoshida Kenko (Urabe Kaneyoshi): 1283-1350, Japanese Poet, Essayist, Buddhist Priest; Death, 194; Desire, 219
Young, Edward: 1683-1765, English Poet, Dramatist, Satirist, Cleric; Deferment, 205; Today, 710
Young, Margaret: Actualization, 35; Having, 362; Oneness, 528
Young, Whitney Moore, Jr.: 1921-1971, African-American Civil Rights Activist; Preparation, 570
Yourcenar, Marguerite (Marguerite Cleenewerck de Crayencour): 1903-1987, Belgian/French Writer, Educator; Conflict, 151; Responsibility, 616; Truth, 724

Yuansou Xingduan: 1578-1657, Chinese Chan Master; Differentiation, 229; Habit, 349; Liberation, 450; Seeking, 625
Yuanwu Kekin: 1063-1135, Chinese Chan Master; Balance, 79; Communication, 131; Composure, 144; Conflict, 149; Delusion, 209; Dependence, 214; Detachment, 223; Engagement, 257; Equanimity, 269; Logos, 474; Mind, 512
Yukteswar, Sri: 1855-1936, Indian Guru; Appearance, 50; Liberation, 451; Self-Reliance, 634
Yunmen Wenyan: 864-949, Chinese Chan Master, Founder of the Yunmen School; Death, 194; Humility, 372
Ywahoo, Dhyani: Native American/Tibetan Buddhist Leader; Anger, 48; Meditation, 508; Responsibility, 617
Zadra, Dan: American Writer; Individuality, 397
Zeno of Citium: c. 335-264 BCE, Greek Philosopher; Goodness, 338; Greed, 340; Little, 470
Zhang Zai (Chang Tsai): 1020-1077, Chinese Philosopher; Oneness, 522
Zhitong: d. 1124, Chinese Chan Master; Oneness, 523
Zhou Dunyi (Chou Tun-i): 1017-1073, Chinese Philosopher; Moderation, 517
Zhuangzi (Chuang Tzu/Soshi): c. 369-c. 286 BCE, Chinese Daoist Master, Philosopher, Comedian; Acceptance, 22; Composure, 143; Criticism, 183; Dreams, 250; Equanimity, 268; Happiness, 351; Insecurity, 413; Insight, 416; Introspection, 427; Listening, 468; Meaning, 497; Oneness, 521; Polarity, 553; Relativity, 601; Silence, 647; Synthesis, 694; Wealth, 744; Wisdom, 748; Death, 193; Inaction, 391
Zi Si (Tzu-ssu): 492-431 BCE, Chinese Philosopher; Centering, 108; Integrity, 422; Introspection, 427; Sincerity, 655
Ziglar, Zig (Hillary Hinton): 1926-, American Trainer; Actualization, 34; Goal, 337; Individuality, 396; Insecurity, 415; Optimism, 537
Zimmerman, Jane Dorsey: 1952-, American Psychologist; Practice, 568
Zimmerman, Johann Georg von: 1728-1795, German Physician; Conformity, 152; Introspection, 428
Zinker, Joseph: American Gestalt Psychotherapist; Art, 59
Zohar: c. 120-c. 1200, Jewish Mystical Text, attributed to 2nd Century Palestinian Rabbi, Shimon ben Yohai; Oneness, 522; Polarity, 553
Zola, Émile: 1840-1902, French Writer; Art, 55; Truth, 722; Zeal, 766
Zoroaster: c. 628-551 BCE, Persian Philosopher, Founder of Zoroastrianism; Conscience, 164; Greed, 340; Wealth, 744; Worry, 762
Zukav, Gary: American Spiritual Teacher; Being, 89; Cause, 106; Criticism, 187; Evil, 277; Feeling, 310; Focus, 317; Partnership, 543; Reciprocity, 594; Truth, 725; Work, 761

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About the Author

Years of study in Religious Science and the Dharma have given Larry Chang a thorough grounding in metaphysics and spirituality. In the course of his work as an intuitive counselor and speaker, he has collected and used many quotations which he shares in this anthology. He has been, in turn and simultaneously, an artist, designer, editor, activist, trader, consultant and restauranteur – and now publisher. Exiled from Jamaica, he was granted asylum based on sexual orientation by the US, where he now lives in Washington, DC.

One could say of me that in this book I have only made up a bunch of other men's flowers, providing of my own only the string to tie them together.
~ Montaigne ~

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